



KEREN ROSENBAUM

a synesthetic guide to Reflexive Reality

Overture

listening @-evolution, as we tend to call it, is concerned with ways or manners of practicing music without an a-priori set of agreed codes or conventions. Playing music in many ways is engaging with a dialogue (at least), even when one is playing "solo" there is always the material conversation between the musician, instrument and the acoustics. Thus even as a soloist, one is actually playing a trio: bodies in relation to the instrument; instrument in relation to its play; and both in relation to the surrounding and to the materiality of sound. These relations have been codified in many different ways through regimes of meaning, forming alongside musical practices, languages that represent sonoric agency. Classical language of music controls both knowledge and memory in hierarchical fashion - being brought down from the composer to the musicians playing a composition.

The musical text establishes a ground for any performance: in the classical practice of music there is an affinity between such ground and the *truth* of the composition. One is to play the text, as true as possible to the source, in fidelity to its original representation. Source here means not only composition or composer, but also intent, and other regulatory boundaries that had been established over the years concerning the "right" way of playing "it."

While there is a general classical approach to music that sees authorship as one of its restricting orders upon listening or playing, there is also an opportunity within it of taking those texts as "plans for planings." Instead of trying to stick with the "original" plan, the playgrounds being offered here make use of musical texts in order to open up musical practices of any kind, regardless their presuppositions, and to explore possibilities which are established through listening and communication. This listening @-evolution is not targeting traditional practices or regimes, it is not about replacing them by something more authentic or new. We wish to enable a level of coexistence which will be poetic enough, creative enough, so that music can continue to develop organically.

Such coexistence that we are speaking of here, follows a notion of development expressed by Isabelle Stengers, in her Plea to Slow Science - where she identifies a type of progression which is sideways. Instead of accumulating knowledge for the disposal of a certain field, or principal, Stengers proposes a move that blurs boundaries between fields, and asks for a certain degree of migration and displacement for new processes of orientation to develop. Instead of imagining progression as linear, cutting out things that dimmed irrelevant to the "main;" Stengers wishes for a more organic development, something that is attuned to mundanity, or to chance - in short science which is more inclined with the living.

- Dr. Guy Dubios & Keren Rosenbaum

Reflexive Reality Flow

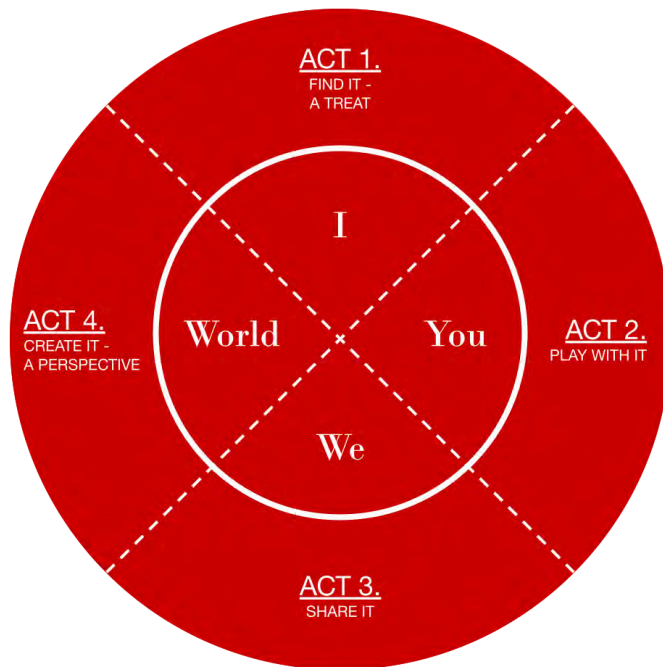
Reality challenged by perception of reality.

In reality the true situation that exists is the real situation.

Reflexive

The Process FIND - PLAY - SHARE - CREATE

The Perspectives I - YOU - WE - WORLD



KEREN ROSENBAUM
PLAY IT - AN OPERAGAME
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE

©KEREN ROSENBAUM
COMPOSING COMMUNITY
REFLEX INVISIBLE SCORE

Index

1. Cover
2. Title
3. Overture
4. Flow
5. Index
6. Index
7. Index
8. Index
9. Index
10. Index
11. Index
12. Index
13. Index

14. REFLEXIVE PRELUDES

15. [FIND IT - MY SYNESTHETIC LANGUAGE](#)
16. [PLAY IT - NEW CONNECTIONS](#)
17. [COMMUNICATE IT - YOUR TRUTH](#)
18. [PLAY IT - BY EAR](#)
19. [CARVE IT - THE EAR](#)
20. [PRACTICE IT - AWARENESS ATTENTION & ENCOURAGEMENT](#)
21. [REFLEX IT - COMMUNICATION](#)
22. [REFLEX IT - LISTENING](#)
23. ["PRACTICEPLAY" IT - MUSIC](#)
24. [TEACH IT - REFLEXIVE LISTENING](#)
25. [CONNECT IT - THE SENSES](#)
26. [BALANCE IT - EMPATHY & SYMPATHY](#)
27. [TALK IT - A REFLEXIVE CONVERSATION](#)
28. [TALK IT - 3D & 4D SPEECH](#)
29. [CONDUCT IT - A DEMOCRACY OF DICTATORS](#)
30. [FIND IT - YOUR 'IT'](#)
31. [PLAY IT - FROM "I to WE to WORLD"](#)
32. [COMPOSE IT - MEANING](#)
33. [COMPOSE IT - ALP TRAINING](#)

34. REFLEXIVE PERSPECTIVES

35. [COMPOSE IT - SAFE ENVIRONMENT](#)

36. FREE IT - JUDGEMENT
37. EMBRACE IT - CONFUSION
38. PROVOKE IT - MISTAKES
39. MEASURE IT - PLAYFULNESS TEMPERATURE
40. EXPAND IT - PERSPECTIVES
41. PLAY IT - AN OPERAGAME
42. PRODUCE IT - ACTIVE LISTENING PLAYGROUND
43. PRODUCE IT - TIME SPACE CONDITIONS
44. COMPOSE IT - A PLAN OF PLANNING
45. PRODUCE IT - PLAYFULNESS
46. PRODUCE IT - BIGGER MEGAPHONE
47. PRODUCE IT - CULTURE OF INNOVATION
48. STOP IT! - LISTEN... GO!
49. PREPARE IT - A TOOLBOX
50. COMPOSE IT - A BUSINESS MODEL

51. REFLEXIVE SCALES - THE SynesWALK Collection

52. PLAY IT - EyeWALK #1 NEUTRALIZE IT - YOURSELF
53. PLAY IT - TasteWALK - A SOUND #1 (Synesthetic Walk) (FIND IT - "WHAT'S YOUR SOUND?"
54. [PLAY IT - IN SYNCH - MoveWALK - MIRROR IT](#)
55. [PLAY IT - TasteWALK - A BITE #1 \(Sensory Walk\)](#)
56. PLAY IT - FINGER SWOOSH EarWALK
57. [PLAY IT - TouchWALK TEXTURES](#)
58. PLAY IT - EarWALK #1 LISTEN FAR-NEAR-INBETWEEN
59. PLAY IT - EarWALK #2 LISTEN INPUT-OUT IN INBETWEEN
60. PLAY IT - EarWALK #3 LISTEN WAS-IS-NEXT INBETWEEN
61. PLAY IT - EarWALK #4 LISTEN MORE-LESS-ALL INBETWEEN

62. REFLEXIVE ETUDES

63. LISTEN TO IT - CRUMPLE IT
64. COMPOSE IT - I PAINT = YOU SING
65. CONDUCT IT - PUSH THE BUTTON
66. PRODUCE IT - WALK / DON'T WALK

67. REFLEXIVE COMPOSITIONS

68. ACTIVATE IT - THE IMAGINATION
69. SPIN IT - SITUATION FACTORY
70. FOLD IT - SITUATION FACTORY PINWHEEL
71. BOX IT - NEEDS
72. BREATHE IT - A-E-I-O-U
73. CLICK IT - A METRONOME
74. COLLECT IT - FRUSTRATIONS

- 75. COLLECT IT - MISTAKES
- 76. COLLECT IT - SILENCES
- 77. COMPOSE IT - A REFLEXIVE SCORE
- 78. RIDE IT - A ROLLERCOASTER
- 79. PLAY IT - NUMBERS SING = WE PAINT
- 80. CONNECT IT - THE DOTS
- 81. TRANSLATE IT - SUBTITLE

82. REFLEX ENSEMBLE

- 83. WEAR IT - RED OVERALLS
- 84. TAPE IT - SAFE SPACE
- 85. IN IT - OUT OF IT
- 86. GO FOR IT - GIRL!
- 87. FIND IT - A PLACE TO SIT
- 88. FIX IT - A MUSIC LAB
- 89. HANG IT - LAUNDRY
- 90. MARCH IT - MARCH GOES OFF
- 91. REPEAT IT - ONE MORE TIME
- 92. POST IT - IT COLLECTION
- 93. TASTE IT - A SOUND
- 94. WASH IT - LAUNDRY

95. REFLEXIVE KIDS

- 96. PLAY IT - EXHIBITION WALK/DON'T WALK - SeeWALK
- 97. PLAY IT - SCRIBBLE WALK
- 98. COLLECT IT - SMILES
- 99. MAKE SENSE OF IT - GIBBERISH
- 100. COOKIE CUT IT
- 101. REHAB IT - ADDICTIONS
- 102. SHARE IT - ONE IDEA PER DAY
- 103. TALK IT - LETTERS TALK
- 104. TALK IT - FINGERS
- 105. AGREE TO DISAGREE ON IT
- 106. BEAT IT - YOUR HEART
- 107. BOX IT - BORING BOX
- 108. CALL IT 1-800 SITUATION FACTORY
- 109. COLLECT IT - PATIENCE
- 110. COMPOSE IT - LITTLE BIRDIE = BIG BIRDIE
- 111. CRUNCH IT - COMPETITION
- 112. COMPOSE IT - A CUBIST EXHIBITION
- 113. EXHIBIT IT - STRIKE THE POSE
- 114. JUST DO IT!? - AGAIN

- 115. FIND IT - A BOOK
- 116. HUG IT
- 117. IT'S ALWAYS SOMETHING
- 118. IT'S NEVER NOTHING
- 119. LET IT - SHINE
- 120. NARRATE IT - ROAD SIGN
- 121. PLAY IT - TABLE CHESS
- 122. PLAY IT - STREET CHESS
- 123. PROTECT IT - CRY EYE
- 124. READ IT
- 125. SHARE IT - HAPPY SAD NEW
- 126. SHIP IT
- 127. EAT IT - BROCCOLI TREE
- 128. SHRINK IT EXPAND IT - THE BRAIN
- 129. SING IT - LIKE A BROCCOLI
- 130. VISIT IT - WHAT'S YOUR LAND?
- 131. TRY IT - A NEW TASTE
- 132. TALK IT - HANDS
- 133. COLLECT IT - PEEEPS

134. REFLEXIVE PLAYGROUND

- 135. PLAY IT - LULLABY REFLEXIVE PLAYGROUND
- 136. PLAY IT - A ROUNDABOUT PARTITURA
- 137. POND IT - IDEAS
- 138. WE CRUMPLE IT - ENSEMBLE
- 139. BOX IT - PRODUCTION MEETING
- 140. CELEBRATE IT - A HOLIDAY
- 141. CHEW IT - WE CHEW IT VR.
- 142. COLLECT IT - WISHES
- 143. PRODUCE IT - A MOROCCAN FEAST
- 144. PRODUCE IT - PIZZA PARTY
- 145. PRODUCE IT - CHAI KUVANGAVANGA
- 146. PRODUCE IT - A DEMOCRACY OF DICTATOR
- 147. PLAY IT - KIDS OUTDOOR GAMES
- 148. PLAY IT - 1-2-3- SUN
- 149. PLAY IT - SPICY FOOTBALL
- 150. PLAY IT - POP IT
- 151. PLAY IT - SUSHI PARTY
- 152. PLAY IT - VEGGIE STUFFING PARTY
- 153. PLAY IT - DUO FOR VIOLIN & SPOTLIGHT
- 154. PLAY IT - A CHOCOLATE PARTY
- 155. PLAY IT - TASTING SOUNDS

- 156. PLAY IT - TIC TOC
- 157. PLAY IT - A TRADE SHOW
- 158. PLAY IT - AN APPLE SYMPHONY
- 159. PLAY IT - ALP GARAGE SALE
- 160. MARCH IT - AN ORCHESTRA
- 161. WALTZ IT - AN ORCHESTRA
- 162. PLAY IT - THE ANIMALS CARNIVAL
- 163. PLAY IT - DREAM WALK / DON'T WALK IT
- 164. PLAY IT - SCORE IT CRUMPLES

165. REFLEXIVE APPROACH

- 166. PLAY IT - WOOD WHISPERS
- 167. PLAY IT - SINGING CONTAINERS PLAYGROUND
- 168. COMPOSE IT - REFLEXIVE MUSIC PARTITURE

169. REFLEXIVE EXHIBITION

- 170. EXHIBIT IT - CRUMPLE IT EXHIBITION
- 171. EXHIBIT IT - RED DOT EXHIBITION

172. REFLEXIVE FESTIVAL

- 173. PRODUCE IT - 'BLOWING STEAM' FESTIVAL
- 174. PRODUCE IT - 'POMPA' FESTIVAL
- 175. PRODUCE IT - 'ULTRA-SOUND' FESTIVAL
- 176. PRODUCE IT - 'NEW VOICES' FESTIVAL
- 177. PRODUCE IT - 'PLAY IT BY EAR' FESTIVAL

178. REFLEXIVE OPERAGAMES

- 179. PRODUCE IT - 'CHAT OPERAGAME'
- 180. PRODUCE IT - CITY OPERAGAME - DREAM COOK JUMP #1
- 181. PRODUCE IT - CITY OPERAGAME - DREAM COOK JUMP #2
- 182. PRODUCE IT - CITY OPERAGAME - DREAM COOK JUMP #3
- 183. PRODUCE IT - CITY OPERAGAME - DREAM COOK JUMP #4
- 184. PRODUCE IT - 'ALICE' A CAFETERIA OPERAGAME #1
- 185. PRODUCE IT - 'ALICE' A CAFETERIA OPERAGAME #2
- 186. PRODUCE IT - 'GO FOR IT' GIRL! - SUPPER SISTERS OPERAGAME

187. REFLEXIVE COOKING

- 188. COOK IT - MUSIC
- 189. BATHE IN IT
- 190. BEAT IT - A FRITTATA
- 191. BOIL IT - COFFEE
- 192. BAKE IT - CAKE

193. SPIN IT - SITUATION FACTORY SALAD
194. FERMENT IT - A DOSA
195. GARNISH IT
196. HEAL IT
197. KICK IT - 'FOODBAL'
198. HARMONIZE IT - A TRIFLE
199. LAYER IT - A SANDWICH
200. LET IT RISE - BREAD
201. MAKE IT FLAT - DOUGH
202. MEASURE IT - TO CUP
203. PICKLE IT
204. POACH IT - SHAKSHUKA
205. MASH IT
206. RECYCLE IT
207. ROAST IT
208. SAUCE IT
209. SAUTE IT
210. SERVE IT - MY MUSIC
211. SHAKE IT
212. SOUP IT - LENTILS
213. SPICE IT - LIFE
214. SPREAD IT - LOVE
215. START IT - A ROOT
216. STIR IT - A RISOTTO
217. STORE IT - A PANTRY
218. STUFF IT - VEGGIES
219. TART IT
220. PREP IT - INGREDIENTS

221. REFLEXIVE REALITY
222. REFLEX IT - REALITY
223. COLLECT IT - THE FUTURE
224. HOLDING IT - LOOSENESS
225. BREAK IT - THE WALL
226. SHAKE IT - YOUR HAND
227. TIME IT - PRODUCTION MEETING
228. COLLECT IT - KNOW NEED ASK DO
229. RE-FLEX IT
230. MARINATE IN IT
231. HAB IT
232. BALANCE IT - LIFE
233. BALANCE IT - ZERO TO 100

234. BUILD IT - A LISTENING TOOLBOX
235. ENGRAVE IT
236. CELEBRATE IT - BIRTHDAY
237. CLAIMING IT - RESPONSIBILITY
238. CLEAR IT - UP
239. COLLECT IT - AN 'A-TEAM'
240. COLLECT IT - A NOISE BOX
241. COLLECT IT - ABUNDANCE
242. COLLECT IT - LIFE TREATS
243. STOP IT - CONVINCING
244. COLLECT IT - EASY
245. GET COMFORTABLE IN IT
246. COMPLICATE IT
247. REASSEMBLE IT - TO A NEW PUZZLE
248. CONTAIN IT - NOISE
249. CRACK IT - A SOLUTION
250. CREATE IT - A BOOK
251. IMPROVISE IT
252. DENOISE IT - THE SPIRIT
253. DENOISE IT - TO A MELODY
254. DIFFUSE IT
255. DAYDREAM IT
256. EXIT IT
257. EXPAND IT - AWARENESS
258. FIGHT IT - ASSUMPTIONS
259. ROLL OUT OF IT
260. HIRE IT - A MASTER
261. INVITE IT - A TREAT
262. LEAD IT
263. MAKE IT - INCREDIBLE
264. ORDER IT - A PIZZA
265. PRACTICE IT - A NEW INSTRUMENT
266. PRACTICE IT - LOVE ACCURATELY
267. PRACTICE IT - STOP-LISTEN-GO
268. PROTECT IT - YOUR RED DOT
269. PUBLISH IT - A NEW SCORE
270. REPEAT IT - A NEW VARIATION
271. RESEARCH IT
272. SCHEDULE IT - A DENTIST APPOINTMENT
273. SHARE IT - RESOURCES
274. SNAP IT - A FINGER
275. START IT - A BAND

276. START IT - FINISH IT
277. START IT - A RUMOR
278. STOP / DON'T STOP IT
279. STRETCH IT - THE DOUGH
280. STRETCH IT - THE FEEL
281. STRETCH IT - THE POSE
282. SUMMARIZE IT
283. SURPRISE IT
284. SUSTAIN IT
285. TAG IT
286. TALK / DON'T TALK IT
287. TRAVEL WITH IT
288. TRUST IT
289. TRY IT - ON
290. TUNE IT - YOUR BEAT
291. WASH IT - THE DISHES
292. WASH IT - THE FLOOR
293. WHAT'S IN IT - FOR ME?
294. YAWN IT OUT
295. CONNECT IT - A YARN BALL
296. PRACTICE IT - YOUR MEMORY
297. ZOOM IN/OUT OF IT - VARIANT & VARIATION
298. [TRY IT - A NEW PERFUME](#)
299. [BLOW IT - A BUBBLEGUM](#)

300. REFLEXIVE STORY

301. [FIND IT - A 3RD OBSESSION](#)
302. BELIEVE IT - PRACTICE IT
303. TELL IT - ONCE UPON A LAZY KID
304. HAB IT - A SAFEHOUSE
305. FIND IT - A PULSE
306. SHOP IT - SITUATION FACTORY
307. COMPOSE IT - WATER PLAYGROUND
308. DRUM IT - THE ROOFS
309. WALK / DON'T WALK IT - NYC
310. UNLOCK IT - THE X LAB
311. COLLECT IT - A CHOCOLATE FACTORY
312. DRAIN IT - ACCURATELY
313. COUNT IT - YOUR IDEA PER MINUTE
314. DEPOSIT IT - MILLON \$ CHECK
315. SWING IT - THE DOBEDOBEDOBEDO
316. EXPAND IT - THE QUESTION

317. PRODUCE IT - REFLEXIVE MUSIC LAB
318. INVITE IT - A RESIDENCY
319. IT'S THIS & THAT & INBETWEEN
320. JUMP IT - THE TRAMPOLINE
321. PITCH IT - THE ELEVATOR SPEECH
322. BALANCE IT - THE MOBILE
323. DEMOCRATIZE IT - LISTENING EVOLUTION
324. PODCAST IT
325. PLAY IT - PRETTY BALLOONS
326. TICKLE IT - AN ELEPHANT
327. HOLD IT - LOOSENESS
328. COLLECT IT - THE SYMPHONY OF "DO"

329. REFLEXIVE FAMILY

330. WARM IT - LION ROAR
331. WARM IT - YOGATREE
332. WARM IT - HOT AIR BALLOON
333. WARM IT - BUBBLE GUM
334. WARM IT - BEE HUMM & BUZZ
335. WARM IT - TALKING SOCKS
336. PERFORM IT - A ROYAL U-TURN
337. CREATE IT - CONNECTIONS
338. COLLECT IT - SECRET AGENTS
339. DISCUSS IT - IKEA
340. PLAY IT - KITCHELLO
341. COLLECT IT - AHAA'S
342. COPY IT - COPYCAT
343. FLY IT - AIRPLANES

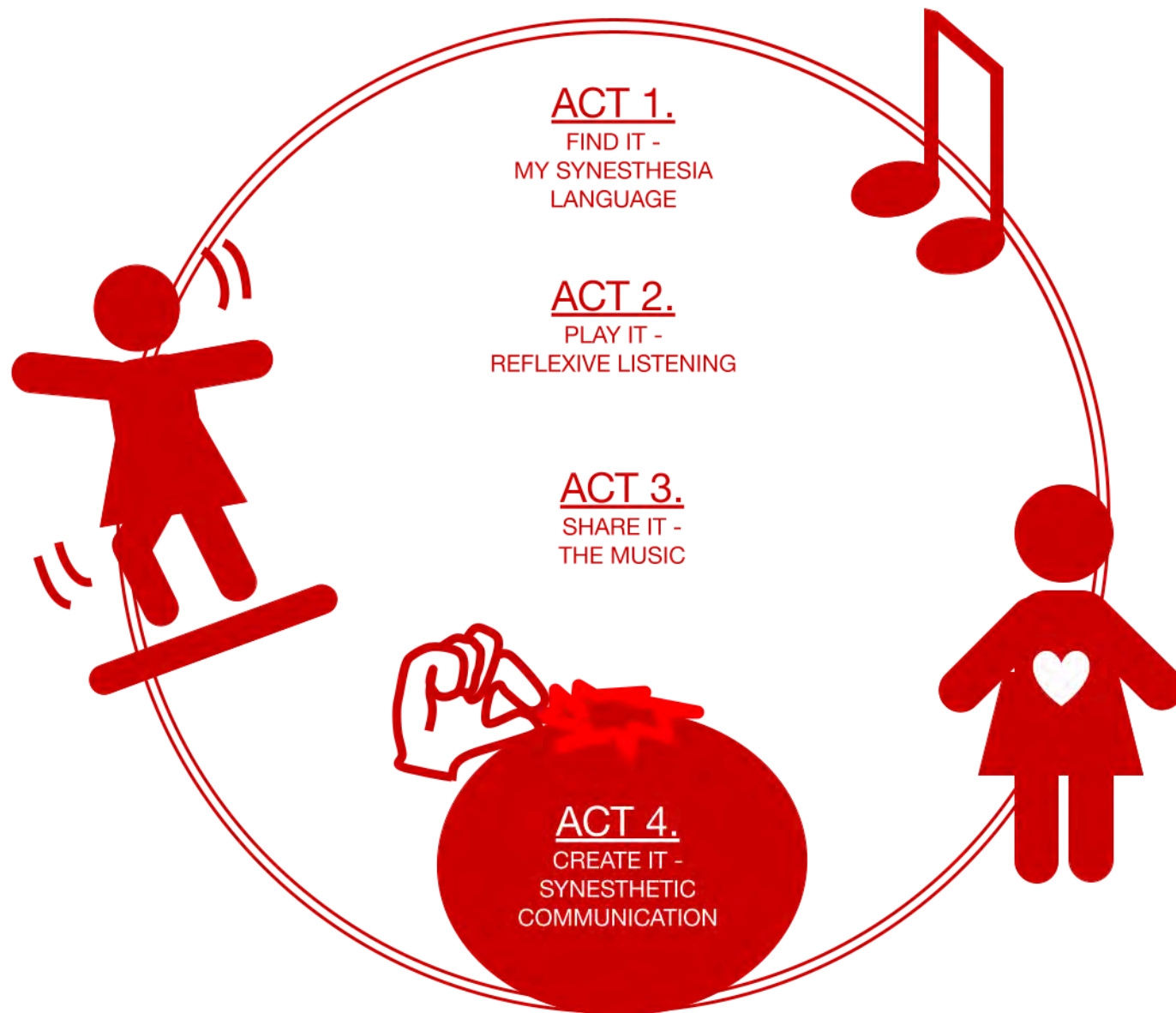
344. KEREN ROSENBAUM

345. REPEAT IT - "IT"

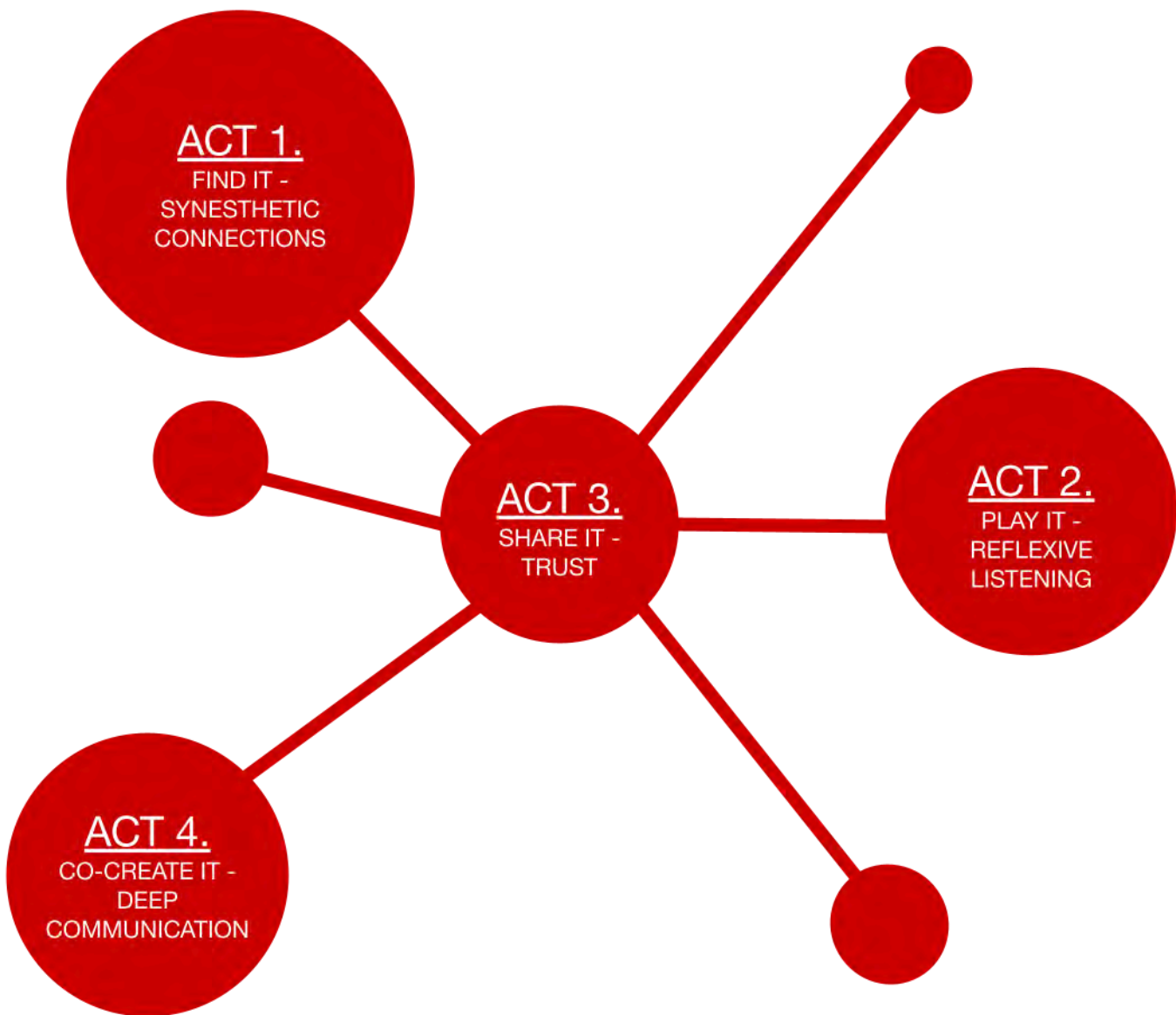
Reflexive Preludes

: an introductory performance, action, or event preceding and preparing for the principal or a more important matter...

