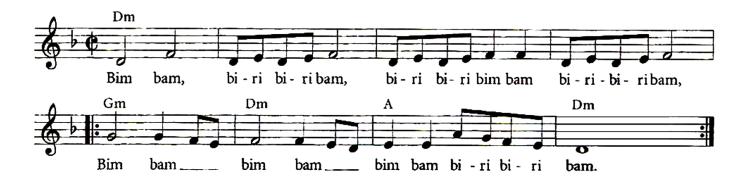
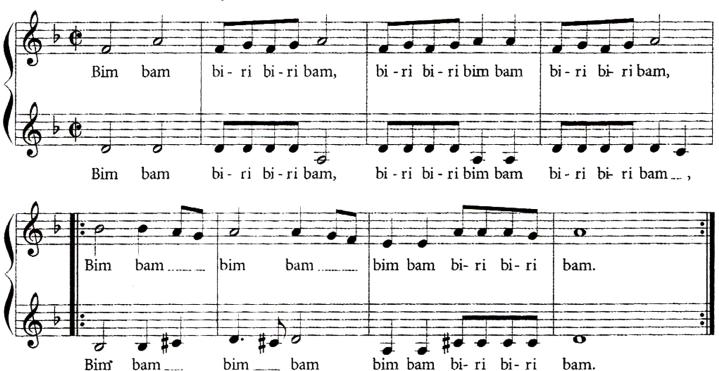
## Bim Bam



## Additional harmony lines:



According to a Hasidic saying,

Silence is better than speech, but song is better than silence.

The singing of nigunim, an inspirational and largely extemporaneous vocal tradition, has its roots in the Hasidic movement of 18th century Eastern Europe. At that time, Hasidic Jews were viewed as radical; their reaction to the more intellectual Judaism of the day was to bring joy and a mystical dimension back into their spiritual life. In fact, within their beliefs, the exuberant expressions of joy were a religious duty.

Nigunim, or wordless melodies, are considered to be spontaneously expressed prayers. Melody is felt to be the expressive vehicle of the soul; the addition of words interrupts the flow of emotion. Through the singing of nigunim, one can rise to increasingly higher spiritual planes until a sublime level of ecstatic exaltation is reached.

Within the Hasidic community, nigunim continue to be sung exclusively by men. Today, in many other branches of Judaism, both women and men incorporate this beautiful musical tradition into their spiritual practice.