KEREN ROSENBAUM
FIND IT - MY SYNESTHETIC LANGUAGE
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE APPROACH
VISUAL SCORE



KEREN ROSENBAUM
CO-CREATE IT - DEEP CONNECTIONS
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE APPROACH
VISUAL SCORE

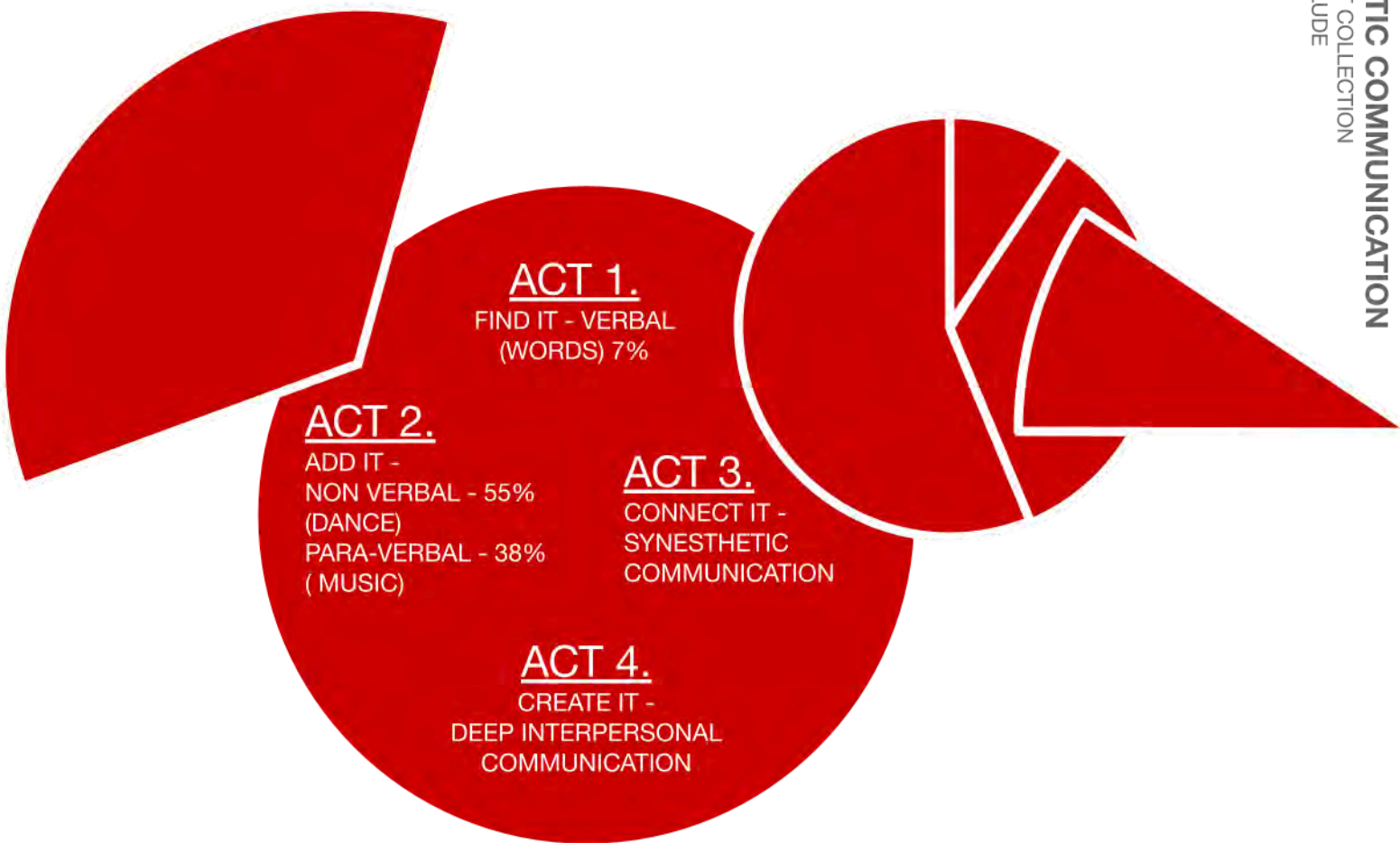


KEREN ROSENBAUM

COMMUNICATE IT - THE INBETWEEN

SYNESTHETIC COMMUNICATION

ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM
PLAY IT - BY EAR

Reflexive Listening Practice
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



ACT 1.
FIND IT - A NOISE

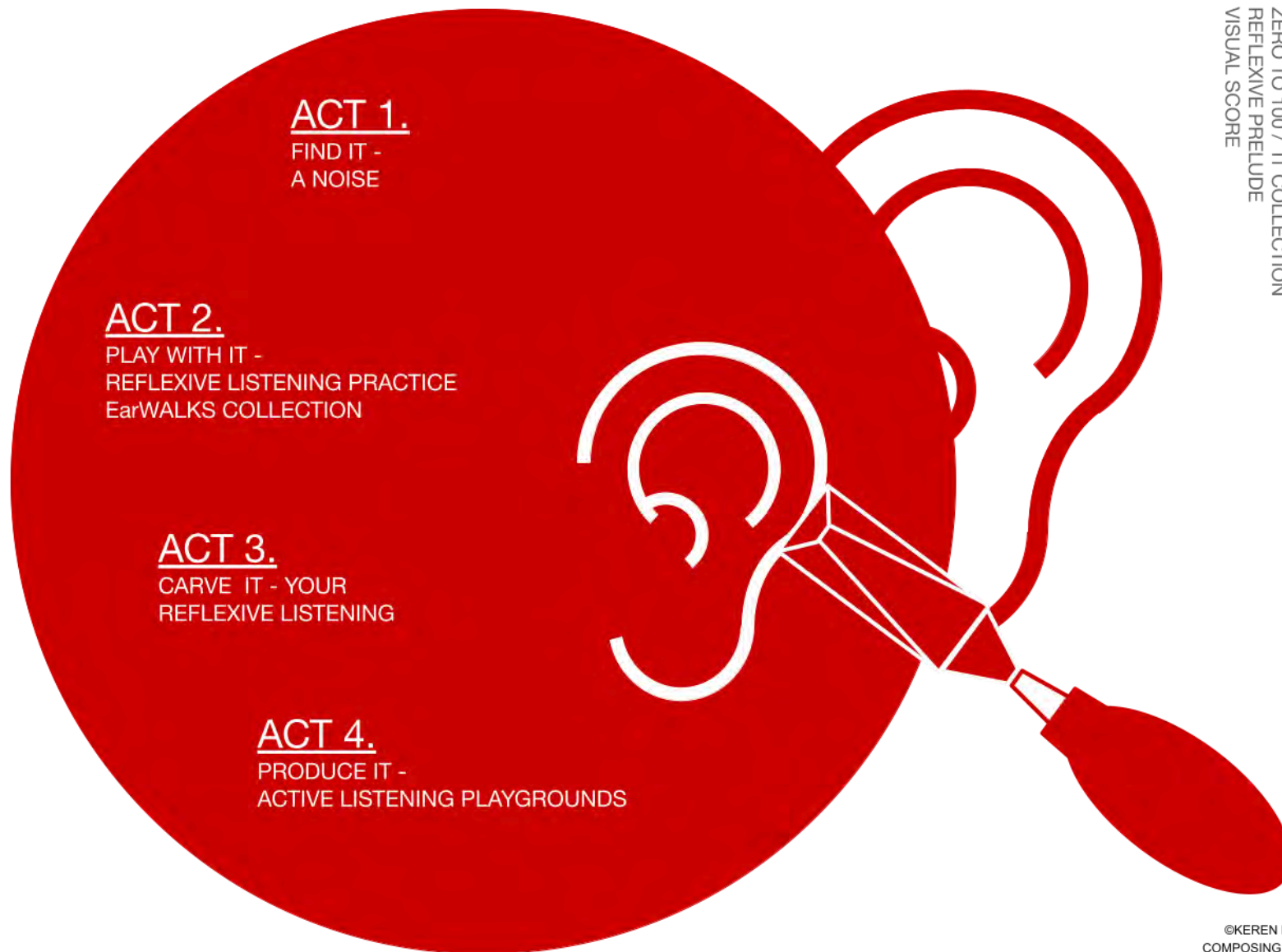
ACT 2.
PLAY WITH IT -
REFLEXIVE LISTENING

EXAMPLE:
EAR WALK COLLECTION

ACT 3.
SHARE IT -
A MEMORABLE WALK

ACT 4.
PLAY IT - BY EAR

KEREN ROSENBAUM
CARVE IT - YOUR LISTENING
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



©KEREN ROSENBAUM
COMPOSING COMMUNITY
REFLEX INVISIBLE sCORE

KEREN ROSENBAUM

SHARE IT - AWARENESS ATTENTION & ENCOURAGEMENT

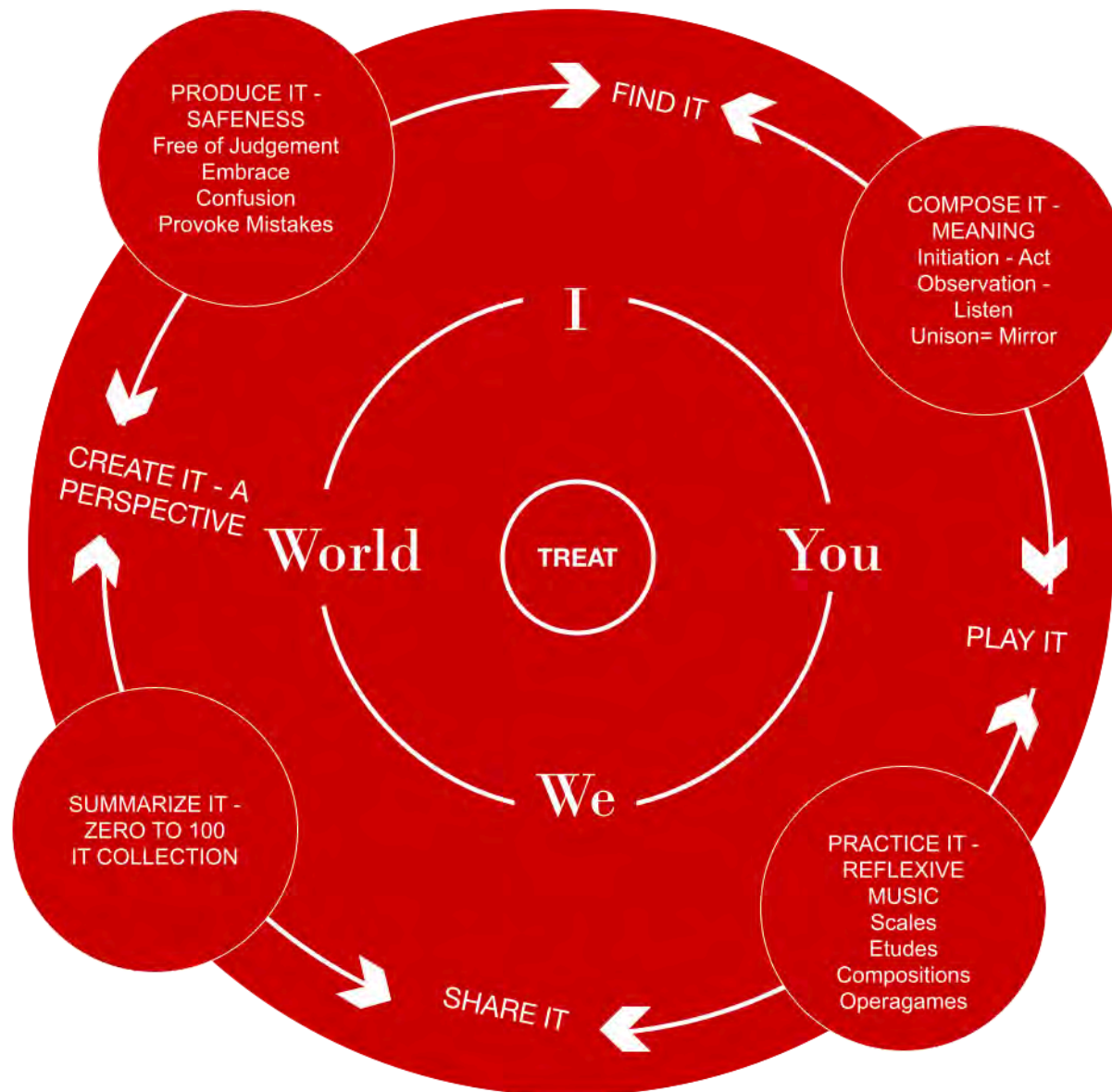
ZERO TO 100 / IT COLLECTION

REFLEXIVE PRELUDE

VISUAL SCORE



KEREN ROSENBAUM
REFLEX IT - REFLEXIVE COMMUNICATION
 ZERO TO 100 / IT COLLECTION
 REFLEXIVE PRELUDE
 DYNAMIC MODEL



KEREN ROSENBAUM
REFLEX IT - REFLEXIVE LISTENING
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



©KEREN ROSENBAUM
COMPOSING COMMUNITY
REFLEX INVISIBLE SCORE

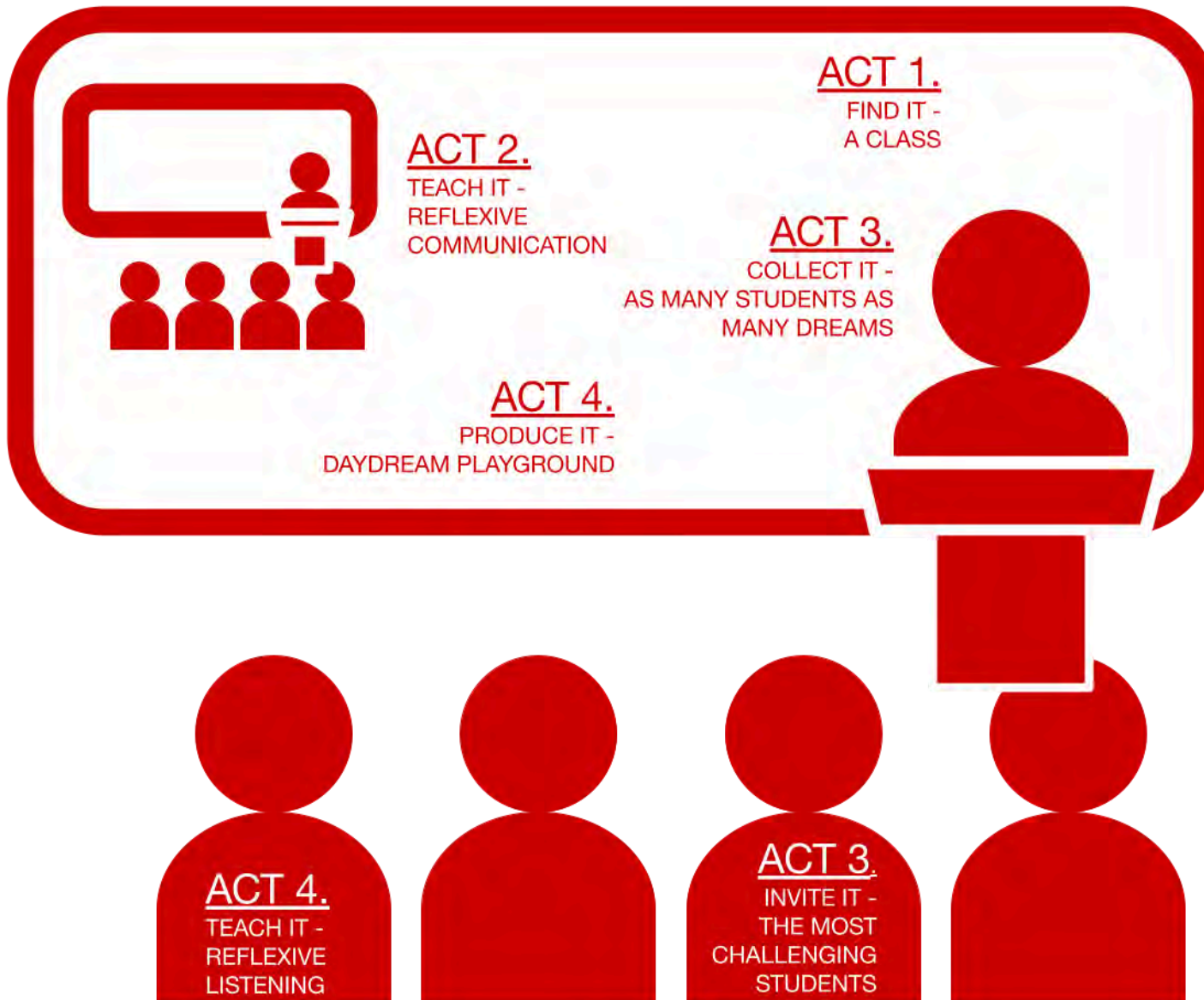
KEREN ROSENBAUM
PRACTICEPLAY IT
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM

TEACH IT - DAYDREAMING

ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM

CONNECT IT BACK - TO OUR SENSES

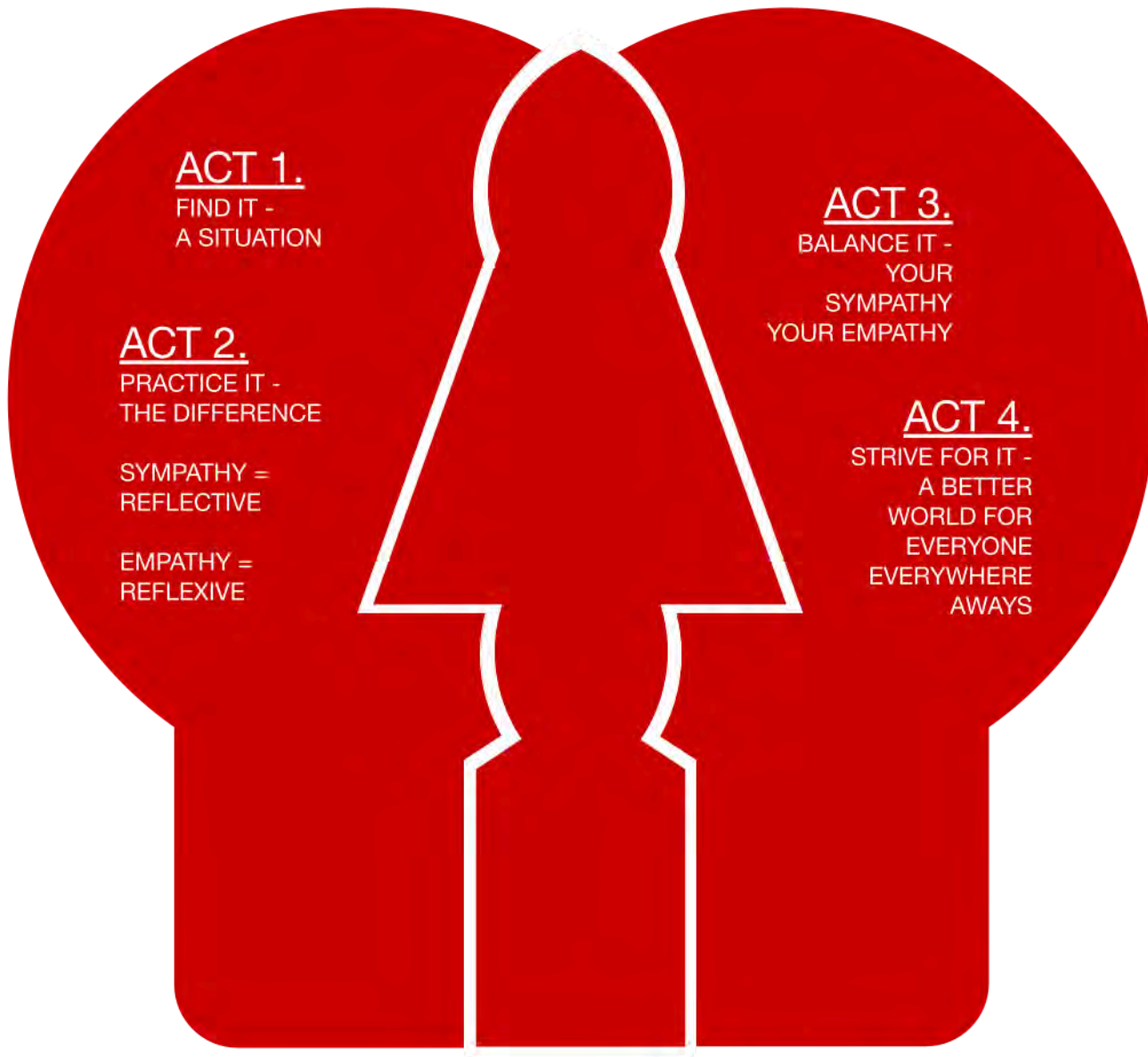
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM

BALANCE IT - EMPATHY & SYMPATHY

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM

TALK IT - REFLEXIVE CONVERSATION

ZERO TO 100 / IT COLLECTION

REFLEXIVE PRELUDE

VISUAL SCORE



KEREN ROSENBAUM

TALK IT - 3D & 4D SPEECH

ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM

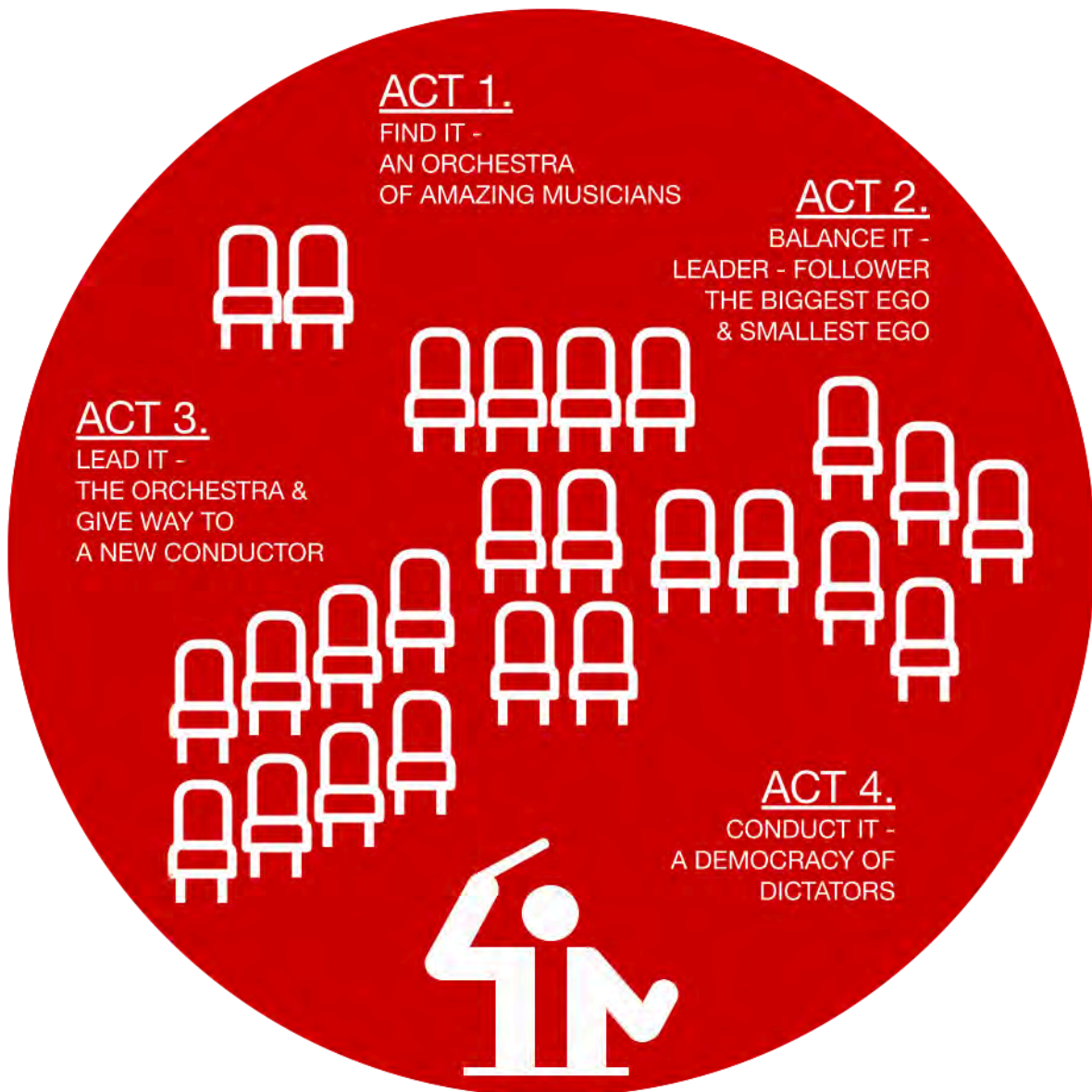
CONDUCT IT - A DEMOCRACY OF DICTATORS

(For: Tallia Ilan)

ZERO TO 100 / IT COLLECTION

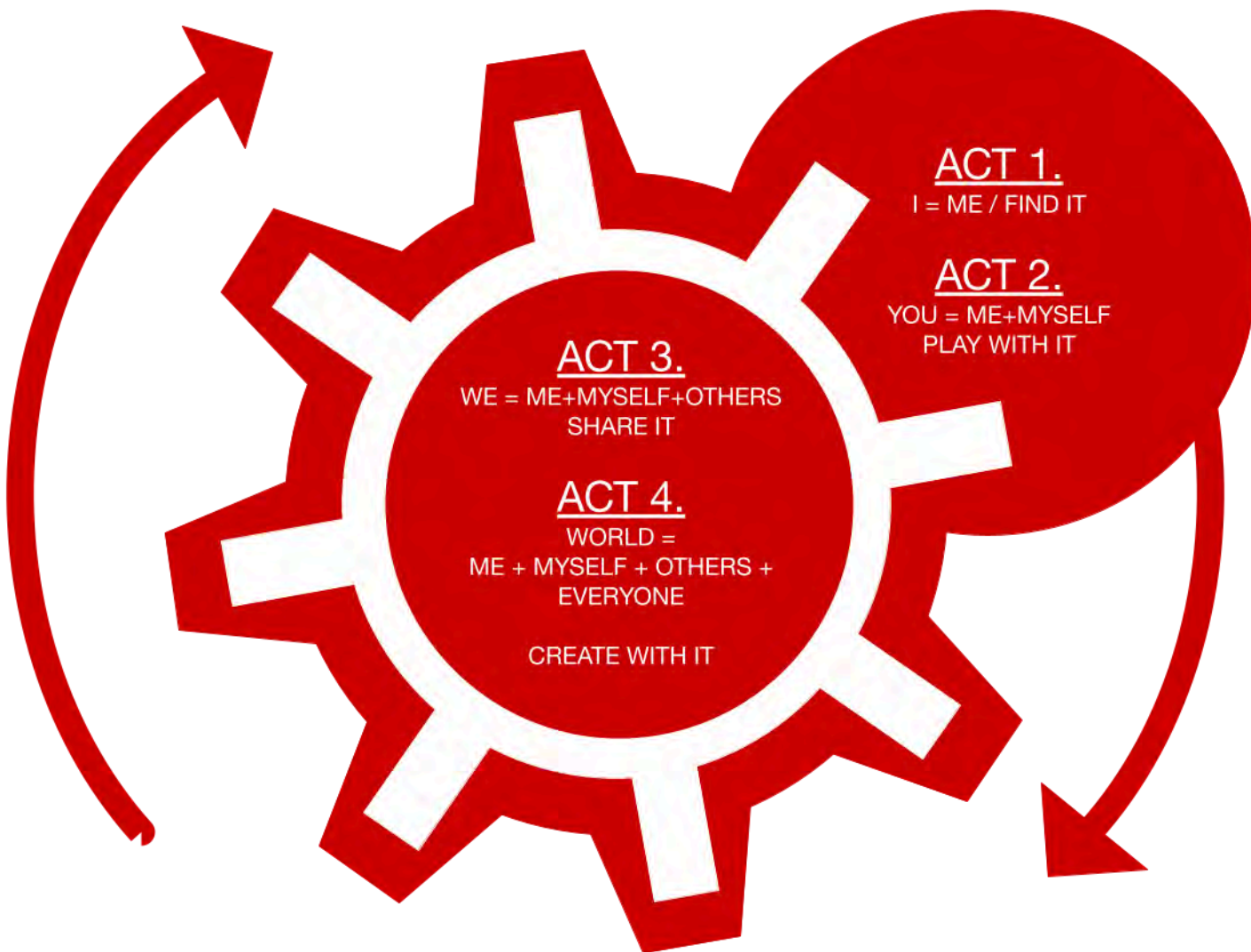
REFLEXIVE PRELUDE

VISUAL SCORE



KEREN ROSENBAUM
FIND IT - THE SEARCH
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE





KEREN ROSENBAUM

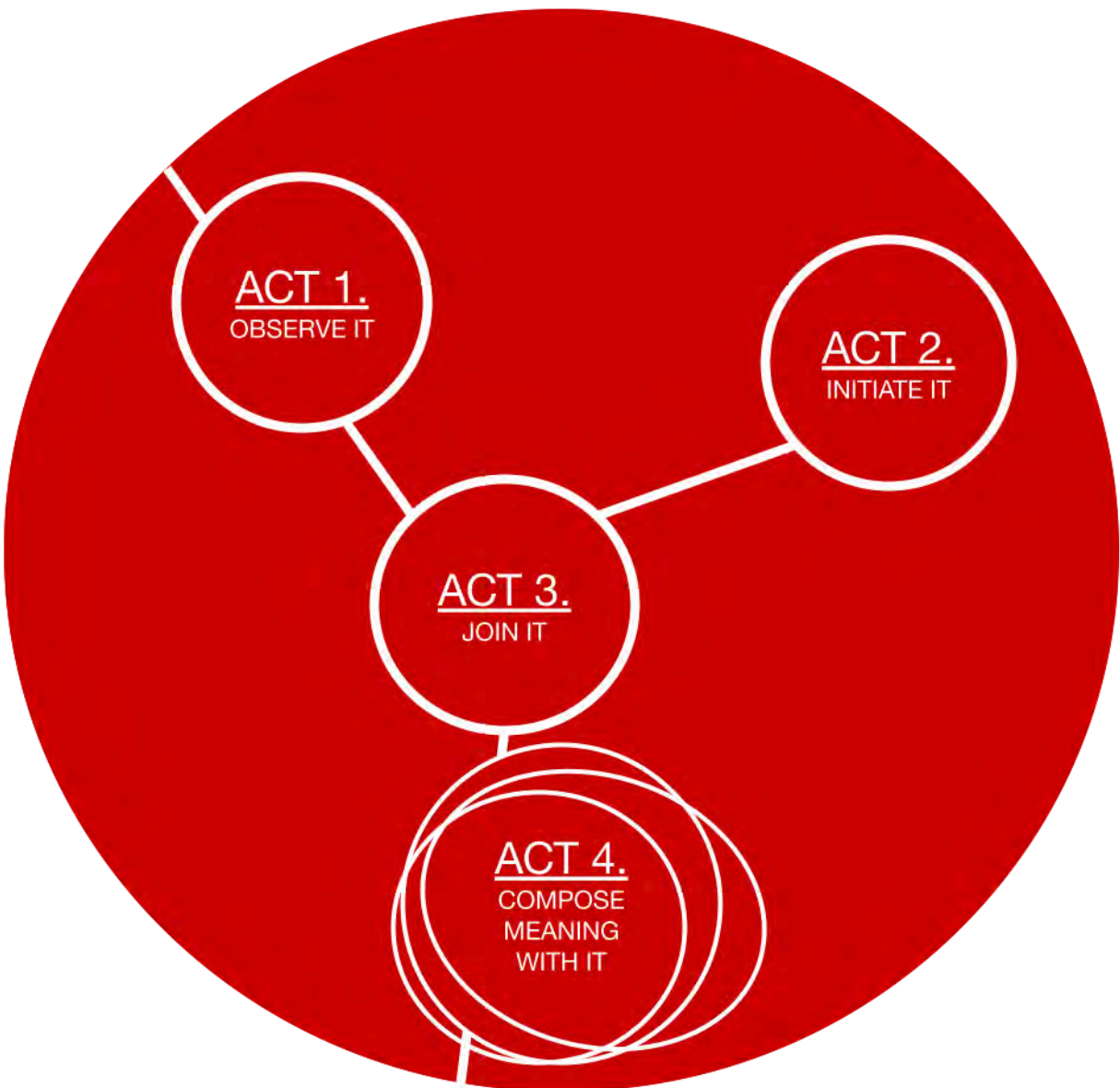
COMPOSE IT - MEANING

ZERO TO 100 / IT COLLECTION

With Alona Peretz "Mercaz Ha'rega"

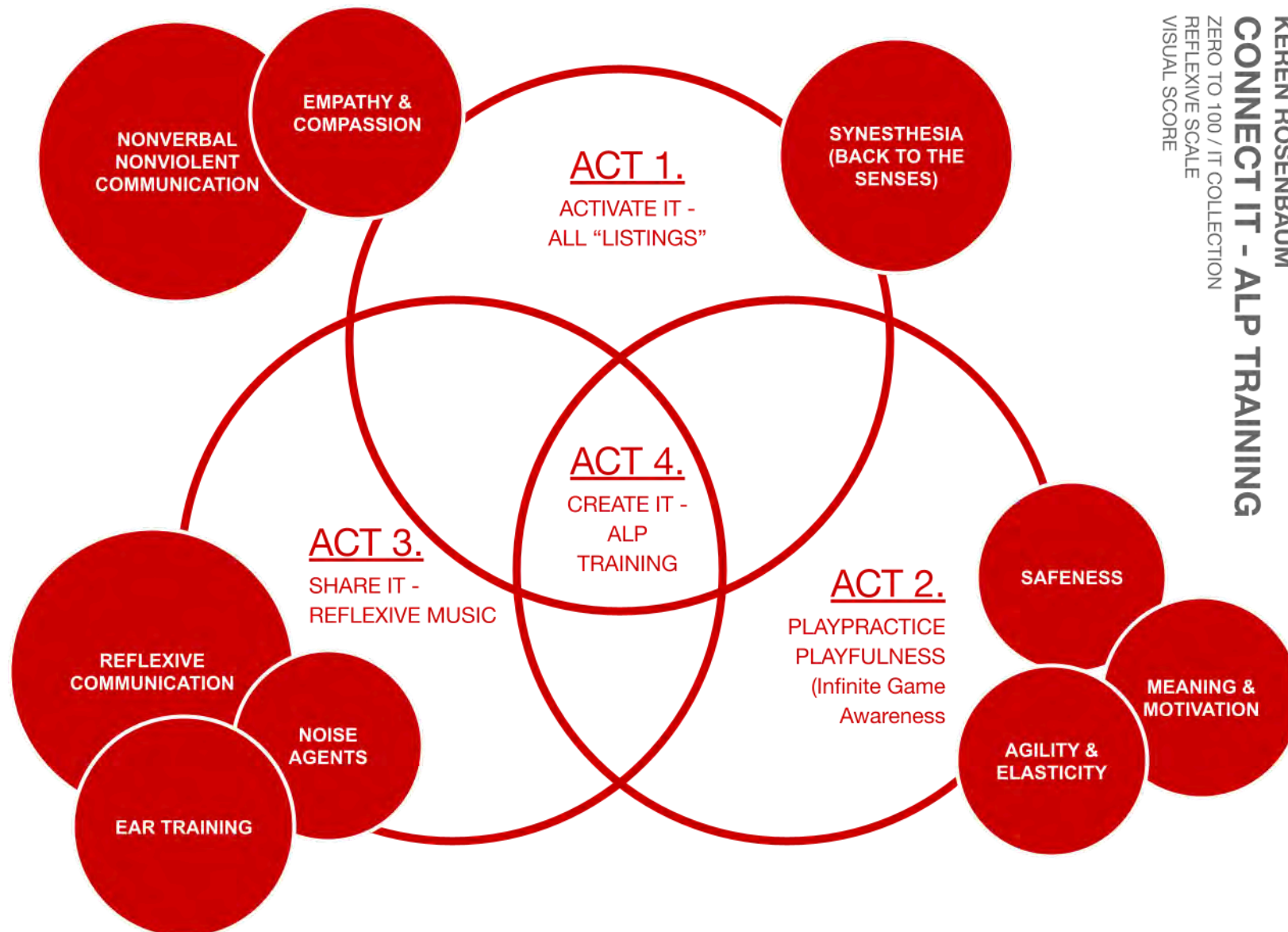
REFLEXIVE PRELUDE

VISUAL SCORE



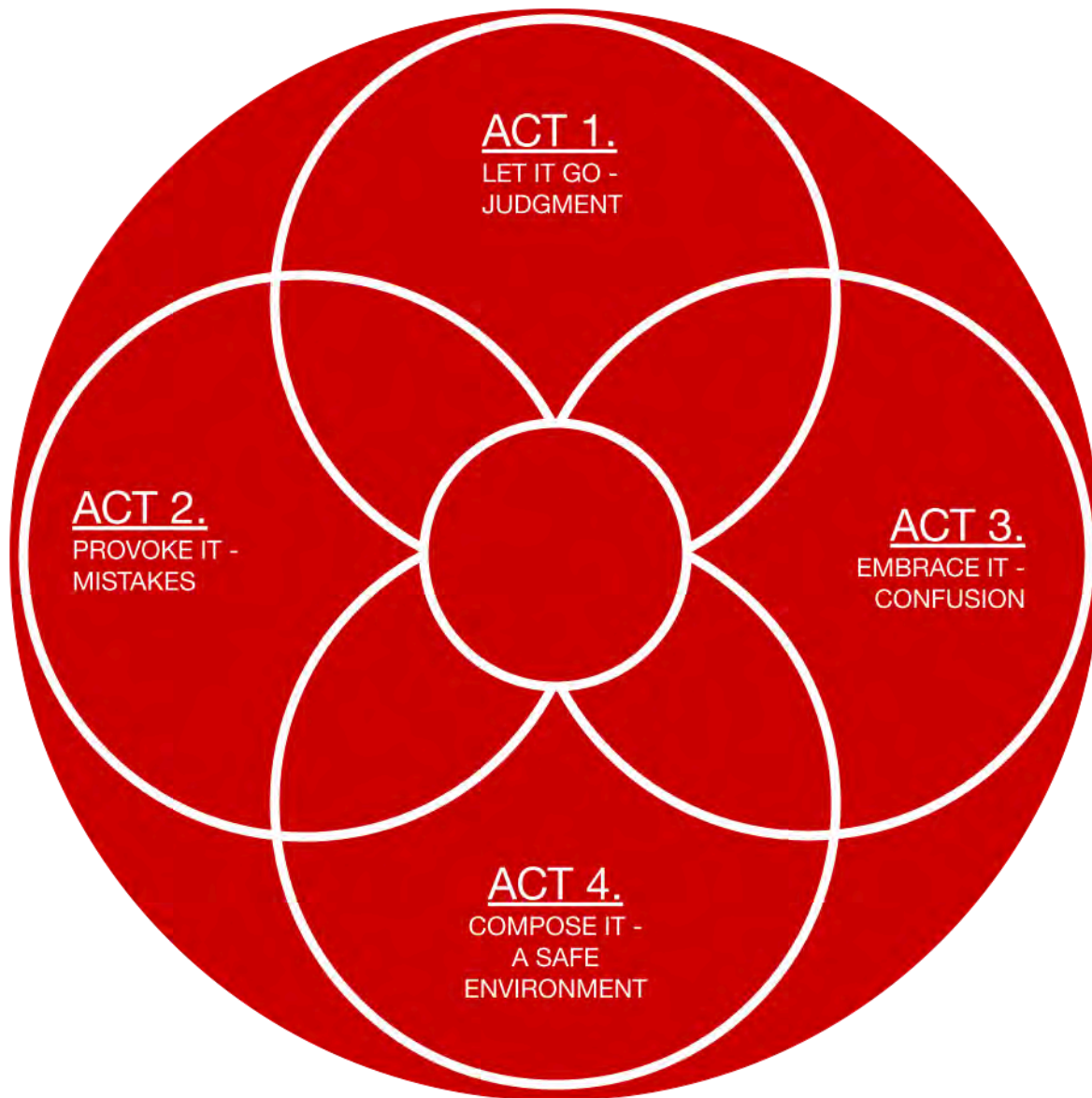
KEREN ROSENBAUM CONNECT IT - ALP TRAINING

ZERO TO 100 / IT COLLECTION
REFLEXIVE SCALE
VISUAL SCORE

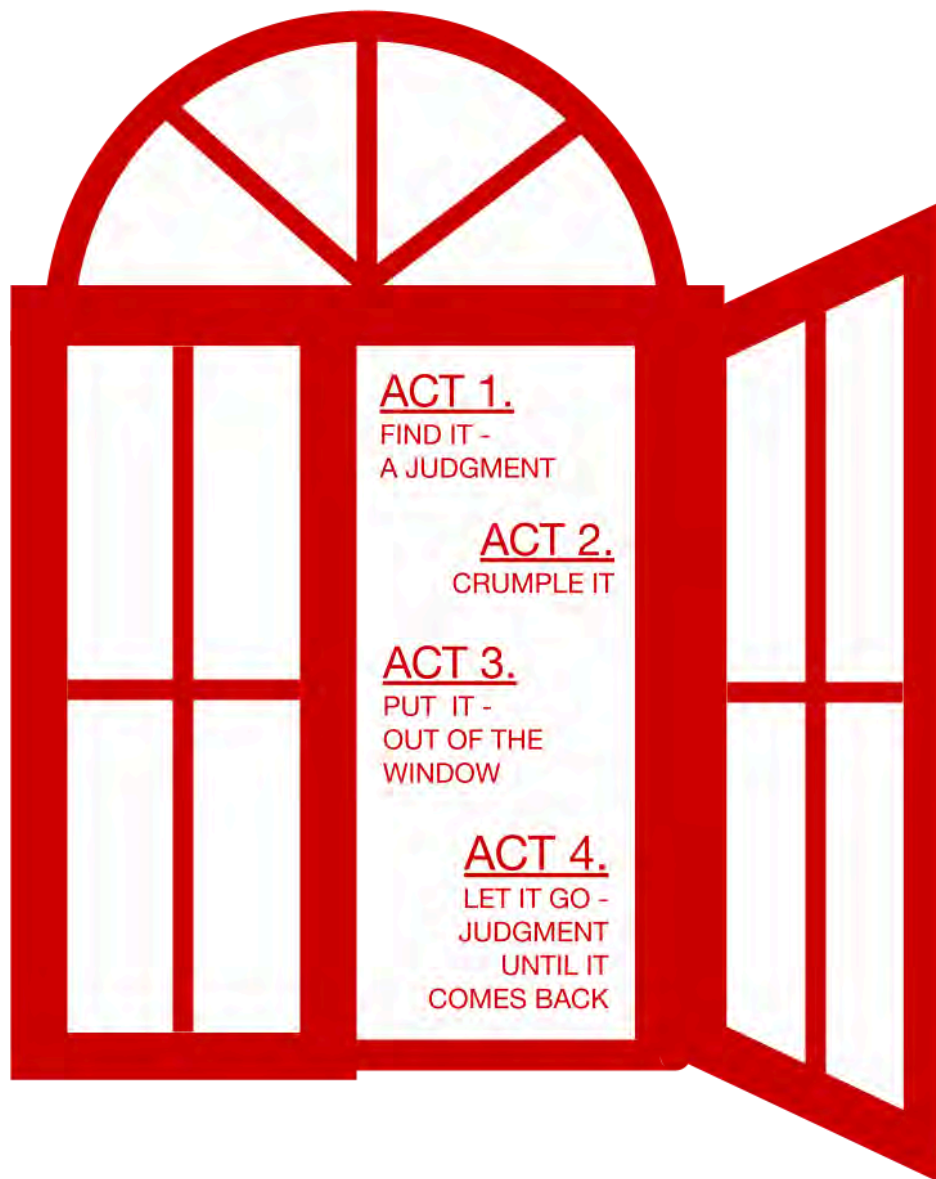


Reflexive Perspectives

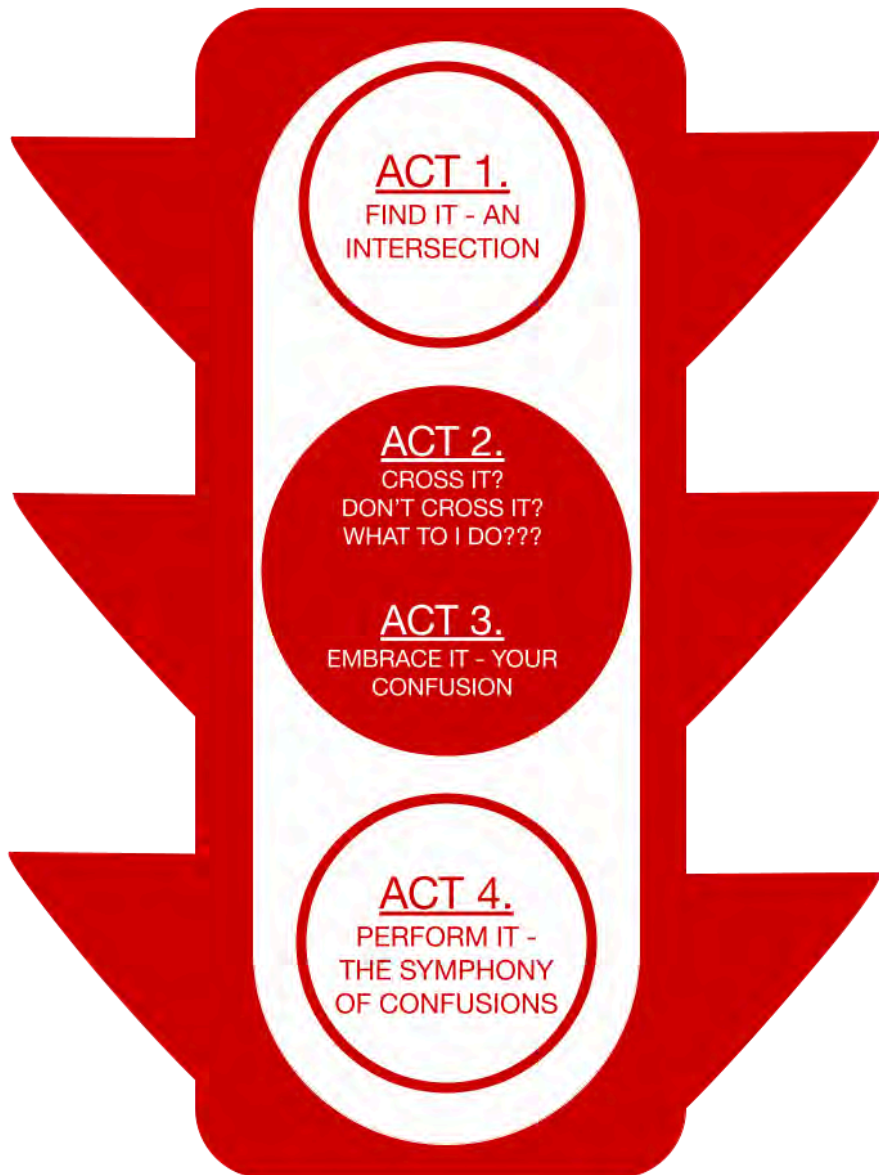
: the interrelation in which a subject or its parts are mentally viewed



KEREN ROSENBAUM
LET IT GO - JUDGMENT
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM
EMBRACE IT - CONFUSION
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM
PROVOKE IT - MISTAKES
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



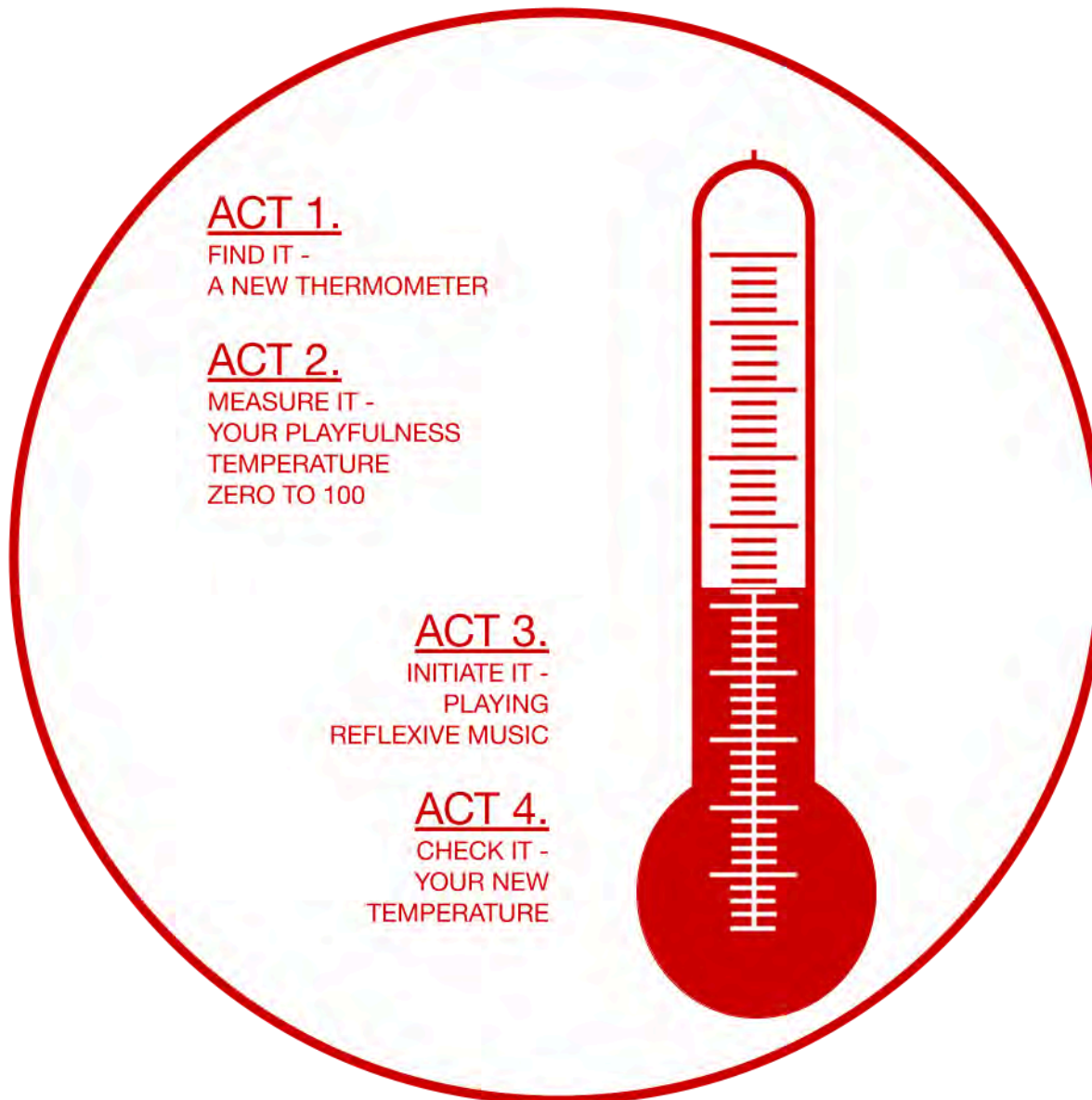
ACT 1.
FIND IT -
SAFENESS
FOR YOURSELF

ACT 2.
PROVOKE IT -
A MISTAKE

ACT 3.
KEEP IT SAFE -
FOR EVERYONE

ACT 4.
CELEBRATE IT -
YOUR MISTAKE
MAKE IT -
YOUR NEW SAFE

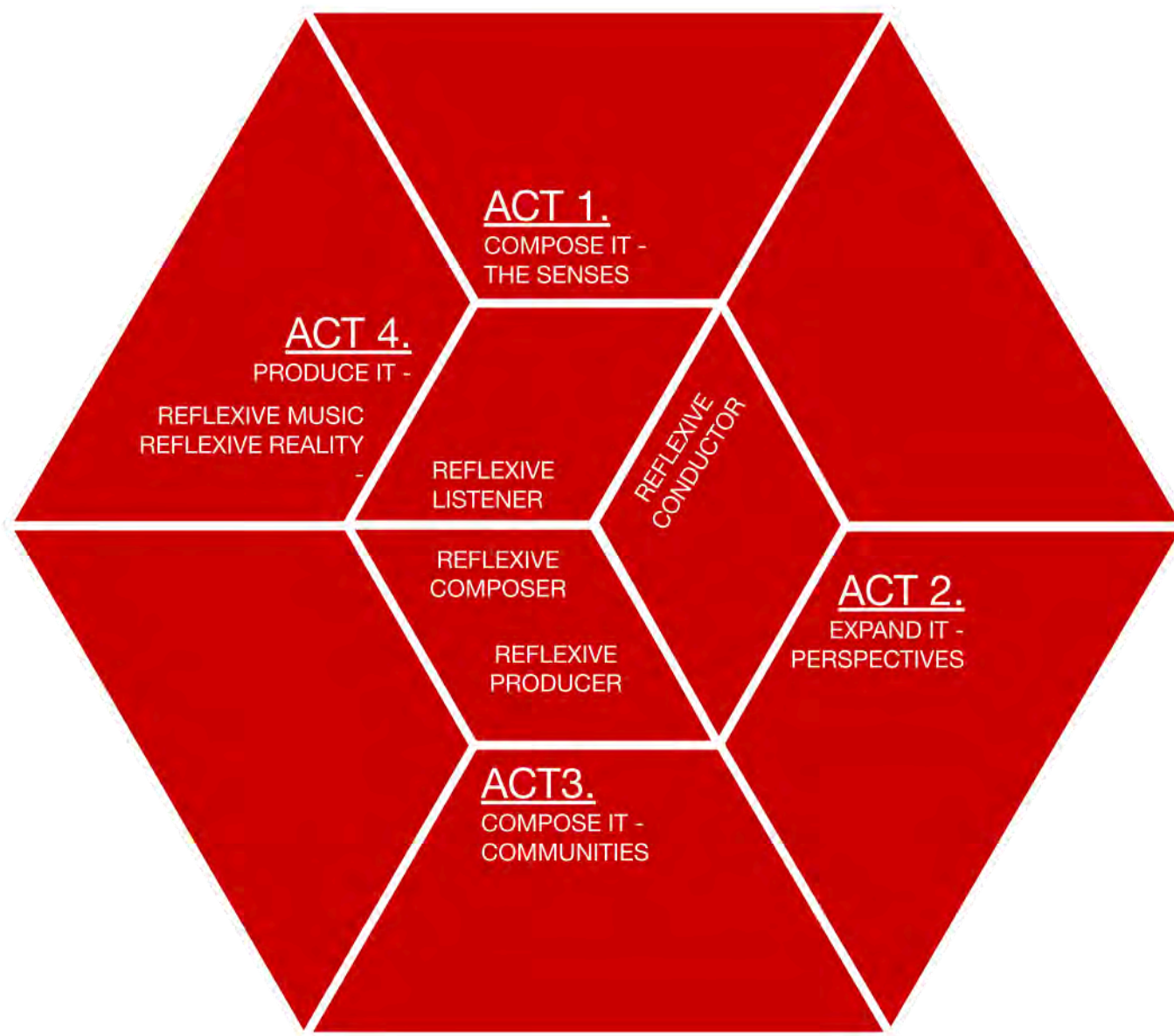
KEREN ROSENBAUM
MEASURE IT - PLAYFULNESS TEMPERATURE
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



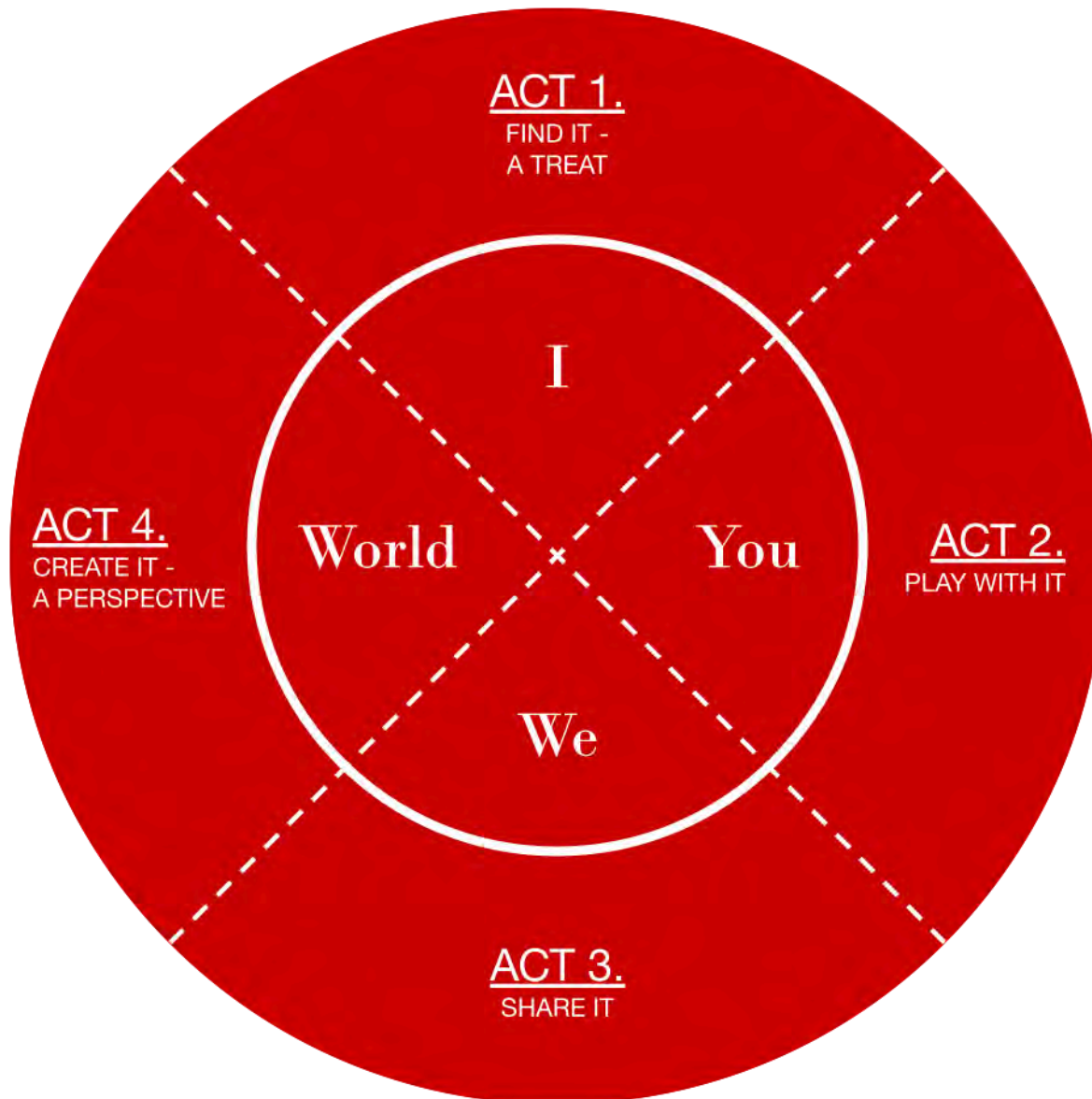
KEREN ROSENBAUM

EXPAND IT - PERSPECTIVES

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
PLAY IT - AN OPERAGAME
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



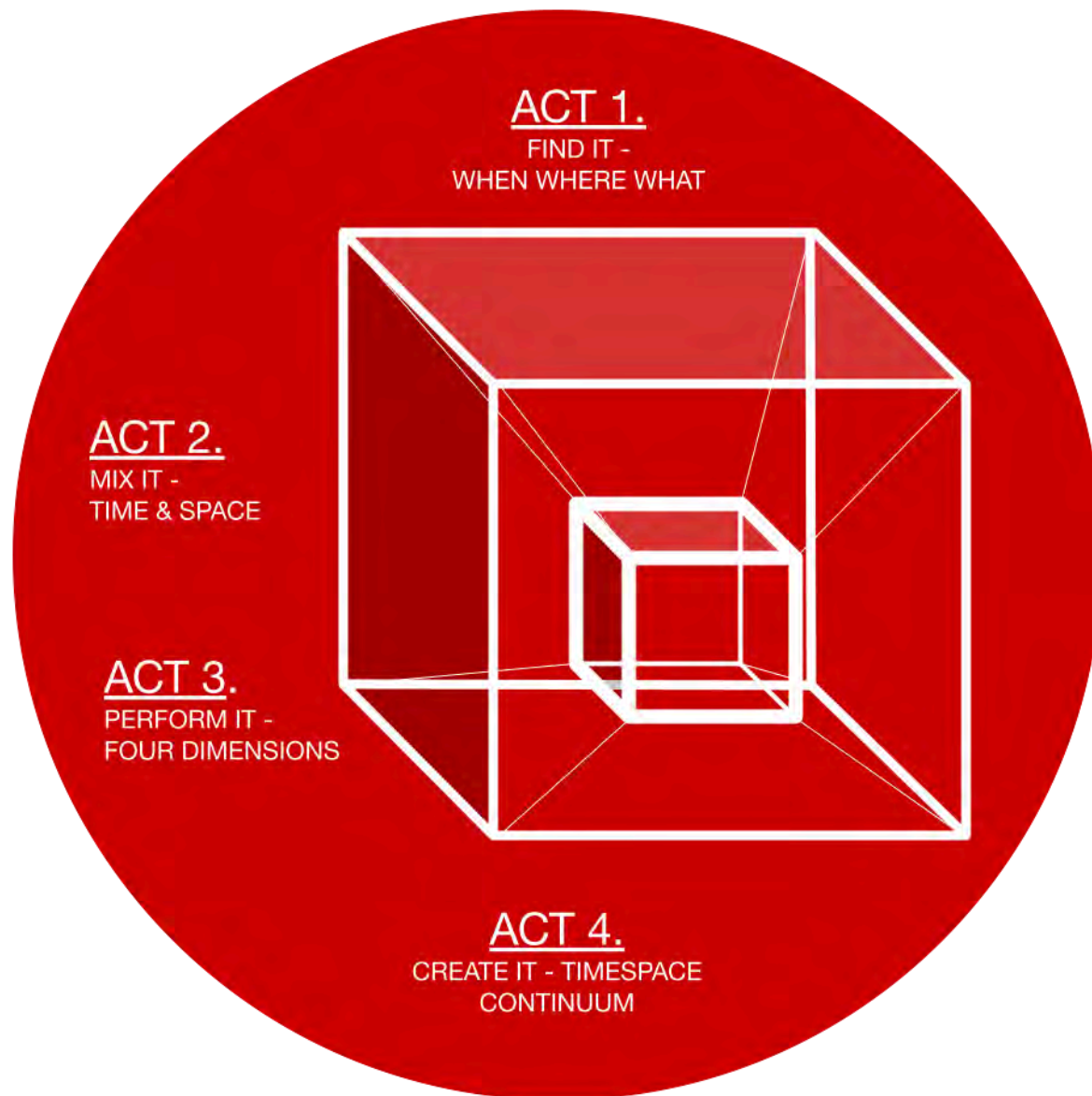
©KEREN ROSENBAUM
COMPOSING COMMUNITY
REFLEX INVISIBLE SCORE

KEREN ROSENBAUM

PRODUCE IT - TIMESPACE CONTINUUM

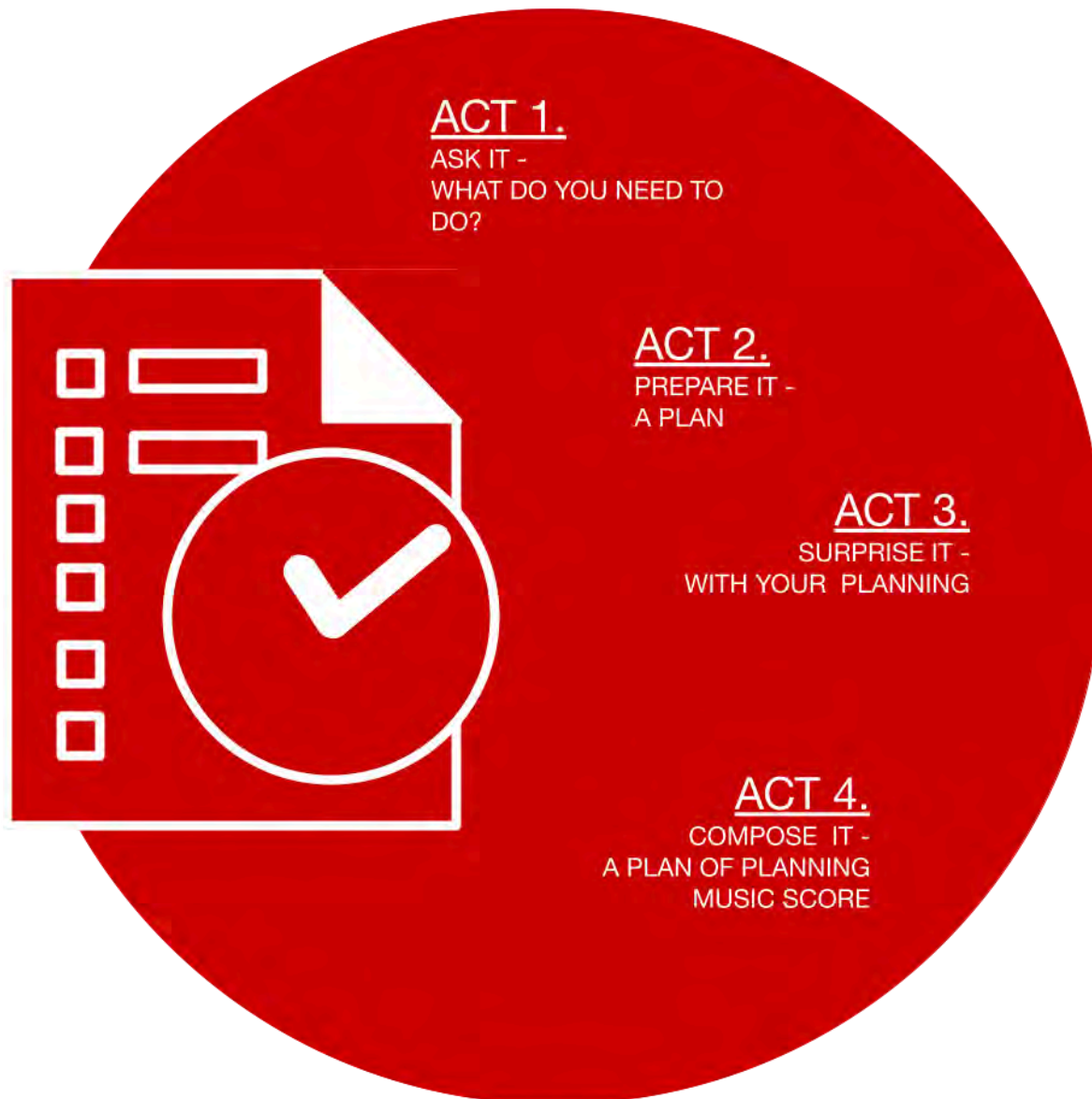
ZERO TO 100 / IT COLLECTION

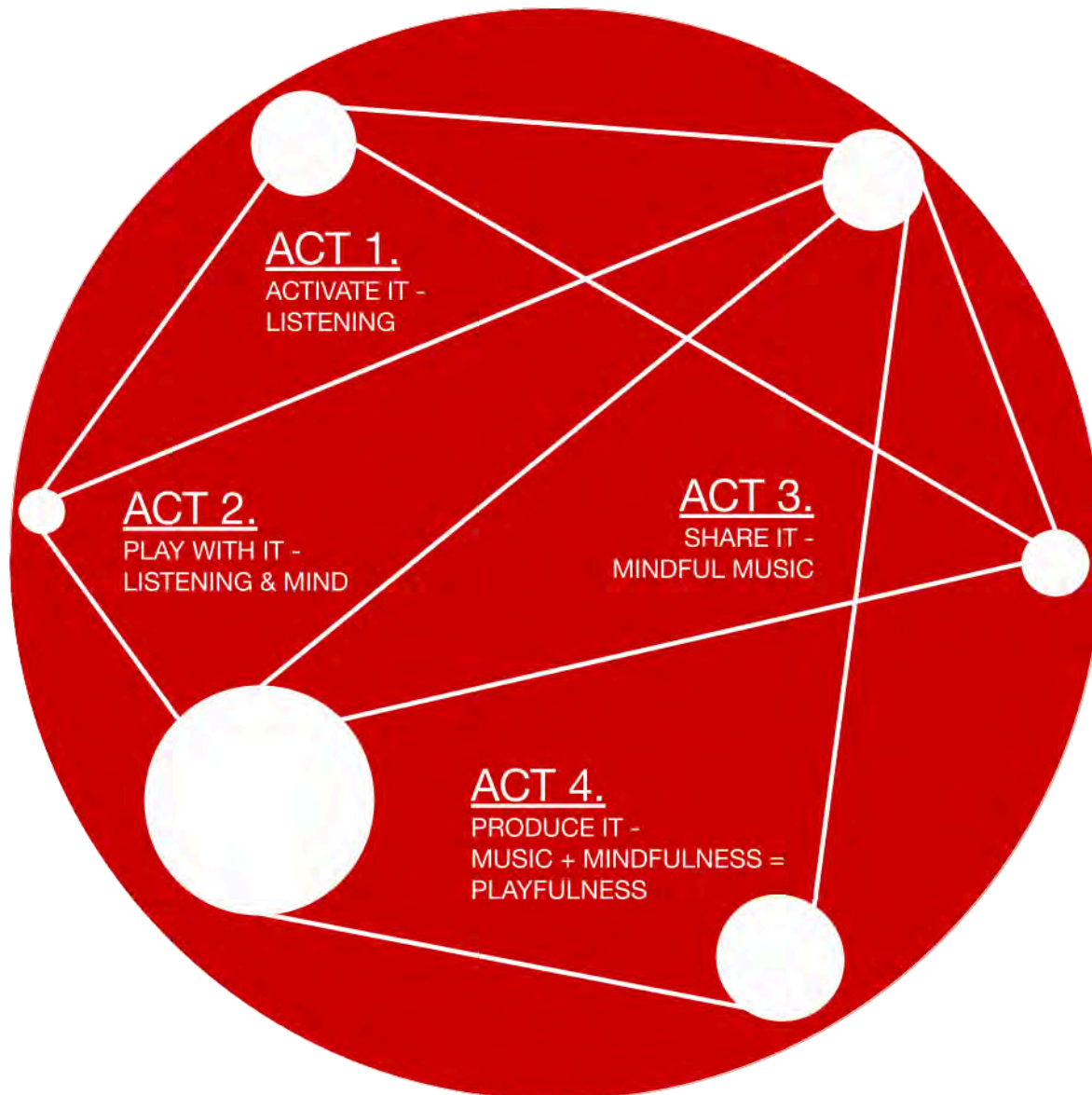
REFLEXIVE PRELUDE
VISUAL SCORE

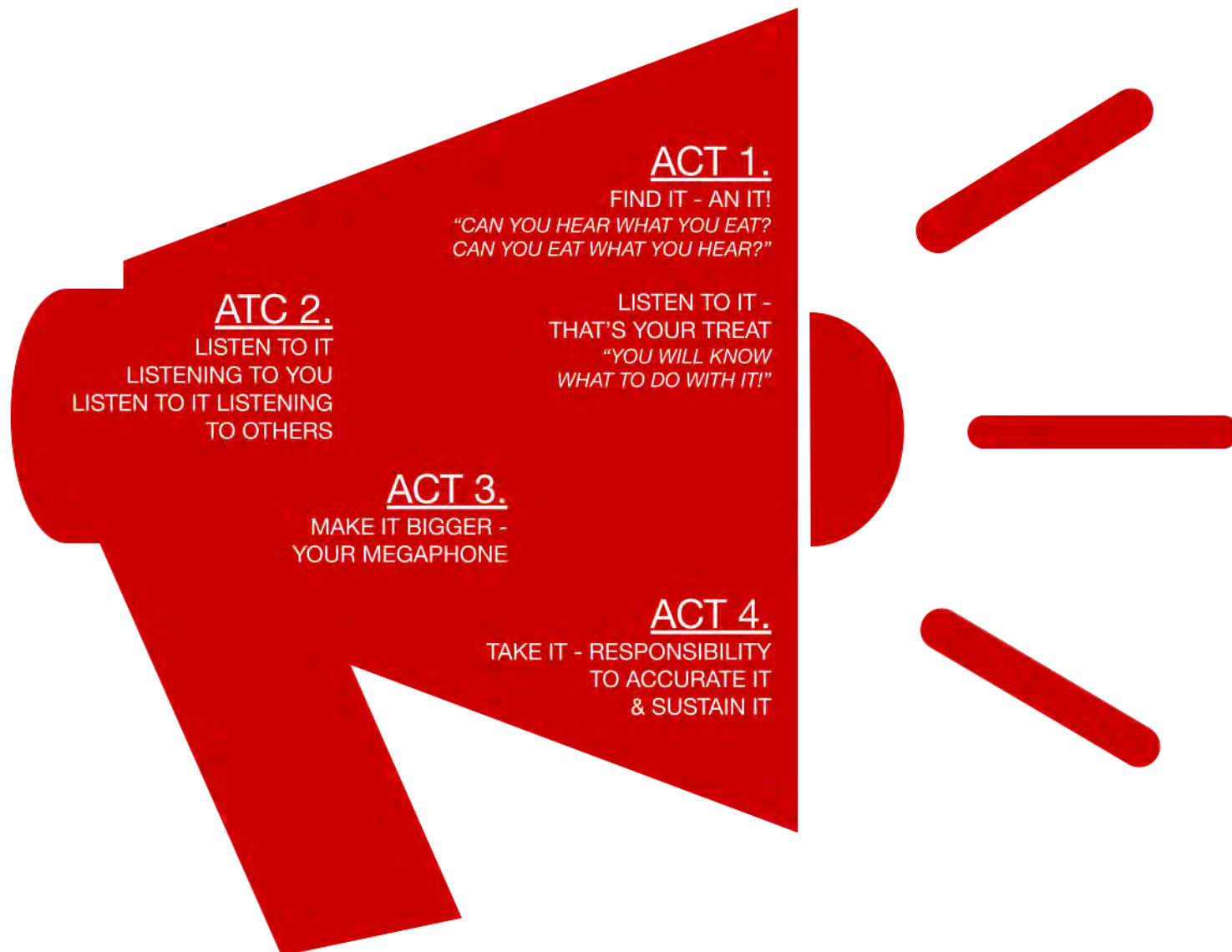


KEREN ROSENBAUM
PRODUCE IT - TIME SPACE CONDITIONS
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



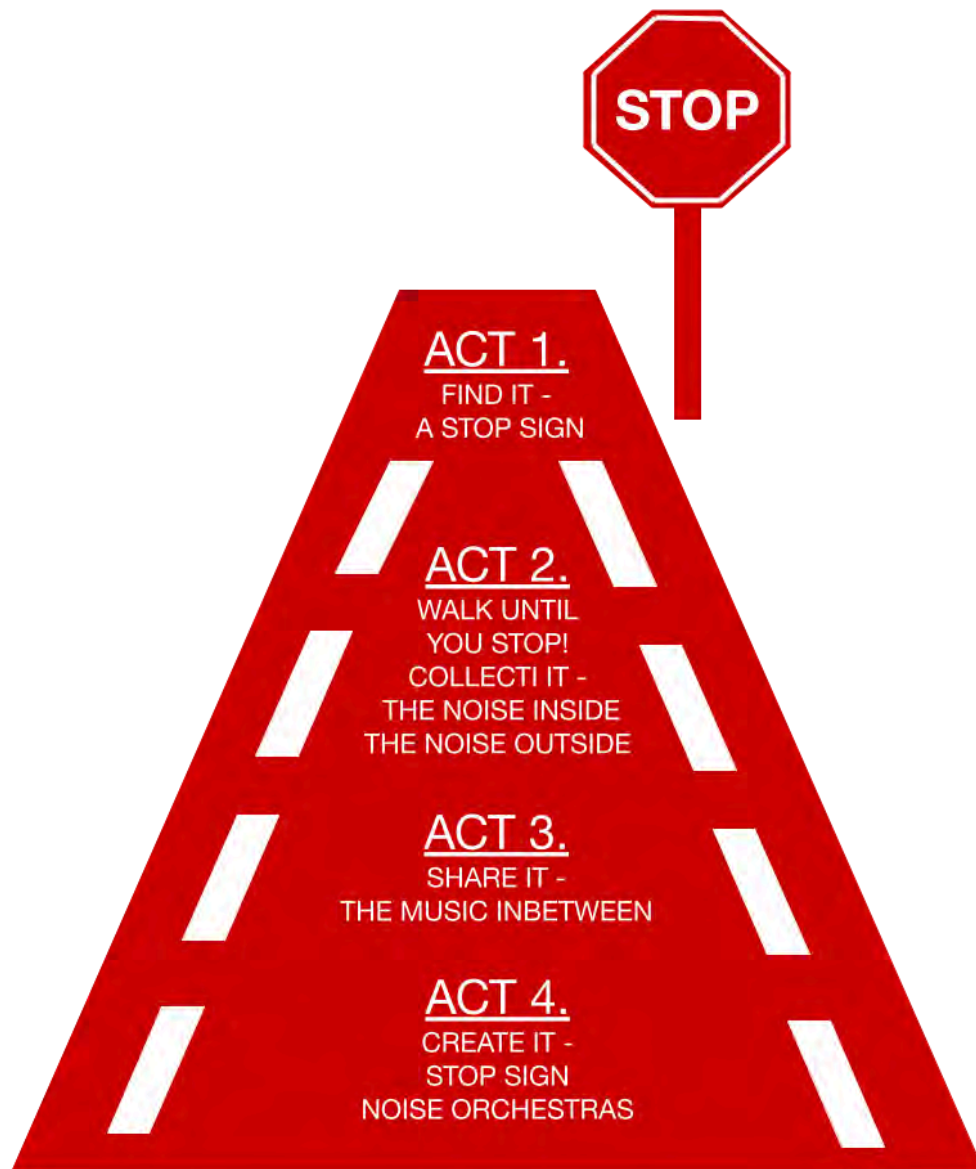




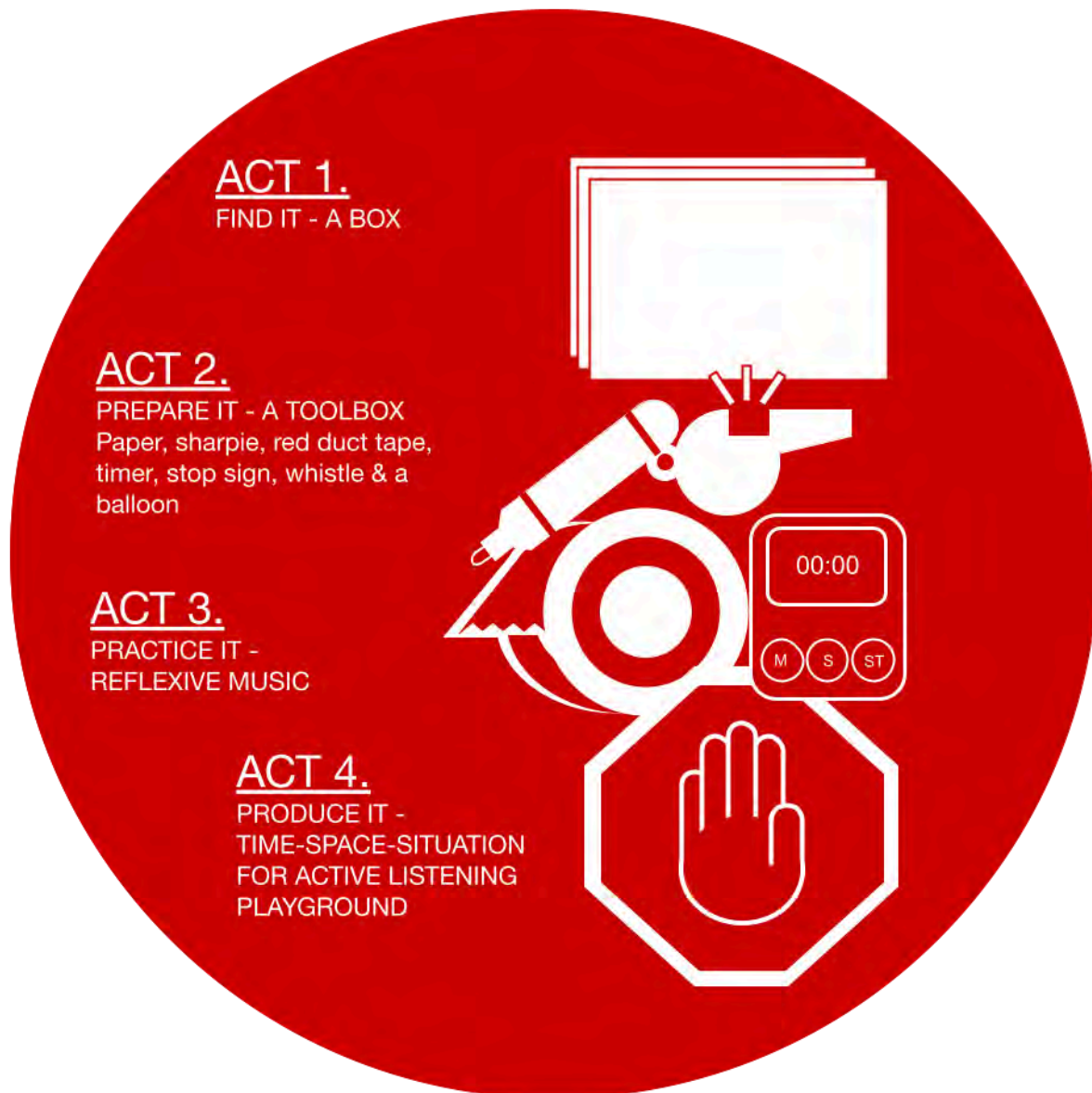




KEREN ROSENBAUM
STOP IT! - LISTEN... - GO FOR IT, GIRL!
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM
PREPARE IT - A TOOLBOX
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM

COMPOSE IT - A BUSINESS MODEL

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



Reflexive Scales

SynesWALK Collection

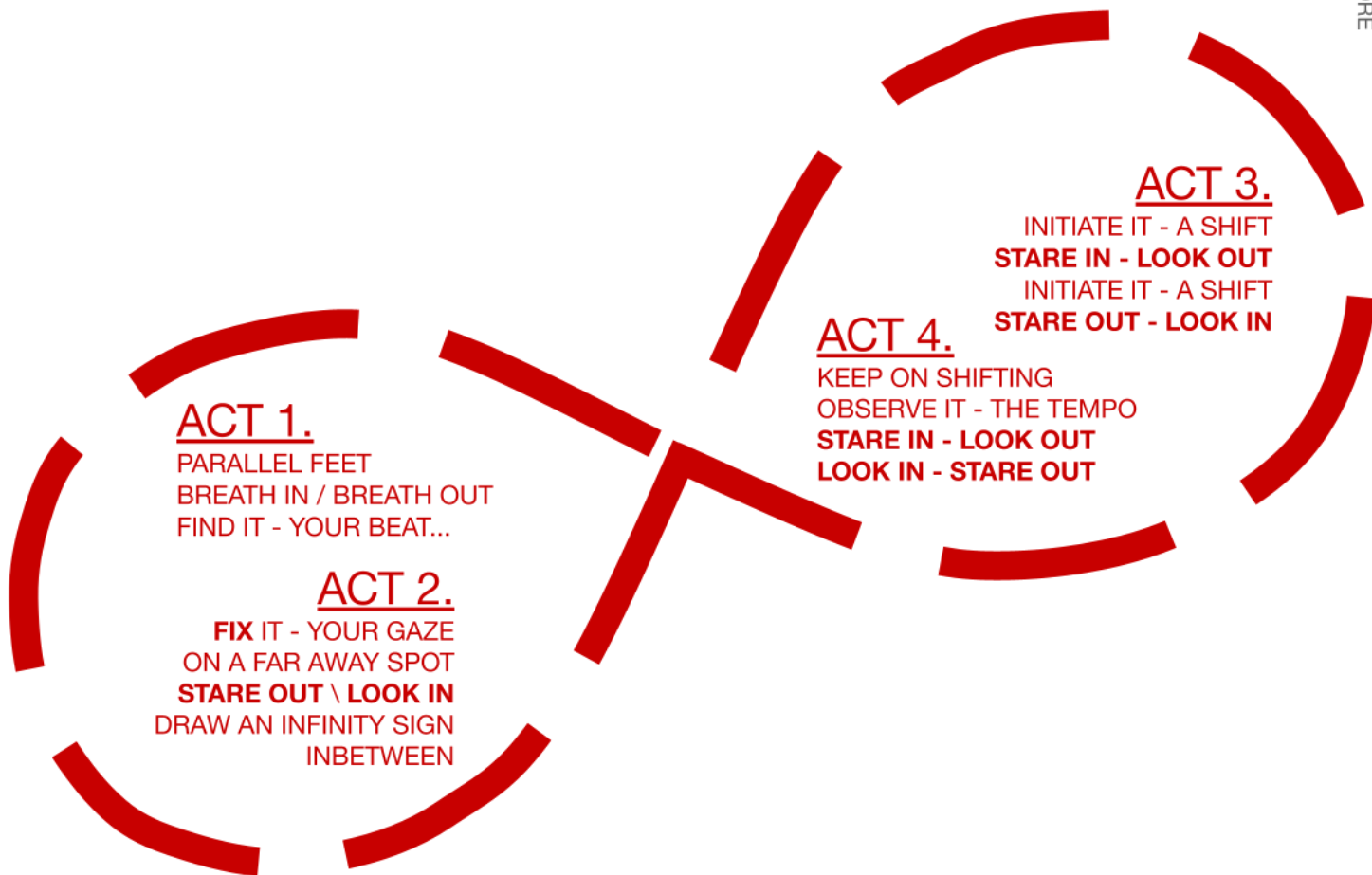
Sensory Walks & Synesthesia Walks

: an ordered sequence.
For example: do, re, mi, fa, sol, la, ti, do...
repeating this cycle

KEREN ROSENBAUM

PLAY IT - Eyewalk #1 (1996) NEUTRALIZE IT - YOUR SOUND

FOR: ALONA PERETS
ZERO TO 100 / IT COLLECTION
REFLEXIVE SCALE
VISUAL SCORE



KEREN ROSENBAUM

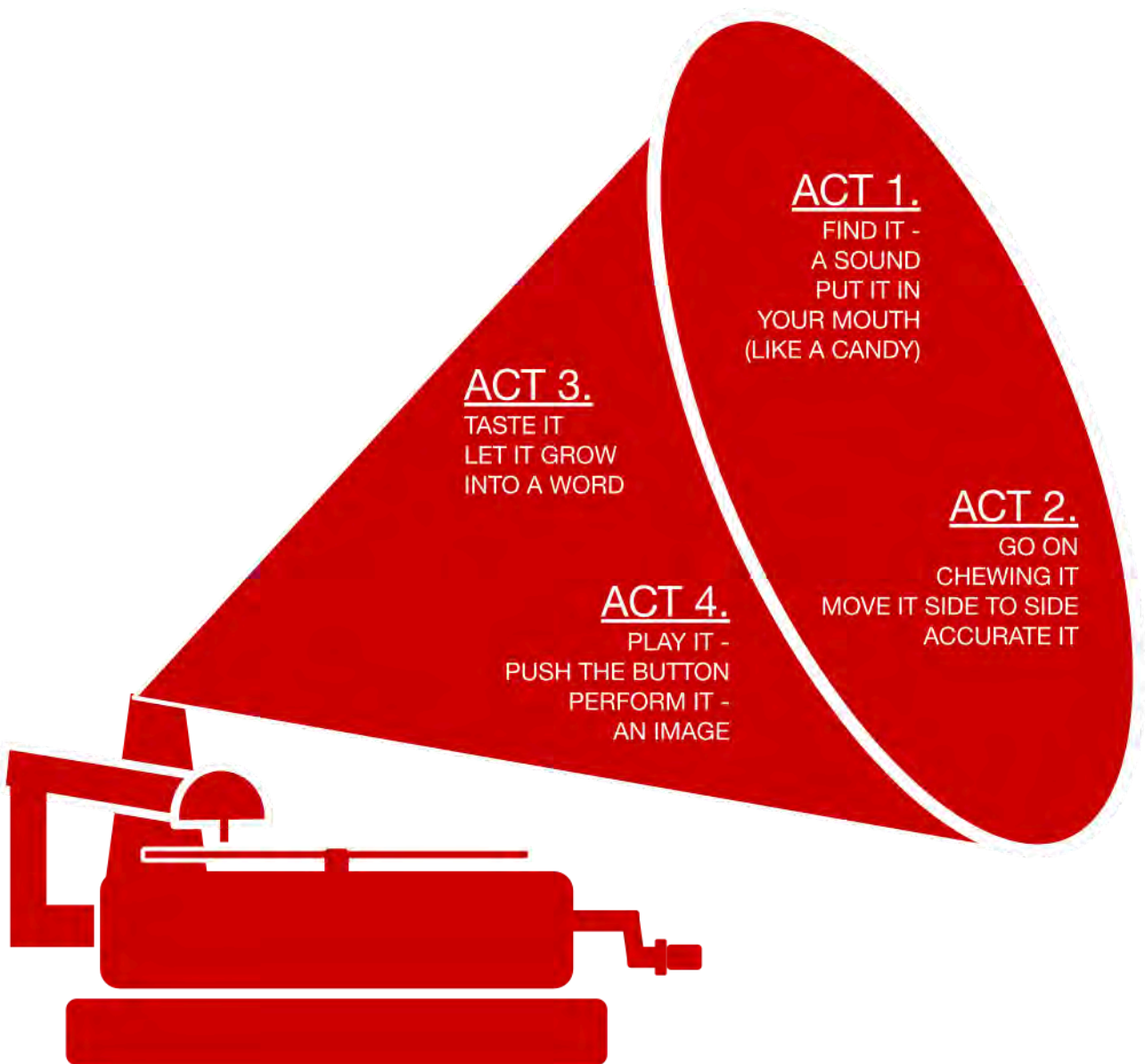
PLAY IT - TasteWALK #1 (1996) WHAT'S YOUR SOUND?

FOR: ALONA PERETS

ZERO TO 100 / IT COLLECTION

REFLEXIVE SCALE

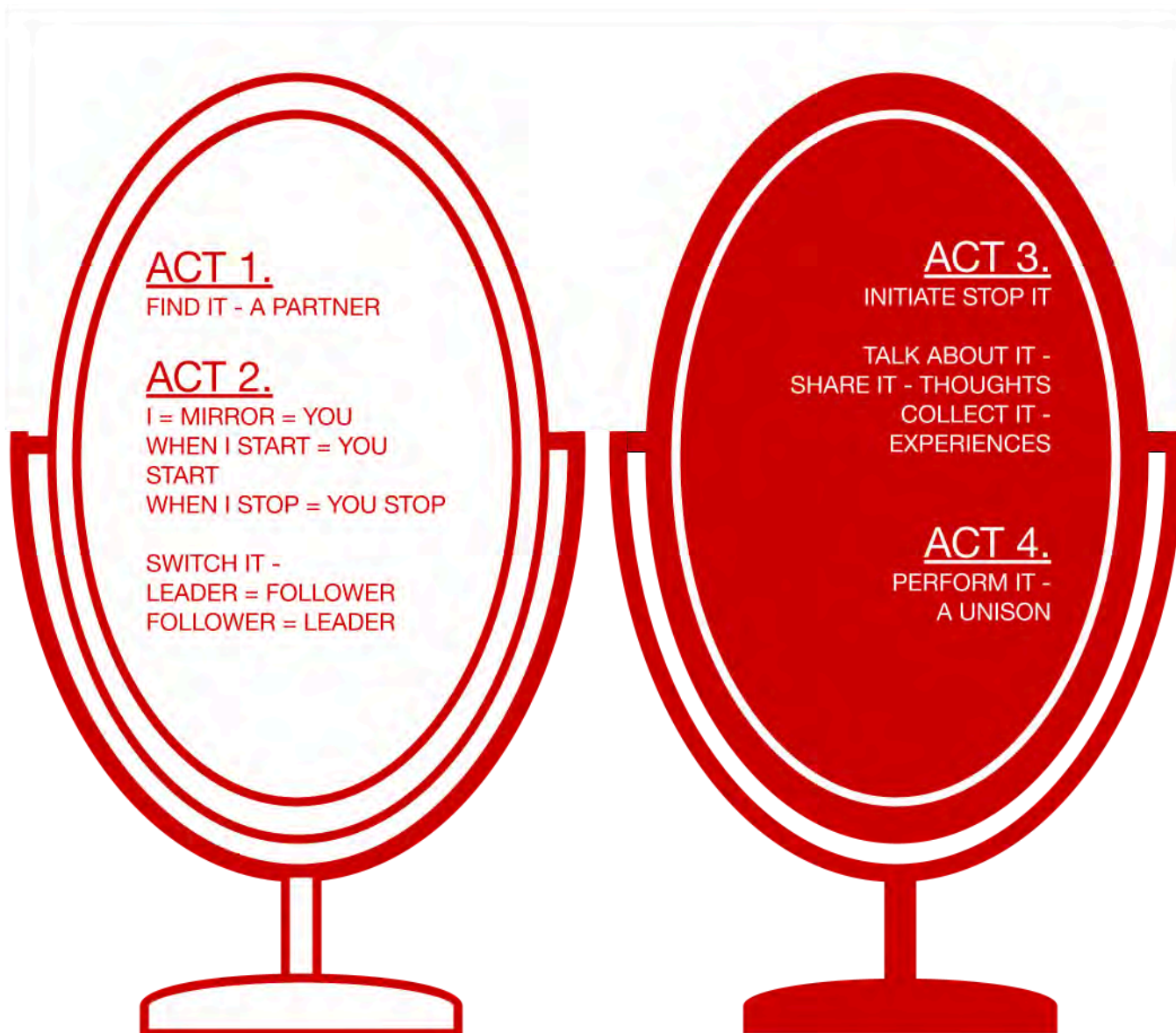
VISUAL SCORE



KEREN ROSENBAUM

EYEWALK #2 PLAY IT - IN SYNCH (1996)

FOR: ALONA PERETS
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM

PLAY IT - PLAY IT - Tastewalk - A BITE #1

(Sensory Walk)

ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE

ACT 1.

FIND IT - A BITE
CHEW WELL
WHAT DID YOU TASTE?

ACT 2.

TAKE ANOTHER BITE
COUNT IT -
YOUR CHEWINGS

REMEMBER IT -
YOUR NUMBER OF CHEWS

ACT 3.

TAKE ONE MORE BITE
KEEP ON CHEWING
TILL YOU REACH
YOUR NUMBER

REPEAT IT -
THE ACTION
3 MORE TIMES

CAN YOU HEAR WHAT YOU TASTE?
OR CAN YOU TASTE WHAT YOU HEAR?

ACT 4.

CREATE IT -
ACTIVE LISTENING PLAYGROUND
ALICE - A CAFETERIA OPERAGAME

KEREN ROSENBAUM

PLAY IT - FINGER SWOOSH EarWALK #2 (2022)

FOR: DANNY MAKORI
ZERO TO 100 / IT COLLECTION
REFLEXIVE SCALE - EARWALK COLLECTION
VISUAL SCORE



ACT 2.

EYES CLOSED

START IT -A WOOSH NOISE
NEAR AS POSSIBLE, LISTEN...
FAR AS POSSIBLE, LISTEN...

ACT 3.

PLAY IT - YOUR LISTENING

PLAY IT - YOUR EARS

(Your ears are your musical instrument)

PLAY IT - WALK/DON'T WALK

START-STOP

FAST-SLOW

JUMP - TURN

JOIN - SEPARATE

SURPRISE YOURSELF

ACT 4.

PLAYPRACTICE IT -
YOUR EARWALK

ACT 1.

BRUSH IT - YOUR
THUMB & FINGER
TO MAKE A
WOOSH NOISE



KEREN ROSENBAUM
PLAY IT - TouchWALK #1 TEXTURES (2024)
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM

PLAY IT - EarWALK #1 (1995)

LISTENING FAR-NEAR INBETWEEN

ZERO TO 100 / IT COLLECTION

REFLEXIVE SCALE - EARWALK COLLECTION #1

REFLEXIVE VISUAL SCORE



ACT 1.

EYES CLOSED
LISTEN AS **FAR** POSSIBLE
EVEN FURTHER
& BREATH



ACT 2.

EYES CLOSED
LISTEN AS **NEAR** AS
POSSIBLE
EVEN CLOSER
& BREATH

ACT 3.

IMAGINE INFINITY EIGHT



CONDUCT IT - WALK/ DON'T WALK
FAR-NEAR-INBETWEEN

CONNECT IT - LISTENING
FAR-NEAR-INBETWEEN
KEEP ON CONNECTING IT

ACT 4.

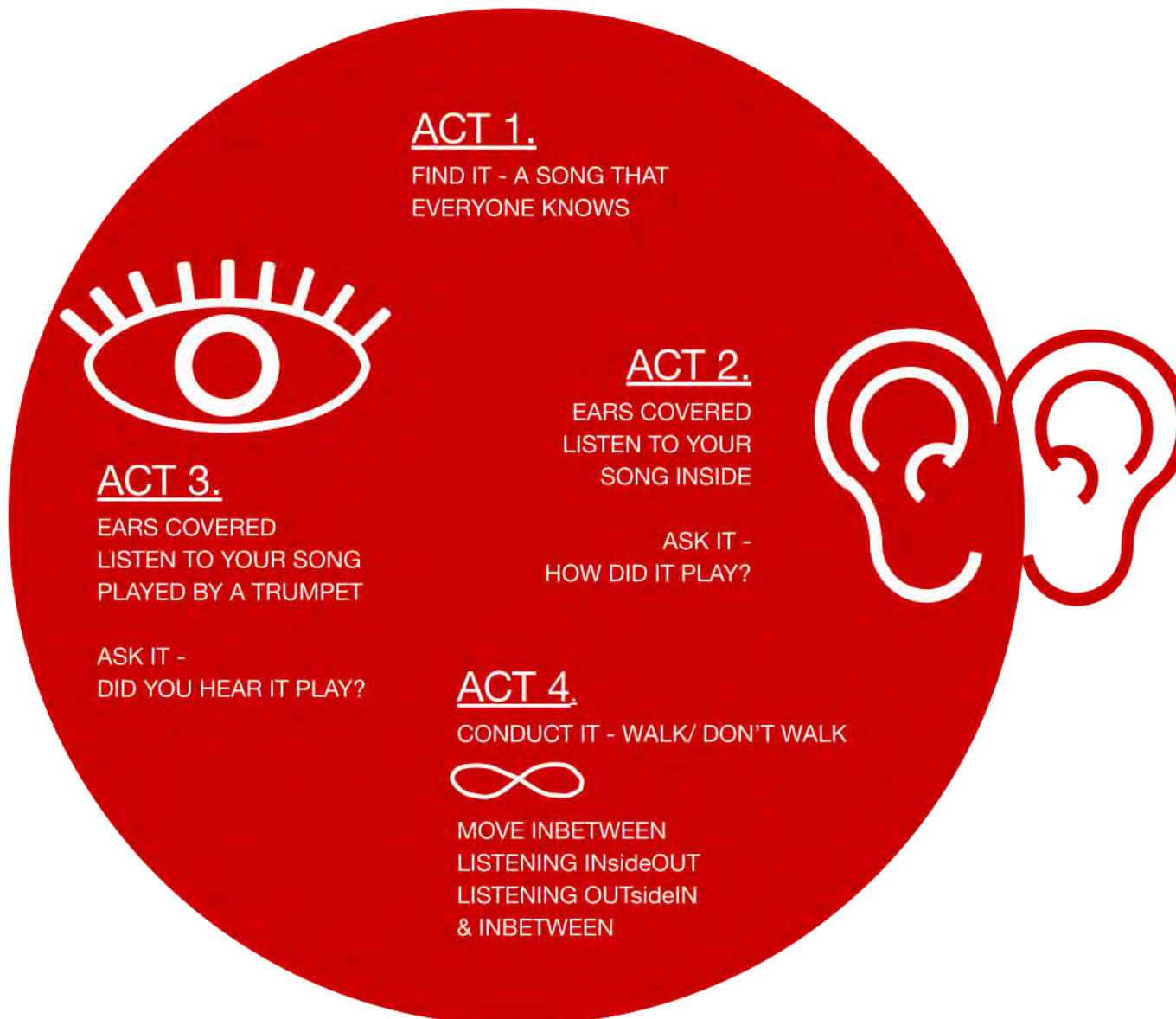
EYES OPEN
SUMMARIZE IT -
YOUR EARWALK

KEREN ROSENBAUM

PLAY IT - EARWALK #2

LISTEN Inside OUTsideIN & INBETWEEN

ZERO TO 100 / IT COLLECTION
REFLEXIVE SCALE - EARWALK COLLECTION #2
VISUAL SCORE



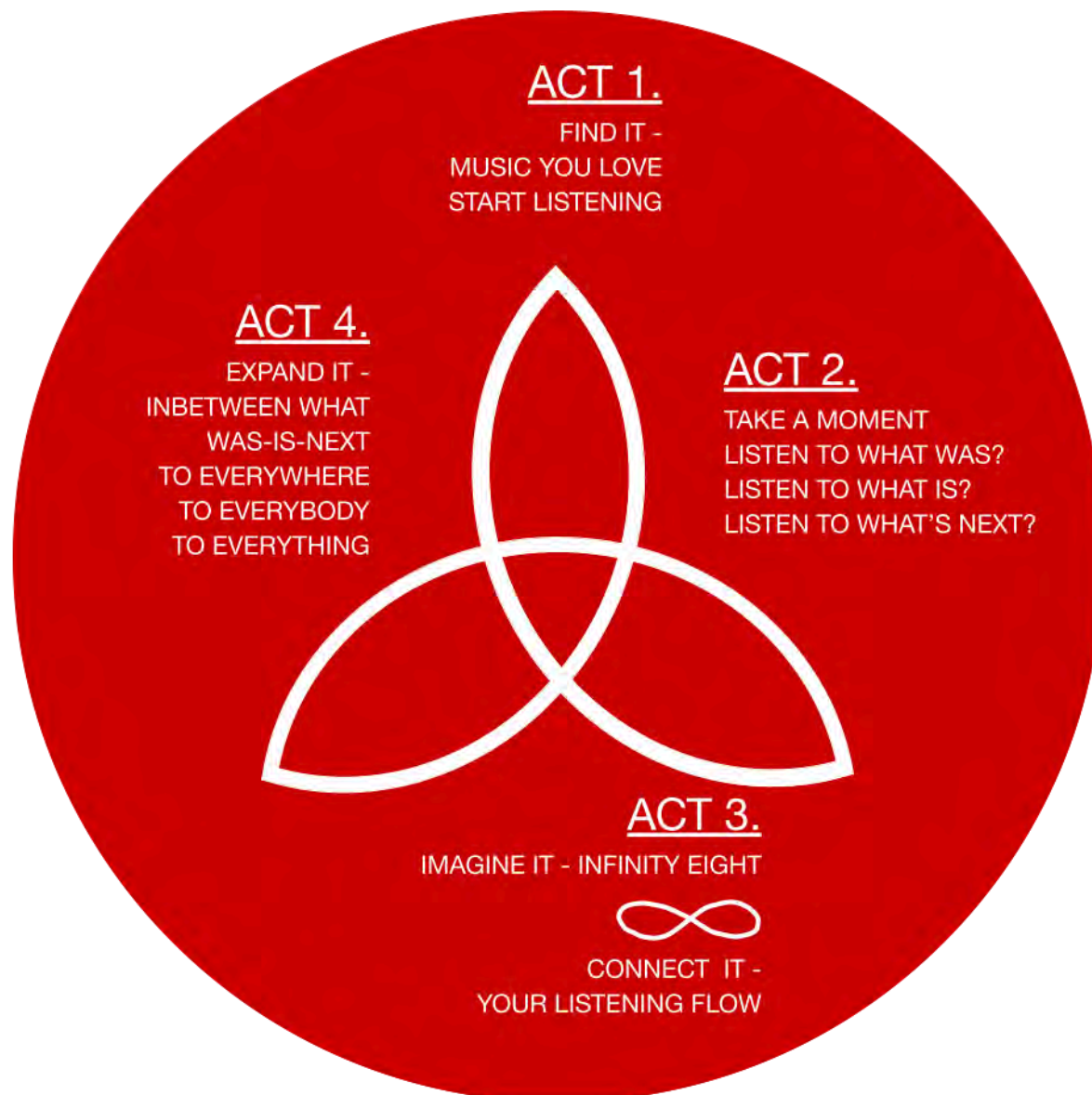
© copyright: Keren Rosenbaum /
www.composingcommunity.com

KEREN ROSENBAUM

PLAY IT - EARWALK #3

LISTEN WAS-IS-NEXT INBETWEEN

ZERO TO 100 / IT COLLECTION
REFLEXIVE SCALE - EARWALK COLLECTION #3
VISUAL SCORE



© copyright: Keren Rosenbaum /
www.composingcommunity.com

KEREN ROSENBAUM

PLAY IT - EARWAK #4

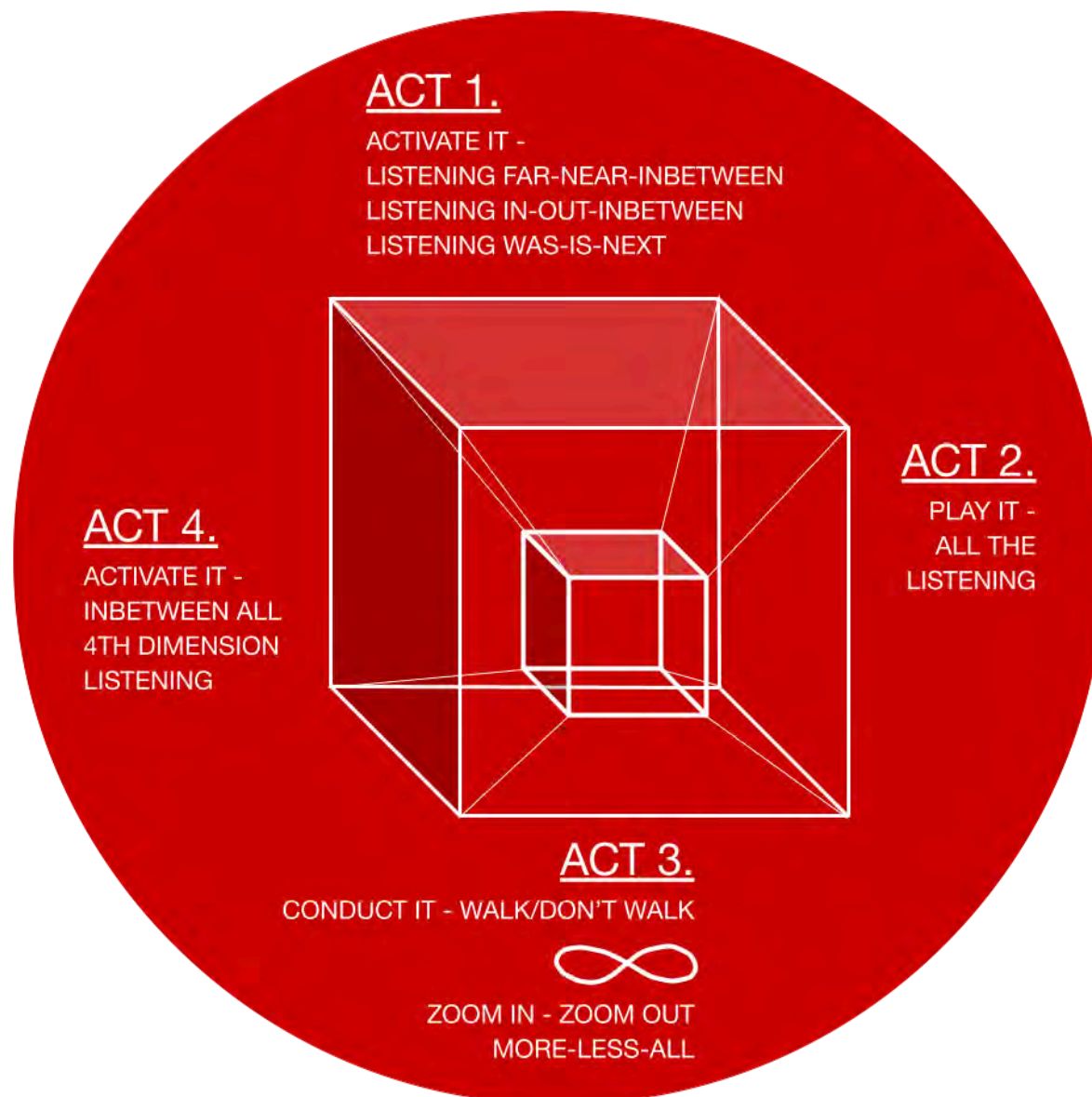
LISTEN MORE-LESS-ALL INBETWEEN

ZERO TO 100 / IT COLLECTION

REFLEXIVE SCALE - EARWALK COLLECTION #4

VISUAL SCORE

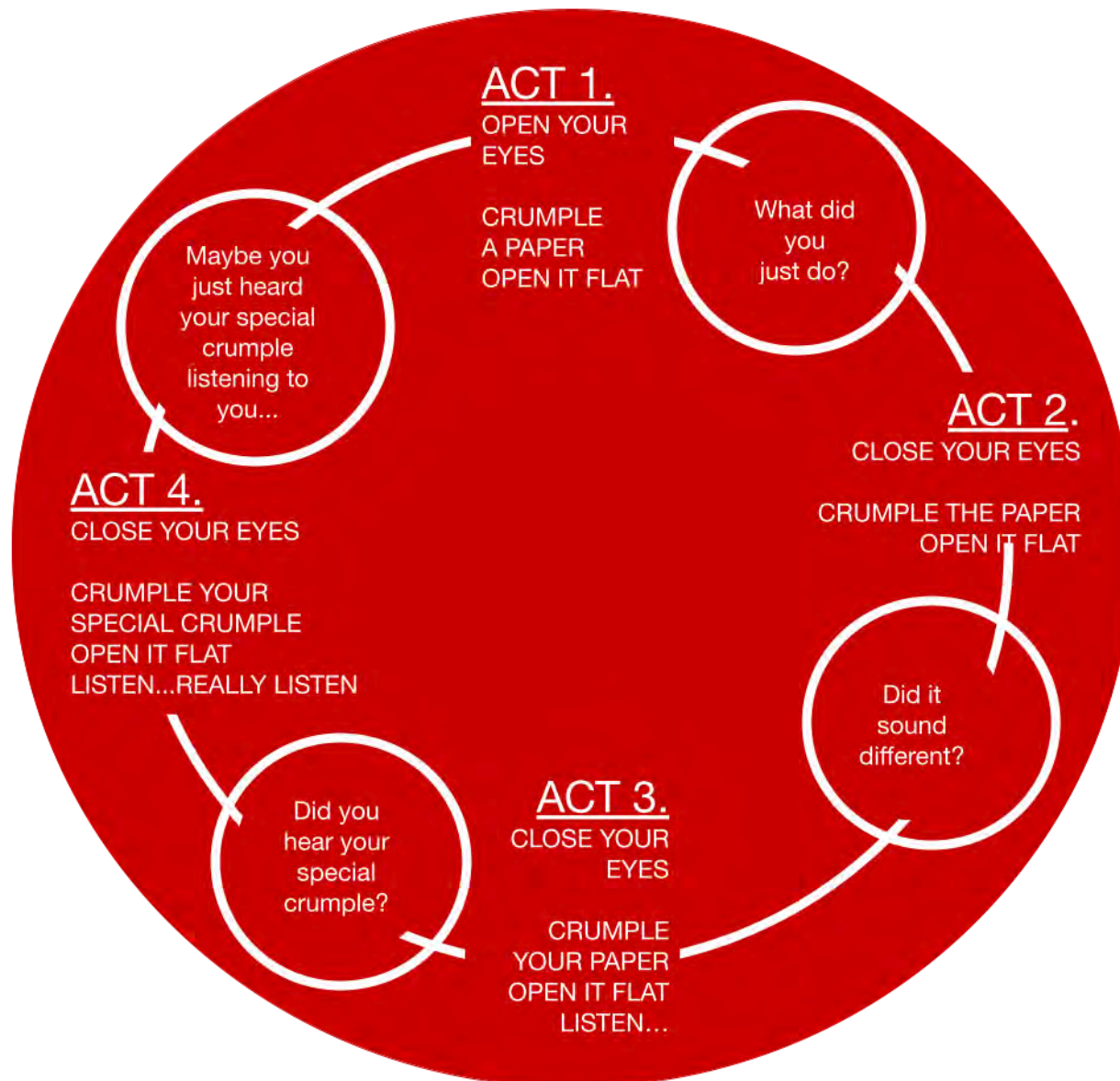
© copyright: Keren Rosenbaum /
www.composingcommunity.com



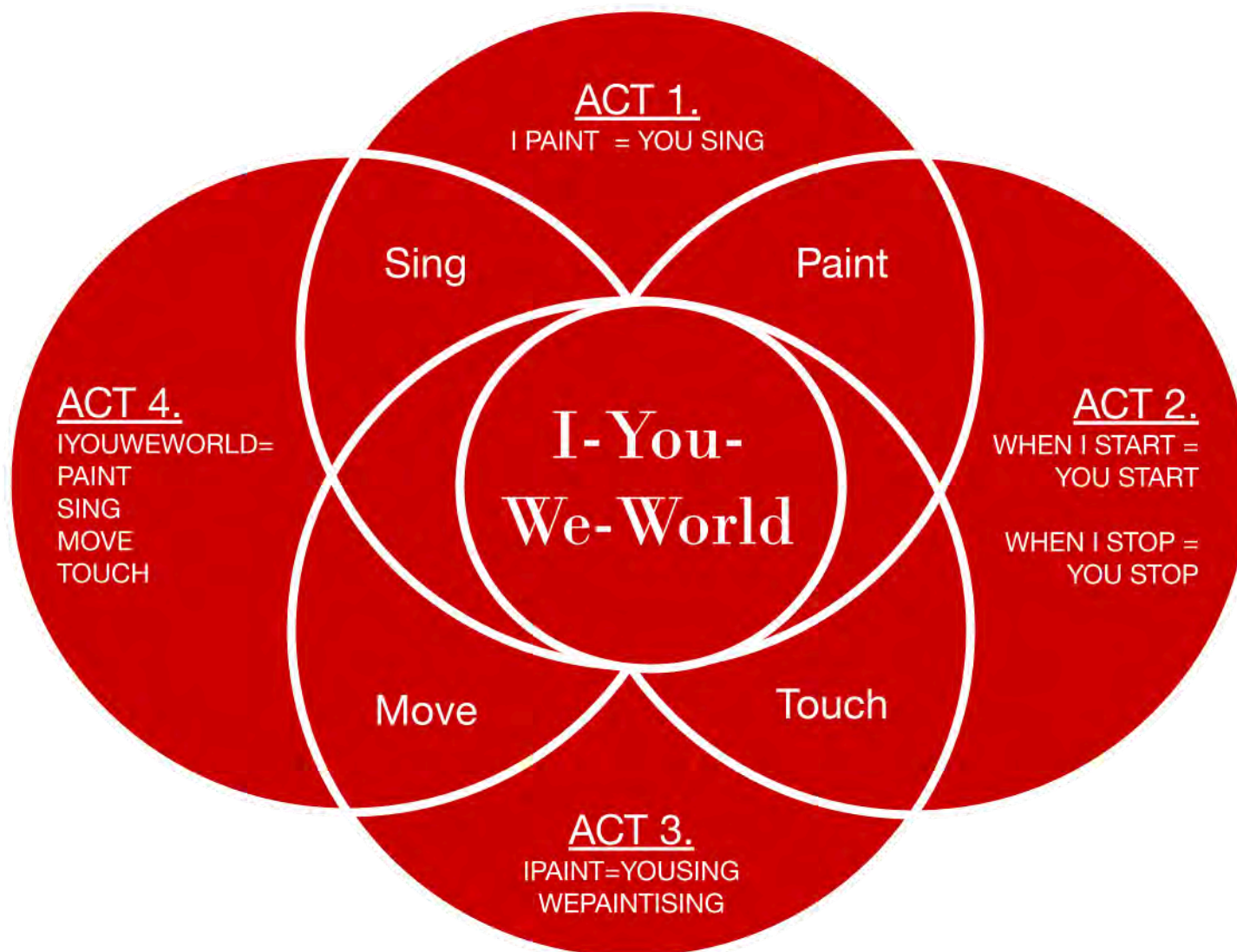
Reflexive Etudes

: a study or technical exercise,
a composition exploring a particular technical problem
in an esthetically satisfying manner...

KEREN ROSENBAUM
LISTEN TO IT - CRUMPLE IT
 ZERO TO 100 / IT COLLECTION
 REFLEXIVE ETUDE 1988
 VISUAL SCORE



©KEREN ROSENBAUM
 COMPOSING COMMUNITY
 REFLEX INVISIBLE SCORE

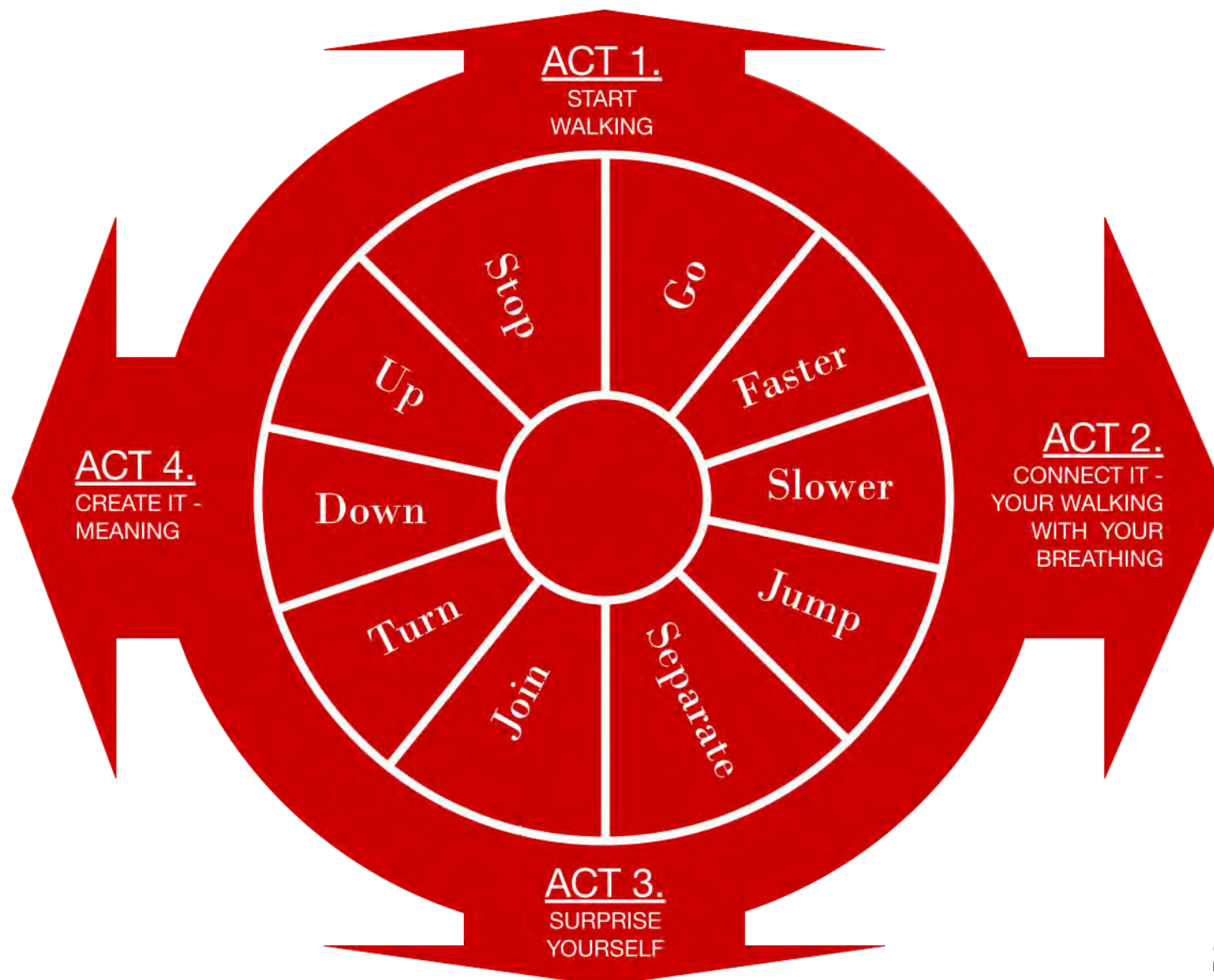


KEREN ROSENBAUM
CONDUCT IT - PUSH THE BUTTON
 ZERO TO 100 / IT COLLECTION
 REFLEXIVE ETUDE 1996
 VISUAL SCORE



©KEREN ROSENBAUM
 COMPOSING COMMUNITY
 REFLEX INVISIBLE SCORE

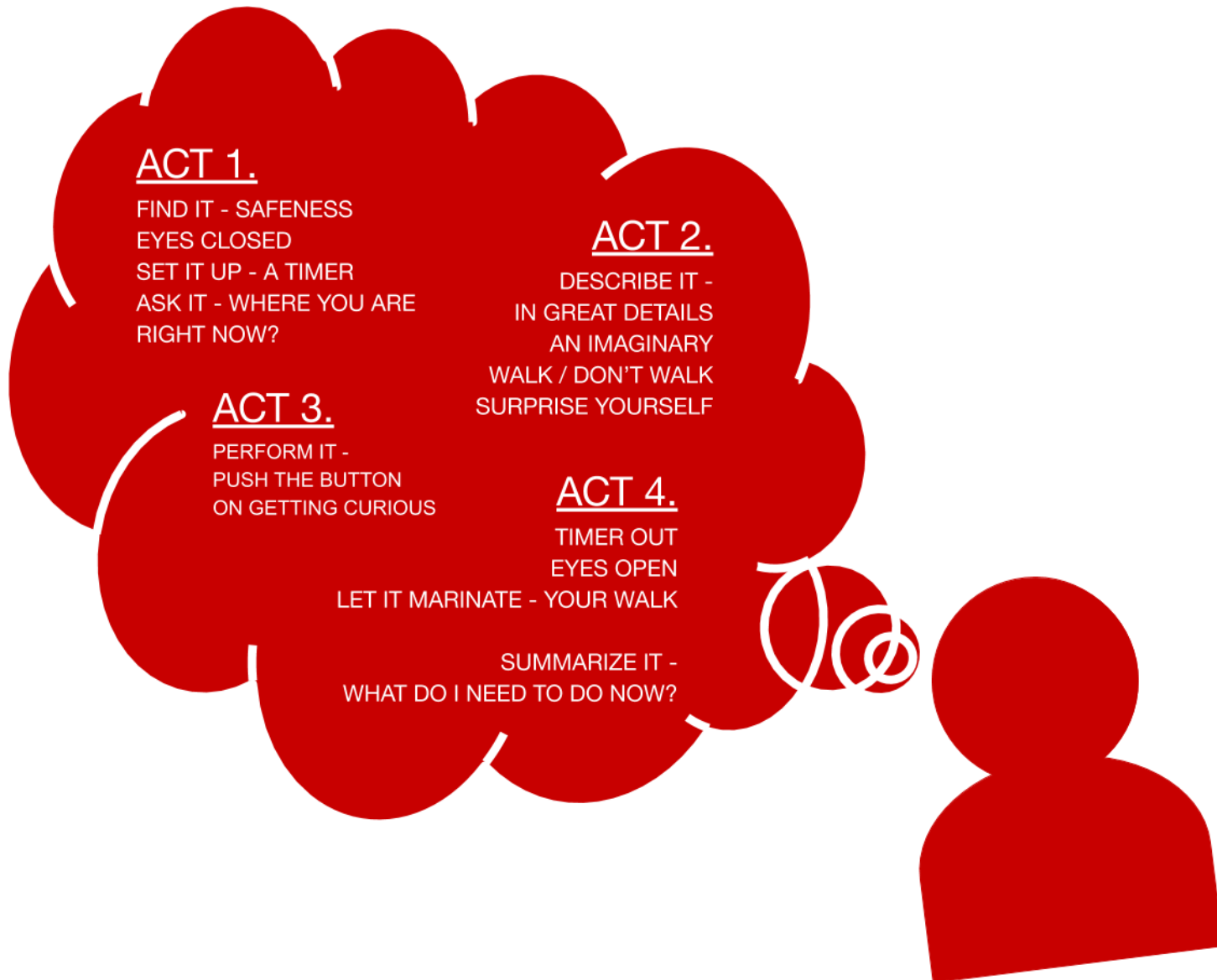
KEREN ROSENBAUM
PRODUCE IT - WALK / DON'T WALK
 ZERO TO 100 / IT COLLECTION
 REFLEXIVE ETUDE 1996
 VISUAL SCORE



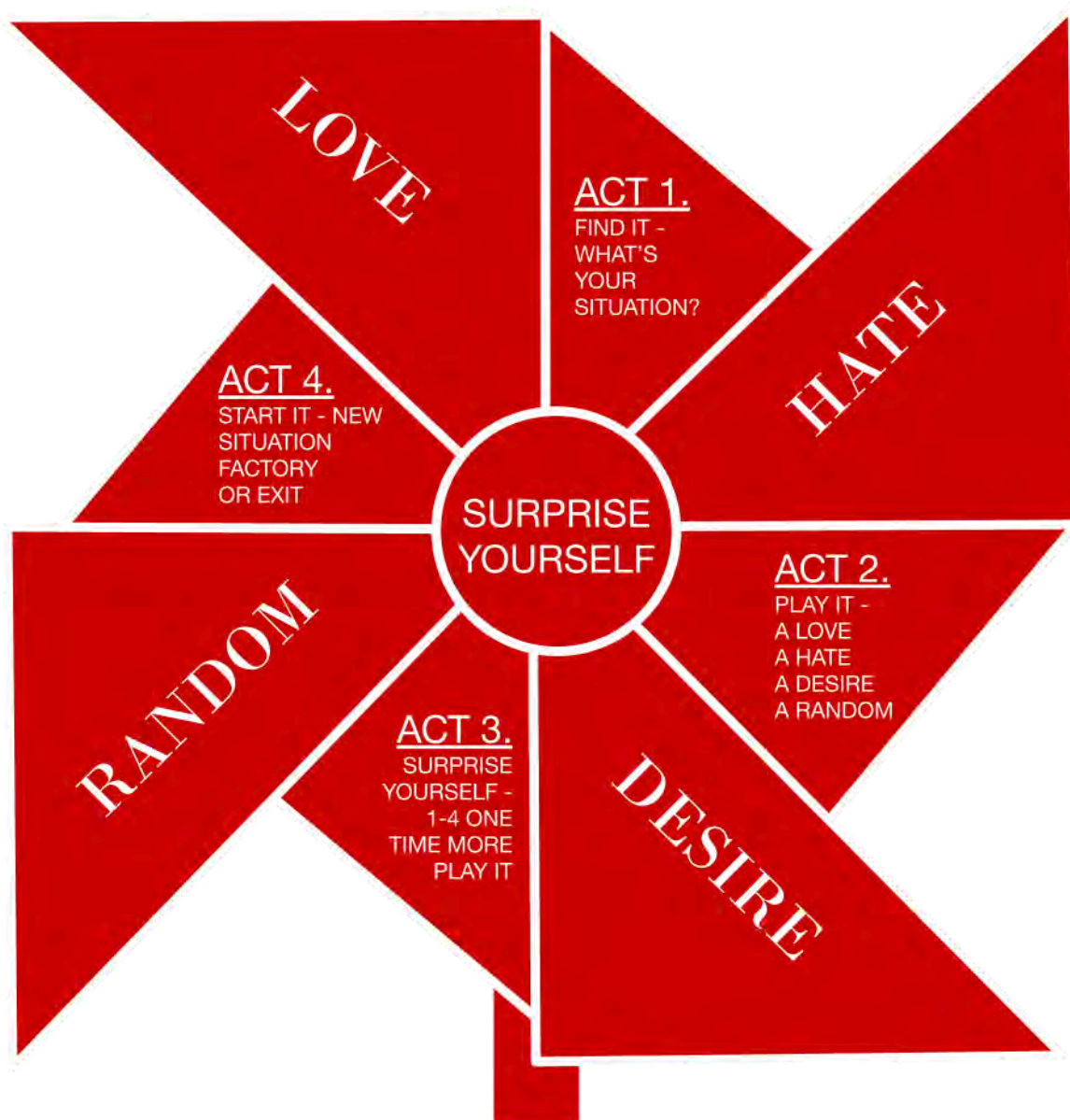
©KEREN ROSENBAUM
 COMPOSING COMMUNITY
 REFLEX INVISIBLE SCORE

Reflexive Compositions

: the act of conceiving a piece of music,
the art of creating music, or the finished product...



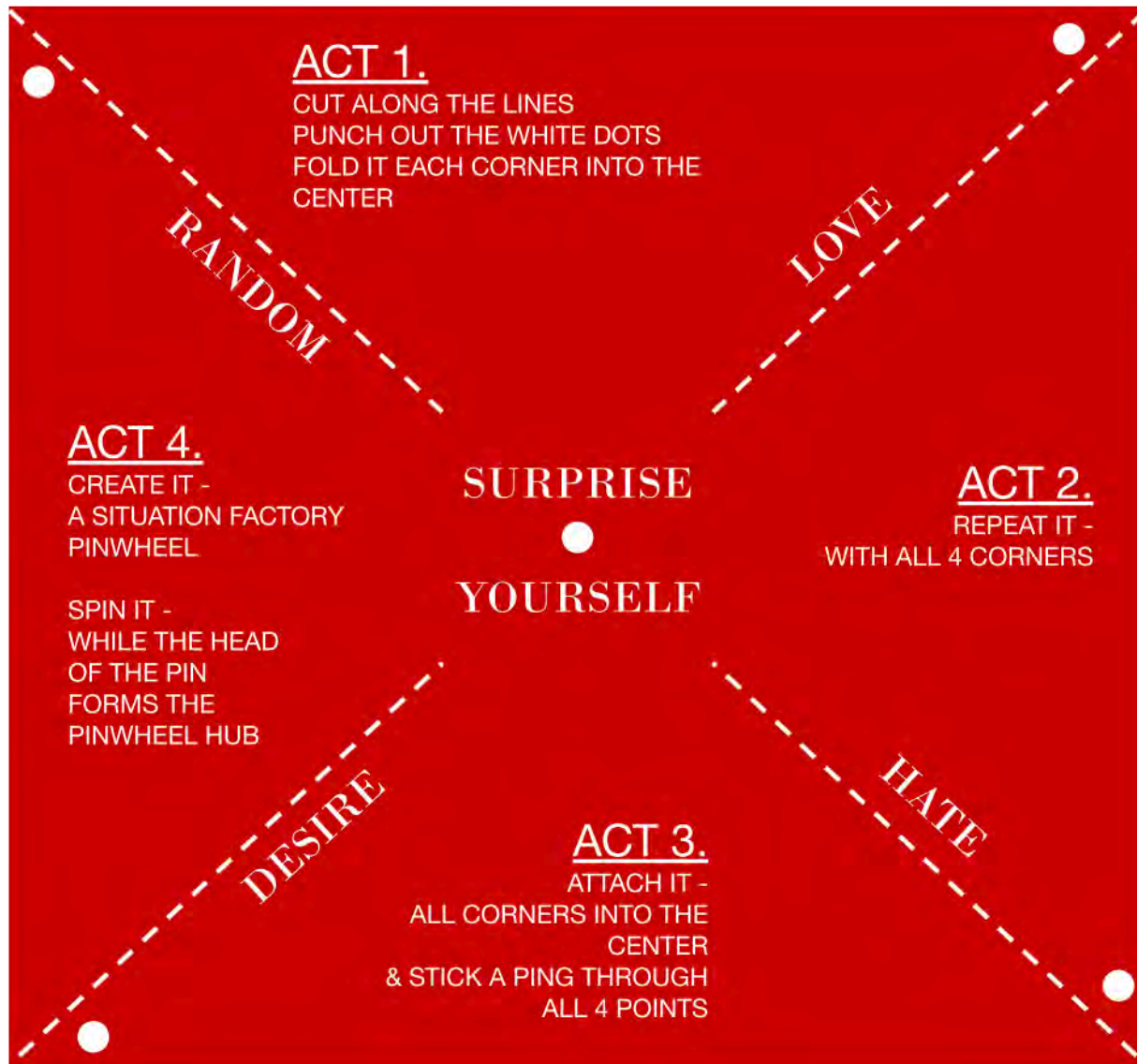
KEREN ROSENBAUM
SPIN IT - A SITUATION FACTORY
 ZERO TO 100 / IT COLLECTION
 REFLEXIVE COMPOSITION
 VISUAL SCORE



KEREN ROSENBAUM

FOLD IT - SITUATION FACTORY PINWHEEL

ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM
BREATHE IT - 'A-E-I-O-U' & SOMETIMES 'Y'
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM

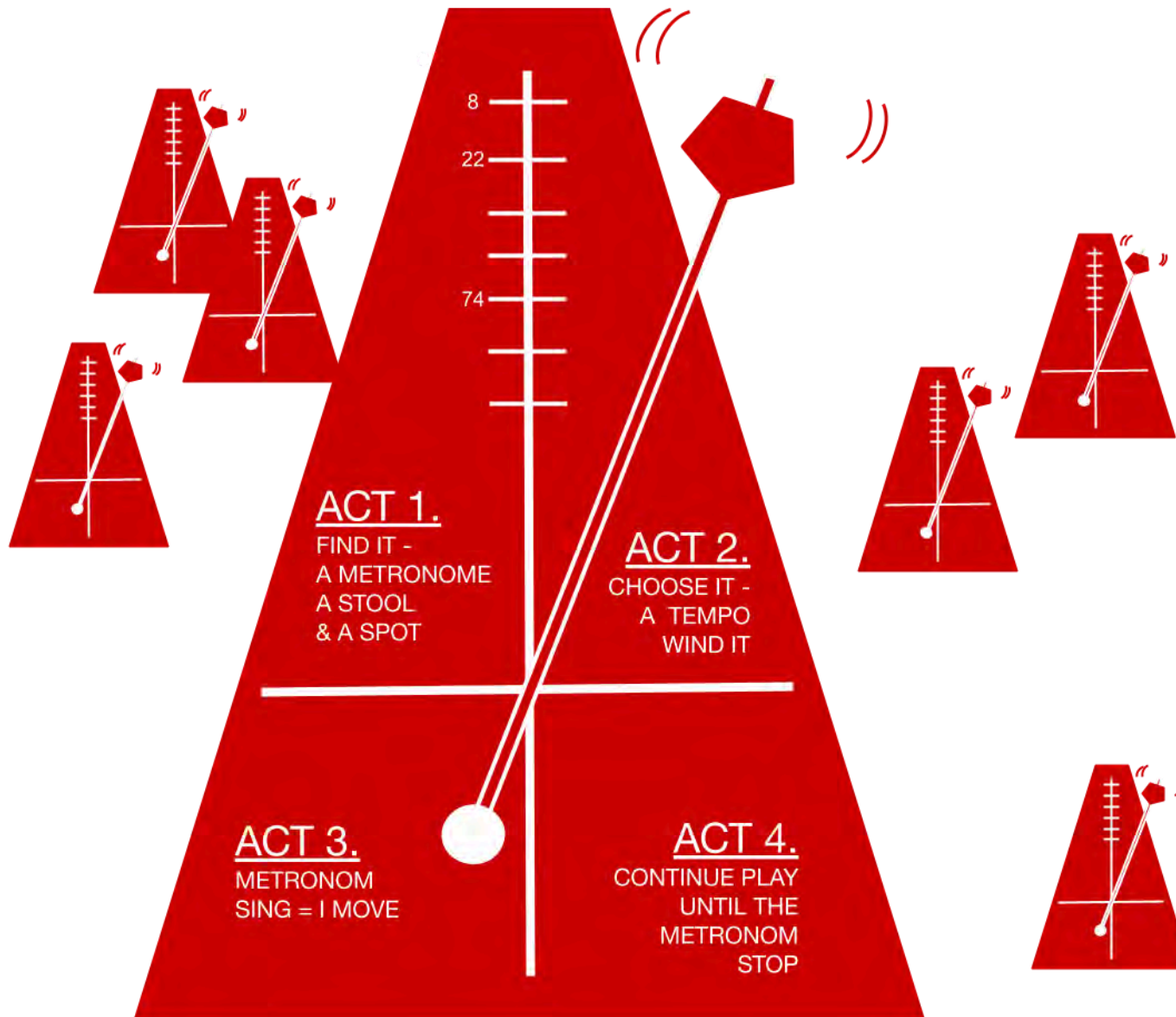
CLICK IT - REFLEXIVE METRONOMES

(For György Ligeti)

ZERO TO 100 / IT COLLECTION

REFLEXIVE COMPOSITION

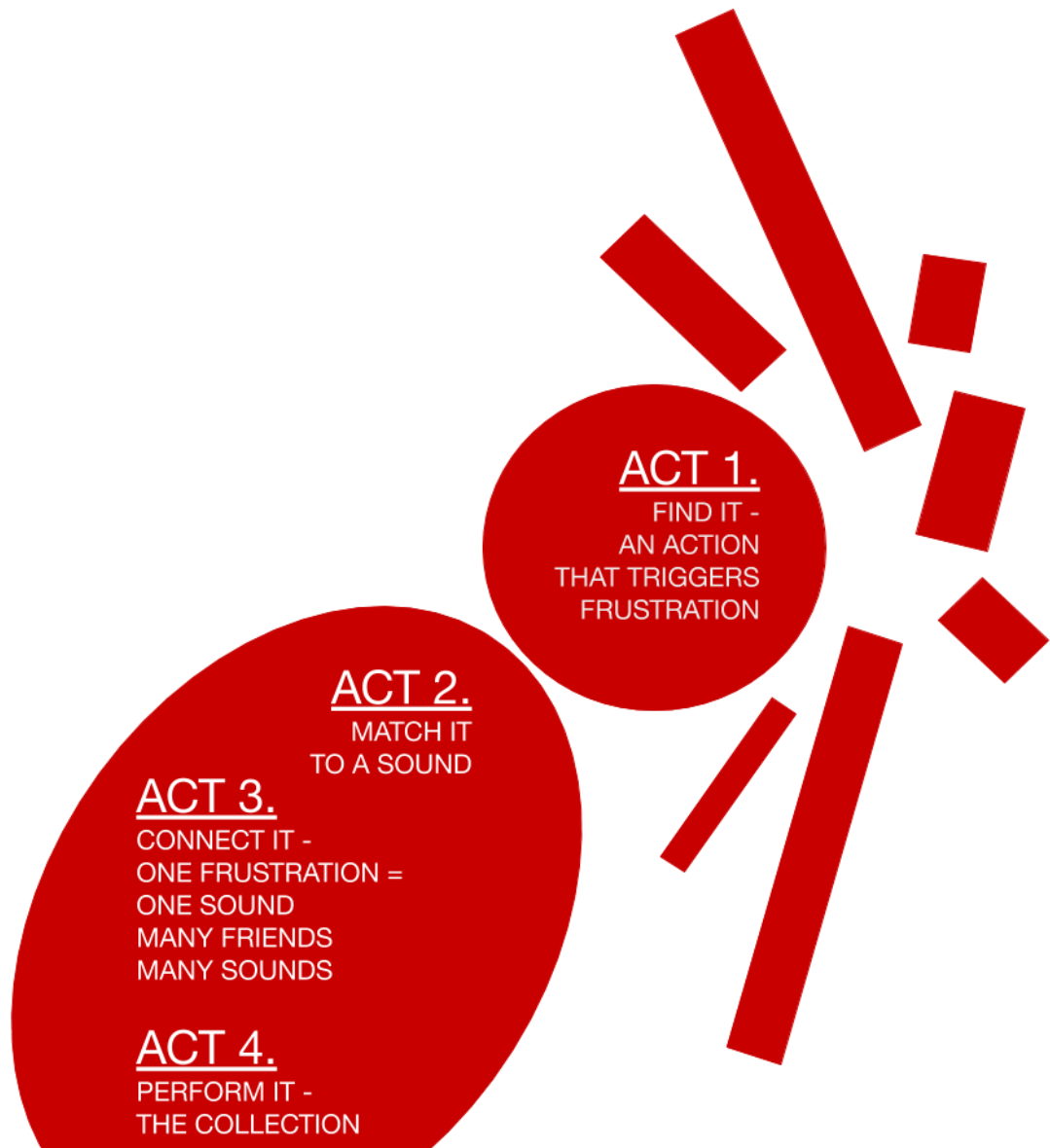
VISUAL SCORE



KEREN ROSENBAUM

COLLECT IT - FRUSTRATIONS

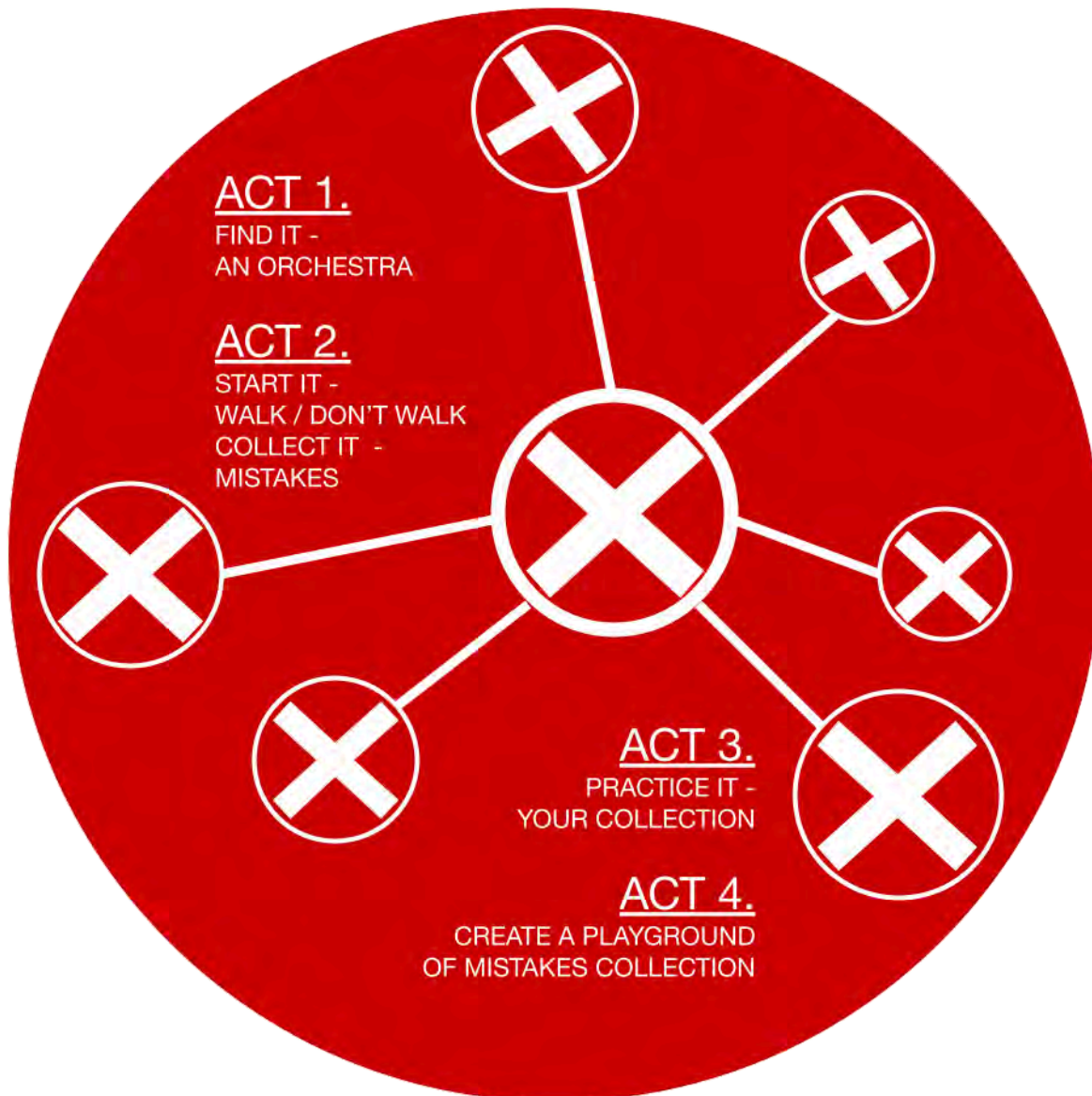
ZERO TO 100 / IT COLLECTION
REFLEXIVE MUSIC COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM

COLLECT IT - MISTAKES

TRADE SHOW PLAYGROUND
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM
COLLECT IT - SILENCES
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM
COMPOSE IT - A REFLEXIVE SCORE
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE

ACT 1.

FOLD IT - A BLANK
PAPER IN HALF &
REPEAT AGAIN, THEN
AGAIN
TO MAKE 8 SQUARES
OPEN IT FLAT

ACT 2.

SING IT - A SOUND
DRAW IT - A VISUAL OF
YOUR SOUND
IN ONE SQUARE

ACT 3.

DRAW IT - 7 VARIATIONS
ONE ON EACH SQUARE

TRY IT OUT -
(THE PERSON NEXT TO
YOU SINGS IT)

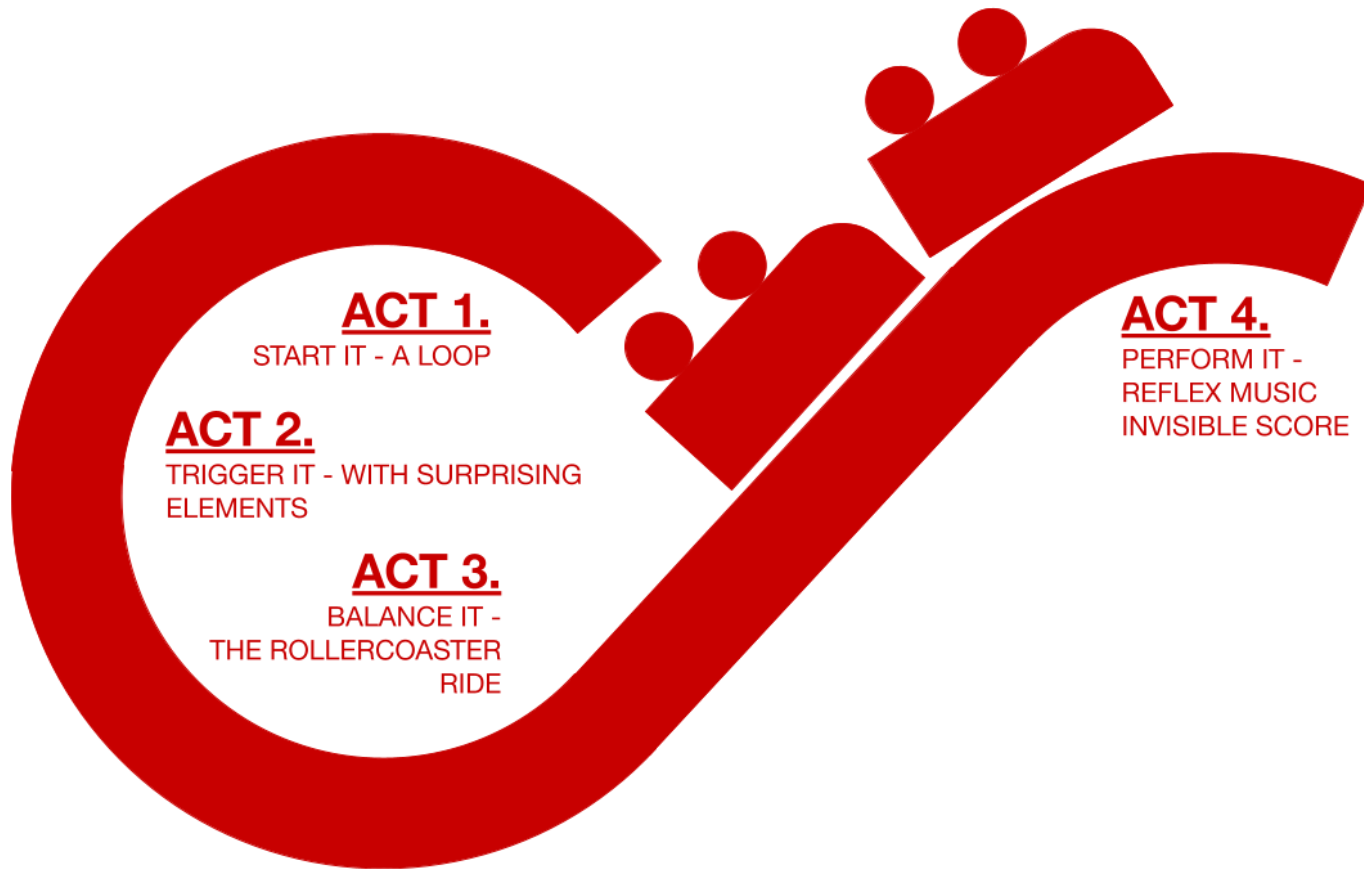
CORRECT IT -
MAKE IT ACCURATE

ACT 4.

IN A GROUP
CONNECT IT - ALL THE
SOUNDS/VISUALS

COMPOSE IT - A MUSIC SCORE
PERFORM IT - WITH YOUR
GROUP/BAND

KEREN ROSENBAUM
RIDE IT - A ROLLERCOASTER
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM

PLAY IT - NUMBERS SING = WE PAINT

ZERO TO 100 / IT COLLECTION

(For Isabel Eddouks)

REFLEXIVE MUSIC - COMPOSITION

VISUAL SCORE

ACT 1.

FIND IT -
SOMETHING TO COLLECT
A BLANK BOARD
COLORED CHALK

ACT 2.

ASK IT -
HOW MANY
"SOMETHINGS"
CAN YOU COLLECT?

ACT 3.

PLAY IT -
NUMBERS SING = WE PAINT

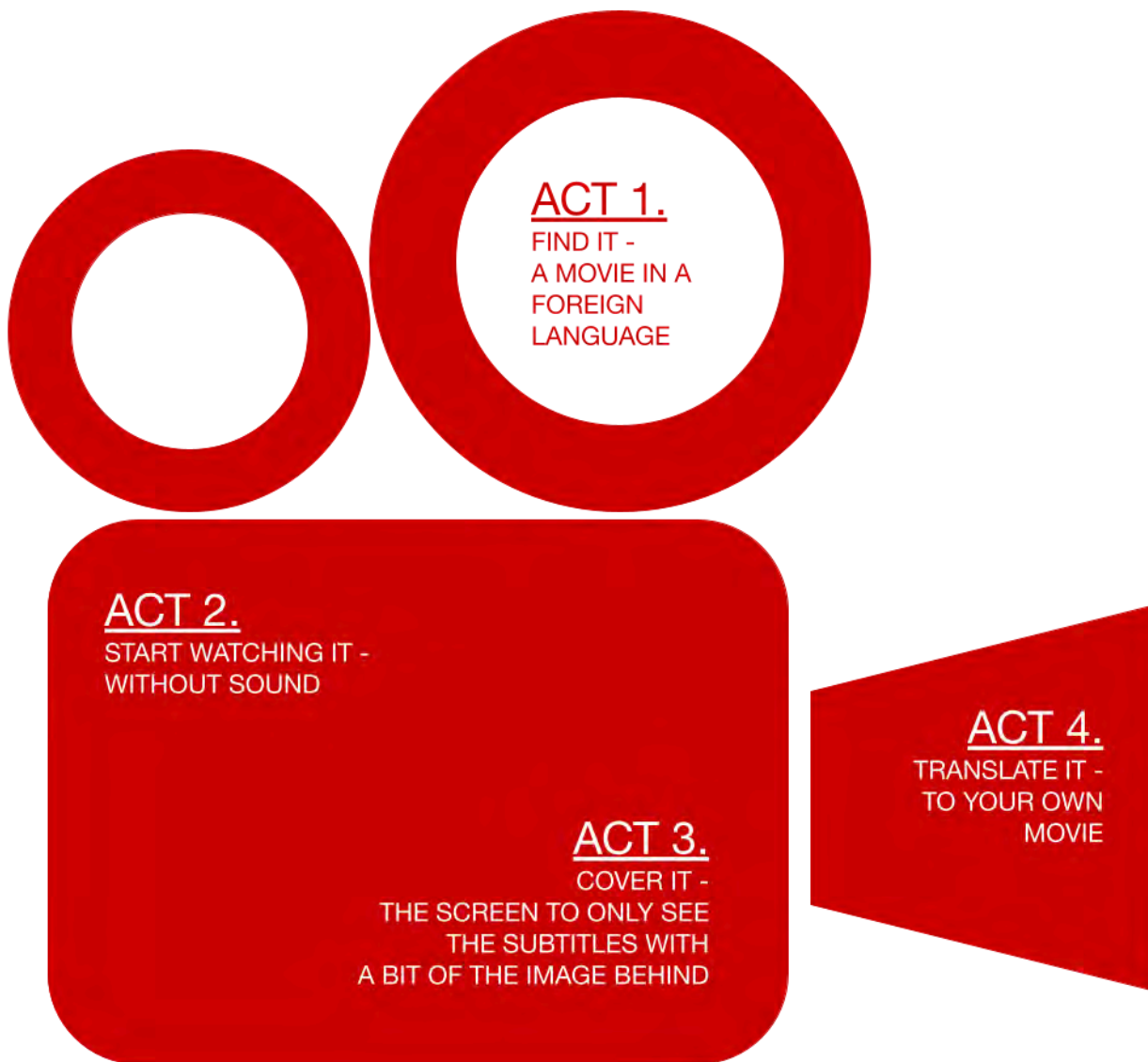
ACT 4.

BEATBOX IT -
YOUR BOARD REFLEXIVE COMPOSITION



KEREN ROSENBAUM TRANSLATE IT - SUBTITLES

(For: Guy Dubious)
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



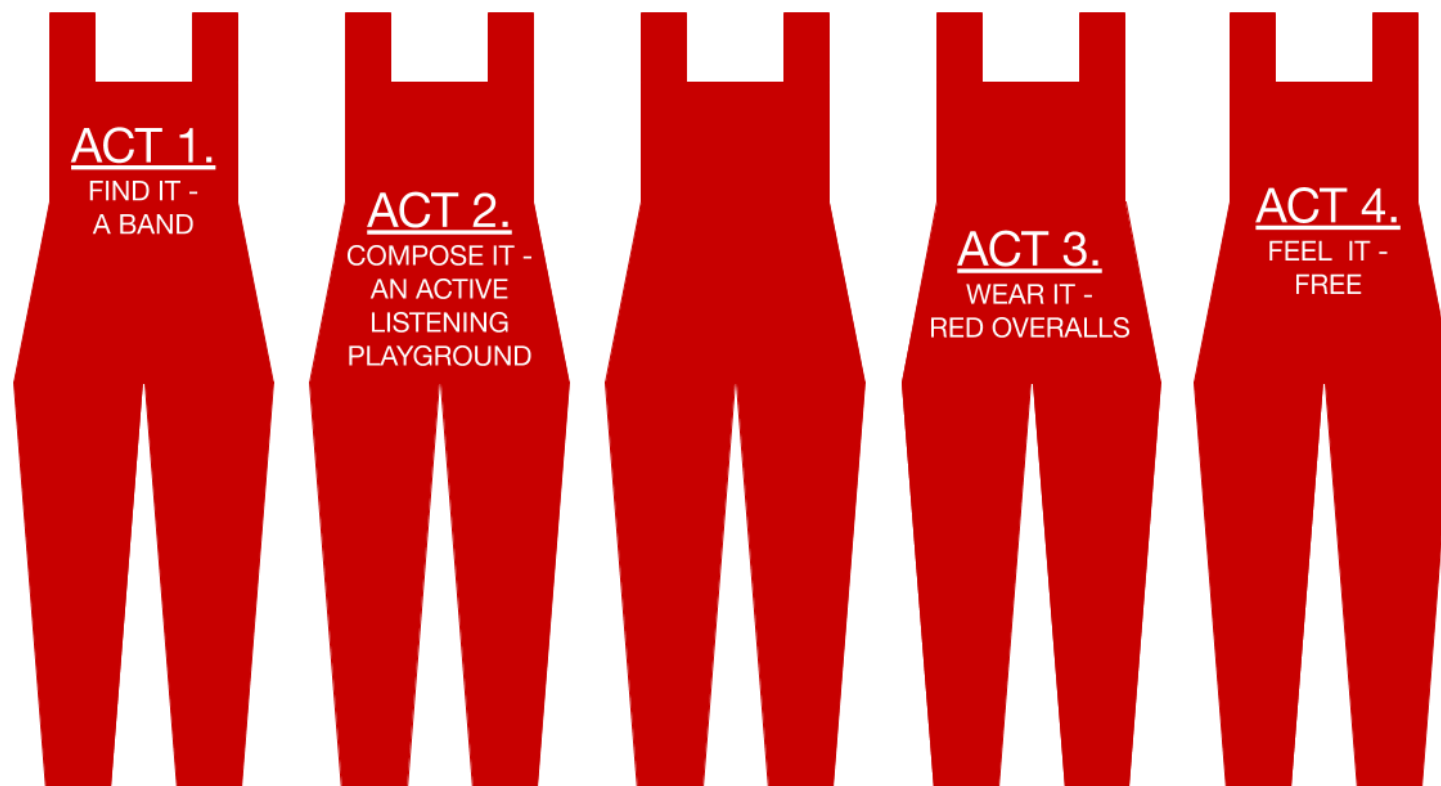
Reflexive Ensemble

: a group producing a single effect: such as...

KEREN ROSENBAUM

WEAR IT - RED OVERALLS

(For Ruti Tamir)
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM

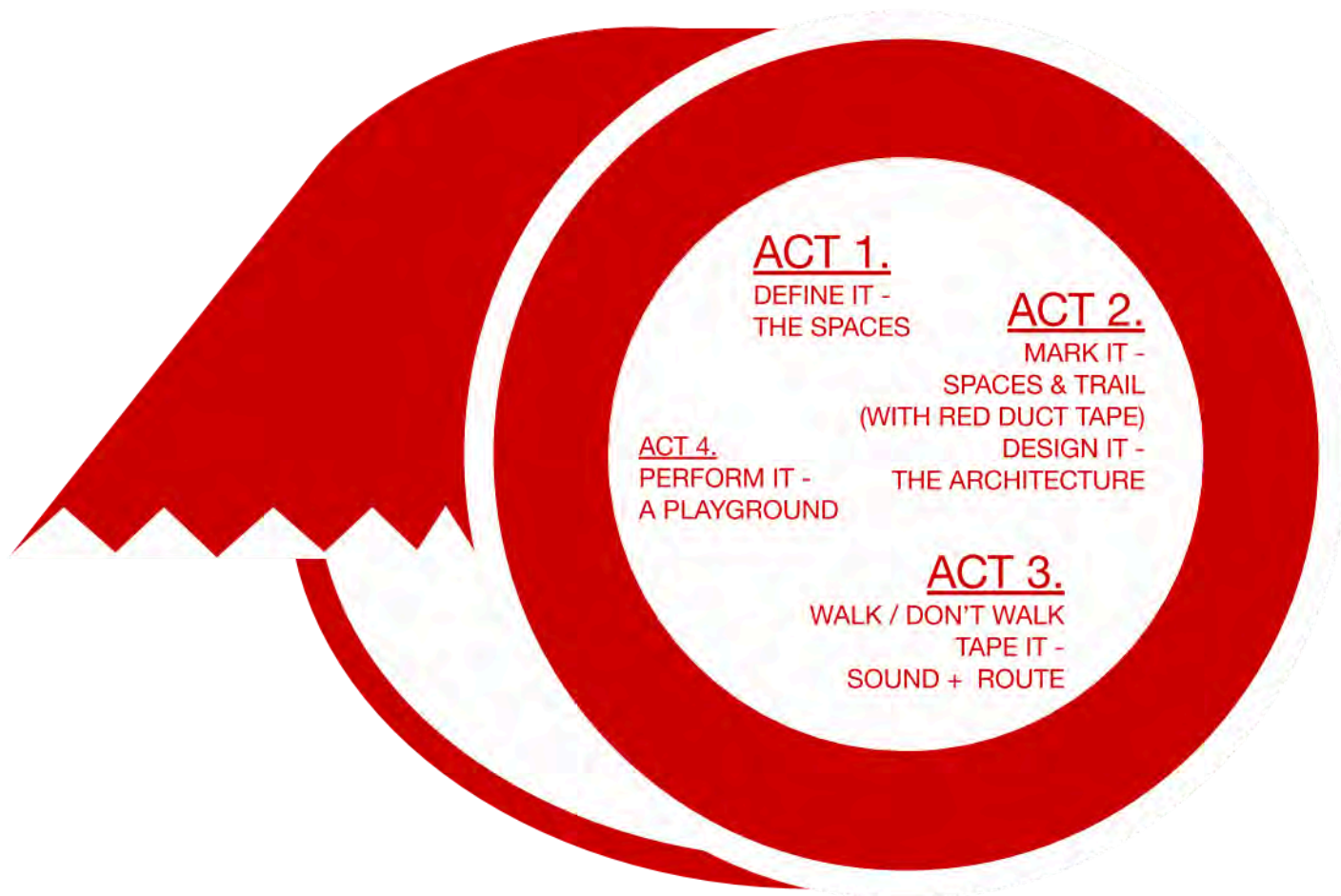
TAPE IT - SAFE SPACE

ZERO TO 100 / IT COLLECTION

(For Neta Peretz)

REFLEXIVE MUSIC - COMPOSITION

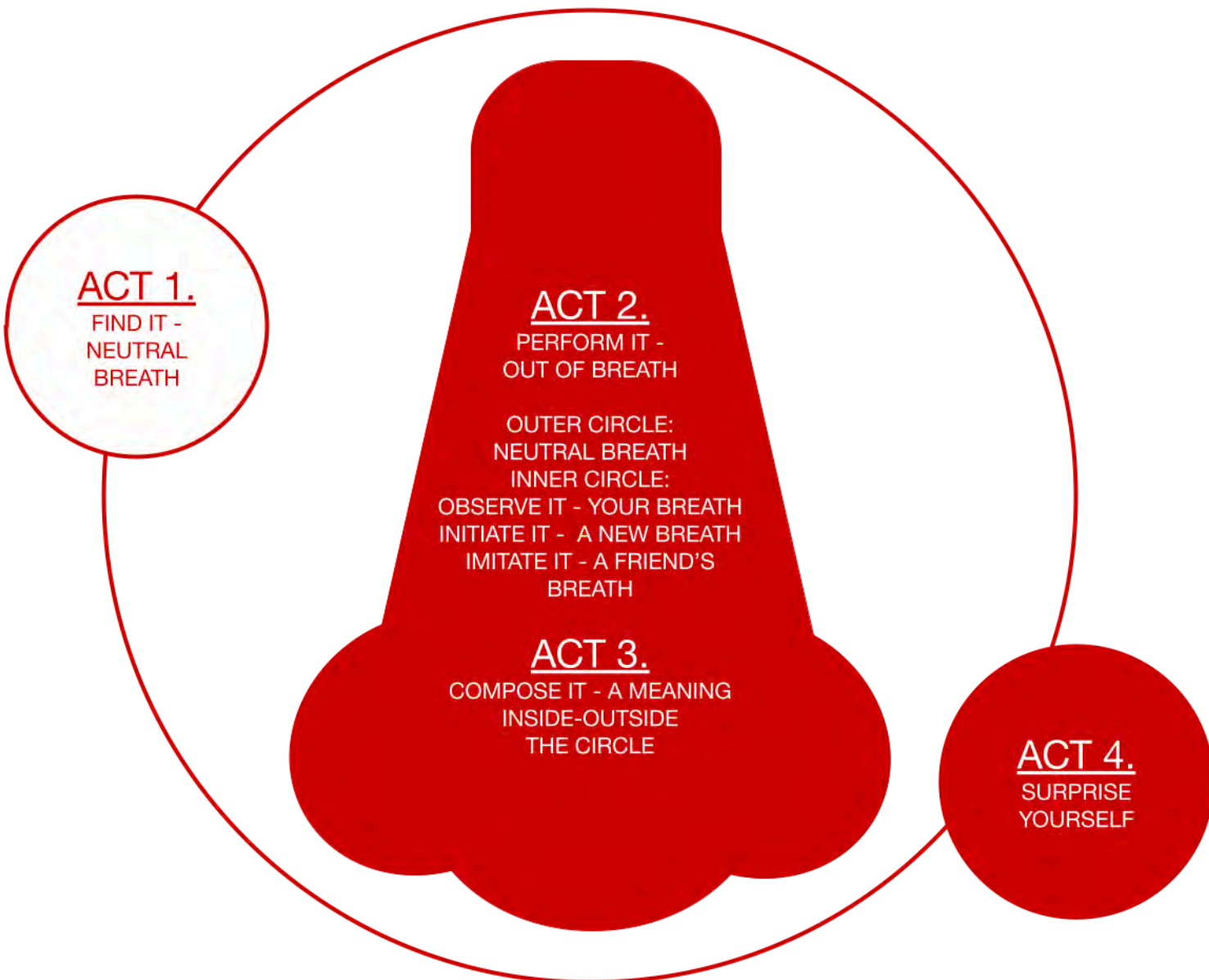
VISUAL SCORE



KEREN ROSENBAUM

PLAY IT - OUT OF BREATH

Alona Peretz - "Mercaz Ha-Rega"
ZERO TO 100 IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM
GO FOR IT - GIRL!

(For: Efrat Mishor)
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



ACT 1.

FIND IT -
MY SOUND
MY IT

ACT 2.

PLAY IT -
WITH A POET
COMPOSE IT -
INTO
A MUSIC SCORE

ACT 3.

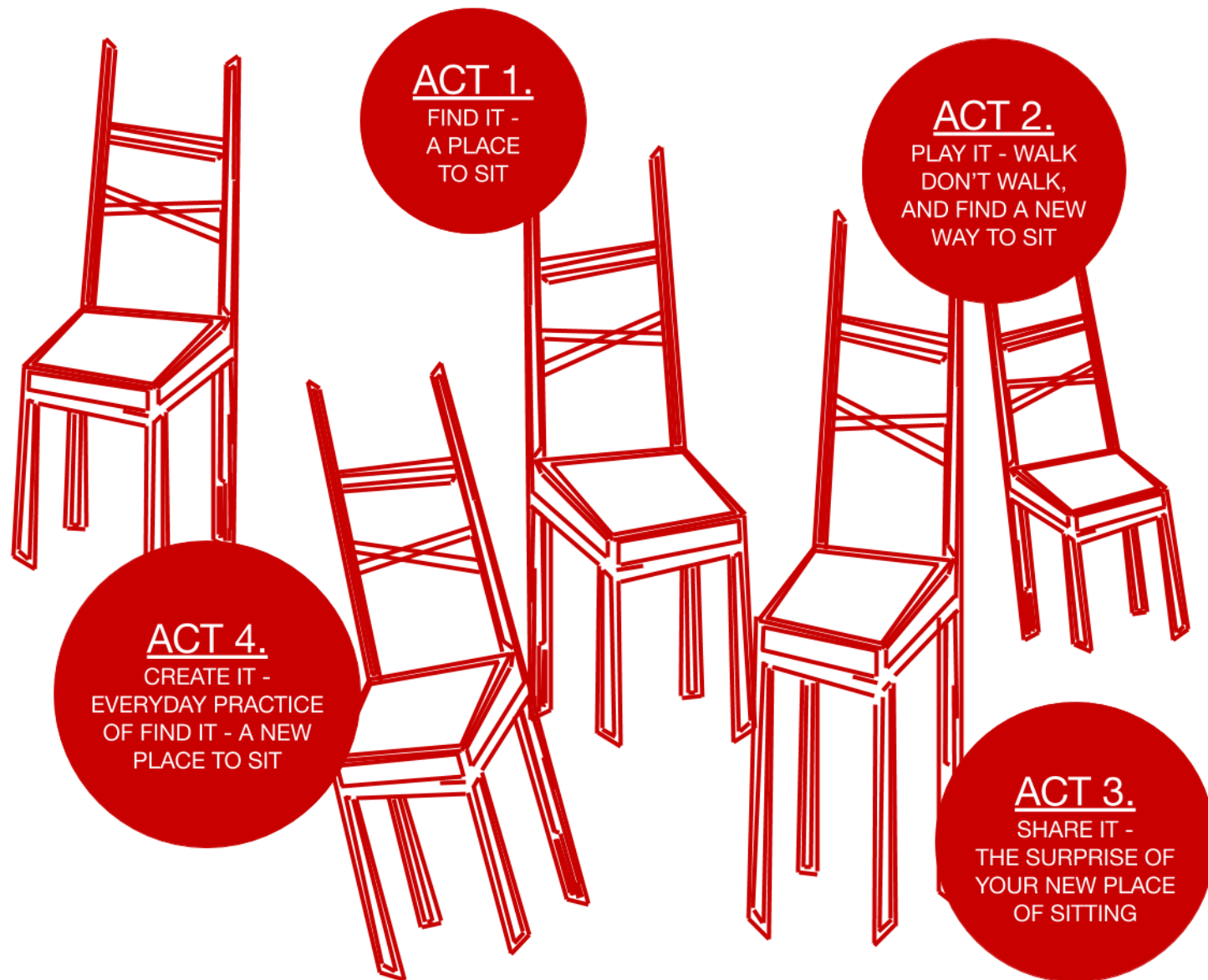
PRACTICE IT -
WITH MY BAND

ACT 4.

PERFORM IT -
GO FOR IT, GIRL!

& CHANGE
THE WORLD
WITH IT

KEREN ROSENBAUM
FIND IT - A PLACE TO SIT
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM

FIX IT - A MUSIC LAB

(For Multi-Diamant)

ZERO TO 100 / T COLLECTION

REFLEXIVE COMPOSITION

VISUAL SCORE

ACT 1.

FIND IT -
SOMETHING
NEEDS
FIXING

ACT 2.

BUILD IT -
MUSIC
INSTRUMENTS

MATERIALS:

HOZE FLUTES
HOZE WHISTLES
BALLOONS
SHAKERS
BOTTLES
PLASTIC BAGS
BUCKET DRUM SET
KITCHEN DRUM SET

ACT 3.

PRACTICE IT -
LOVE

ACT 4.

CREATE IT -
A REFLEXIVE
MUSIC LAB

KEREN ROSENBAUM
HANG IT - LAUNDRY

(For Isabel Eddouks)
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM

MARCH IT - MARCH GOES OFF

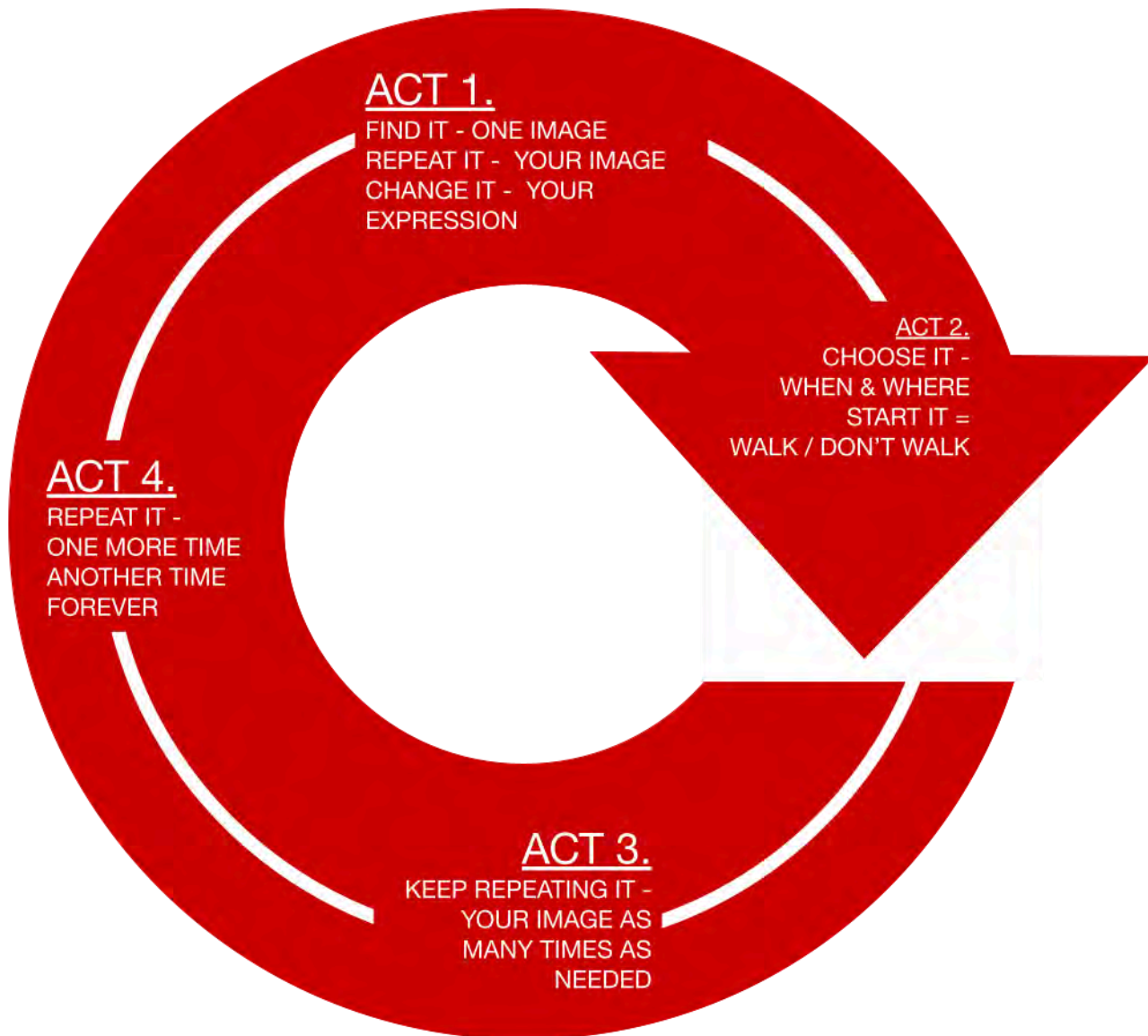
(Ultras-Sound Village Festival)
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM

REPEAT IT - ONE MORE TIME

(For Alona Peretz)
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM
POST IT - IT COLLECTION
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE



ACT 1.

EYES CLOSED
FIND IT - A SOUND

ACT 2.

TASTE IT - YOUR SOUND
SOUND BECOME A
SYLLABLE BECOMES A
WORD BECOMES
AN IMAGE

ACT 3.

PUSH THE BUTTON ON IT
MAKE IT BIGGER
MAKE IT LONGER
LET AN IMAGE GROW

ACT 4.

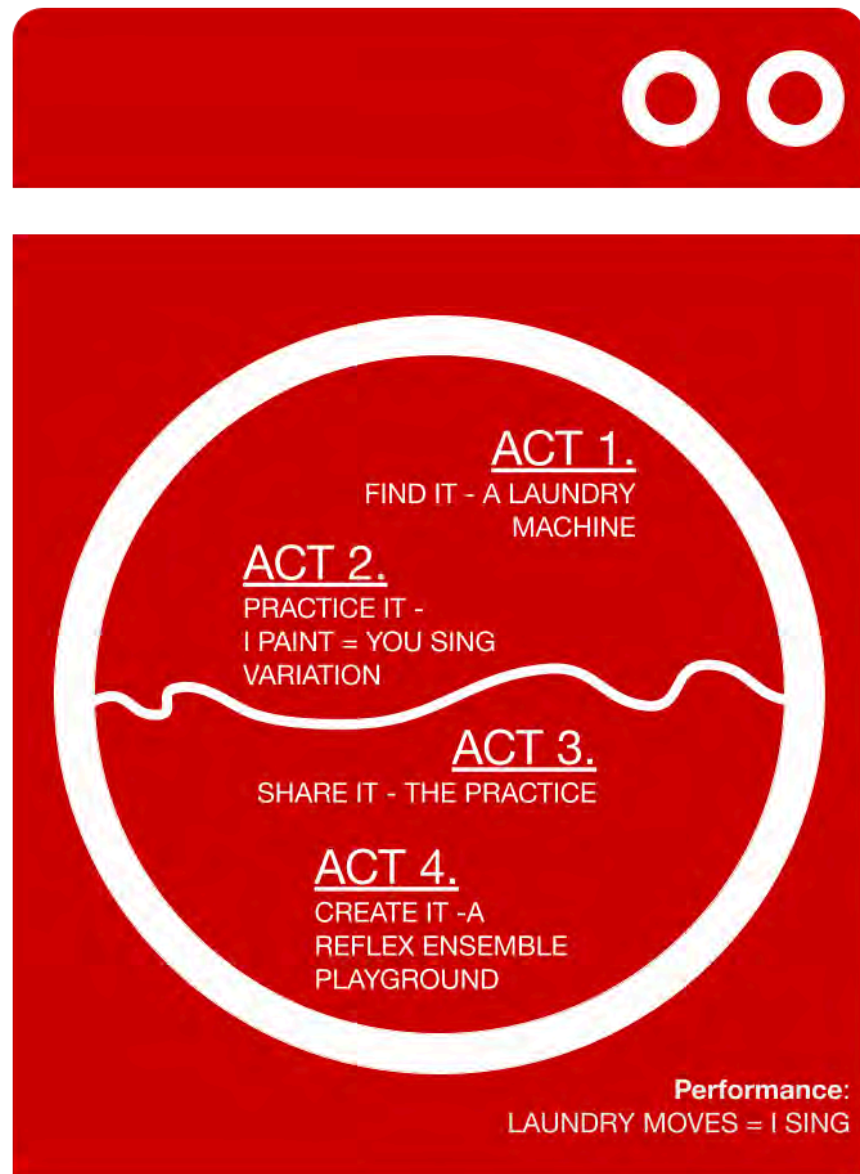
PUBLISH IT -
A NEW STORY



KEREN ROSENBAUM

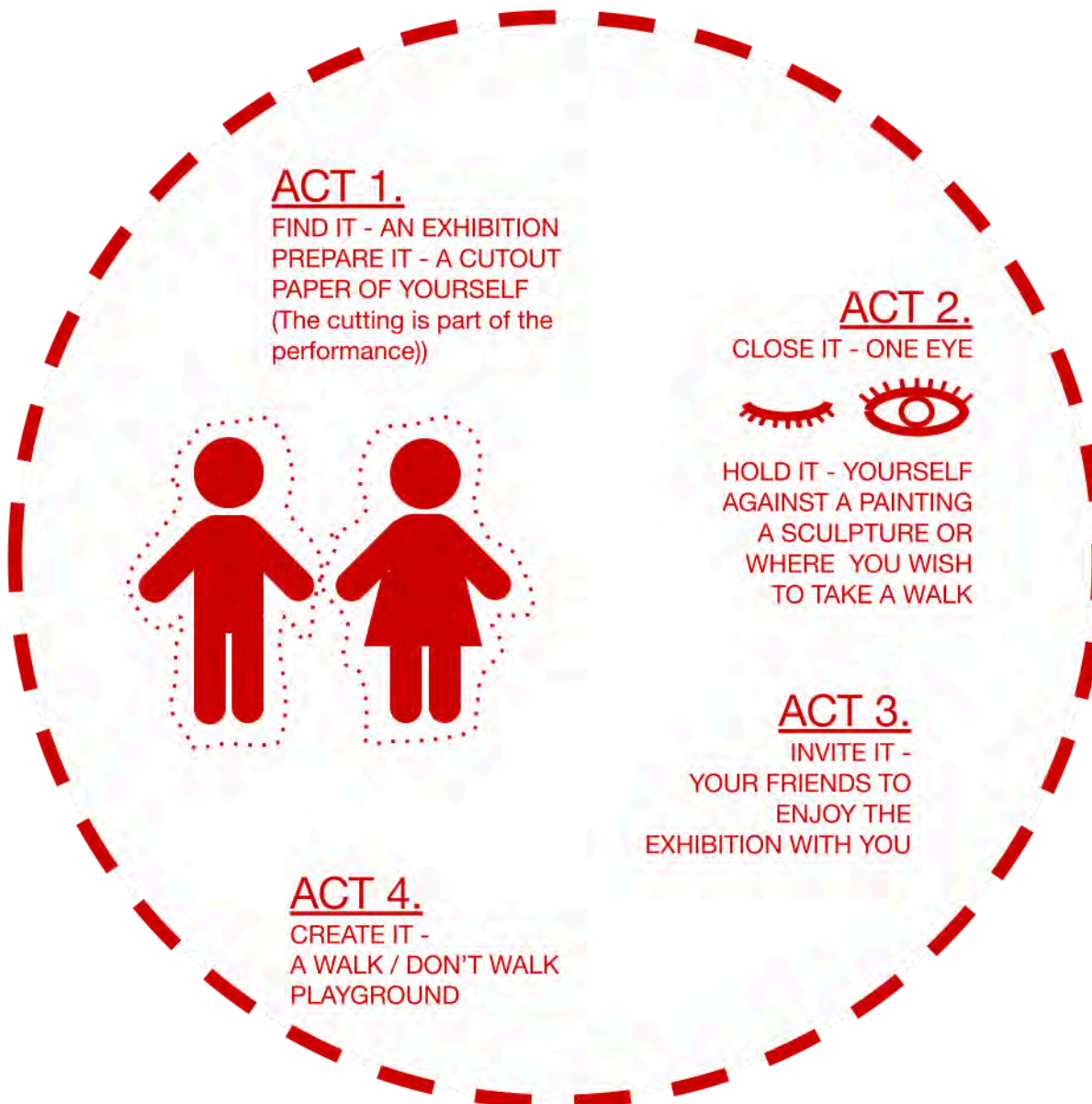
WASH IT - THE LAUNDRY

ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



Reflexive Kids

: often used as a generalized reference to one especially younger or less experienced



KEREN ROSENBAUM
PLAY IT - SCRIBBLE WALK
ZERO TO 100 / IT COLLECTION
REFLEXIVE MUSIC KIDS
VISUAL SCORE

ACT 1.

FIND IT - PAPER &
MARKER

ACT 2.

WRITE IT -
YOUR STREAM OF
THOUGHTS IN LAYERS
KEEP WRITING YOUR
THOUGHTS ONE LINE
ON TOP OF ANOTHER

Deaf and blind students can participate in the Scribble Walk by using a large sheet of paper and a marker to write their thoughts in layers.

ACT 3.

BRING YOUR ATTENTION TO
HOW YOU WRITE,
FAST, SLOW, UP, DOWN, STOP,
START, TURN, SOFT, HARD

ACT 4.

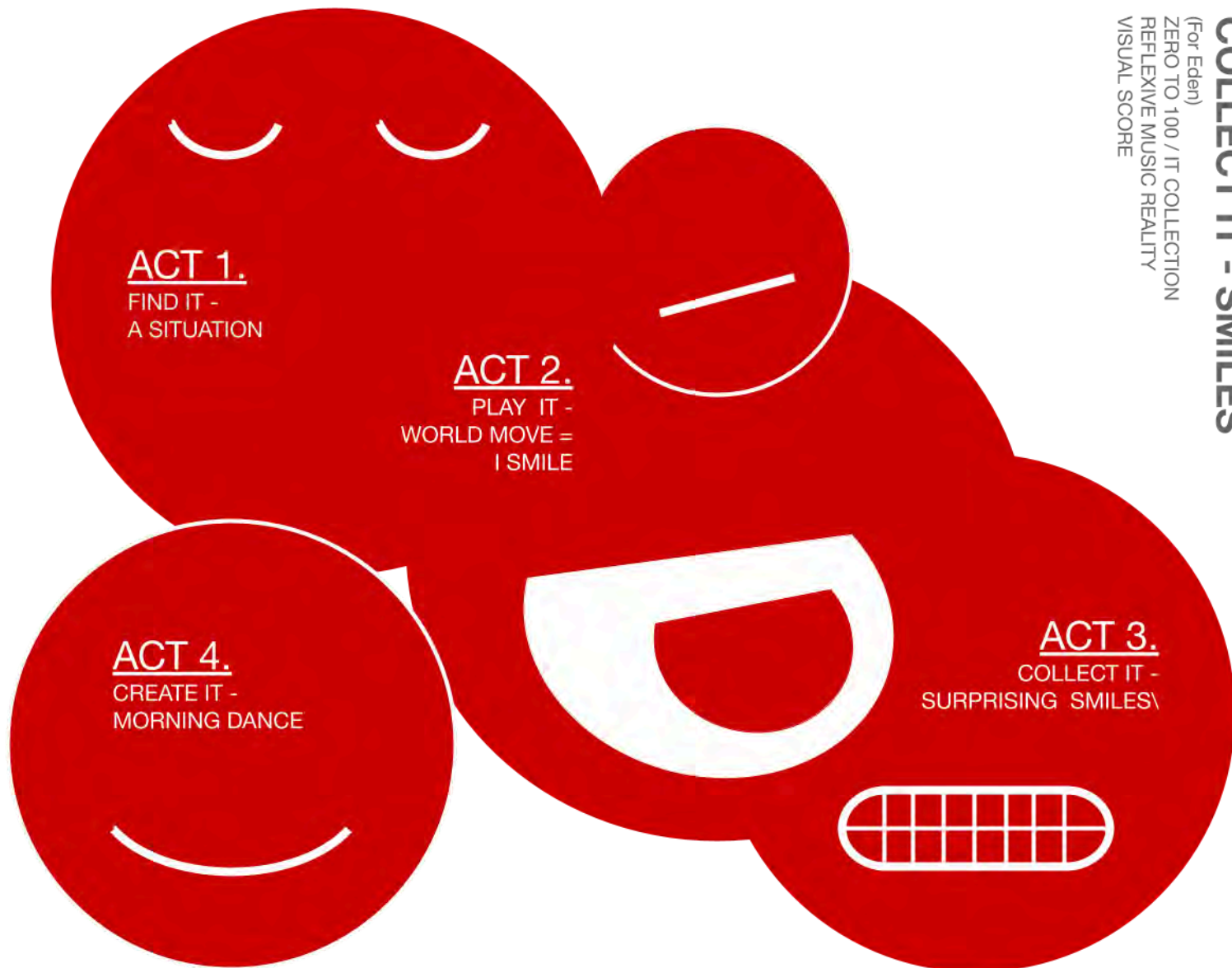
SURPRISE YOURSELF -
INITIATE SHIFTS
IN THE SCRIBBLE WALK

© Keren Rosenbaum /
Reflex Invisible Score 2017
WWW.COMPOSINGCOMMUNITY.COM

KEREN ROSENBAUM

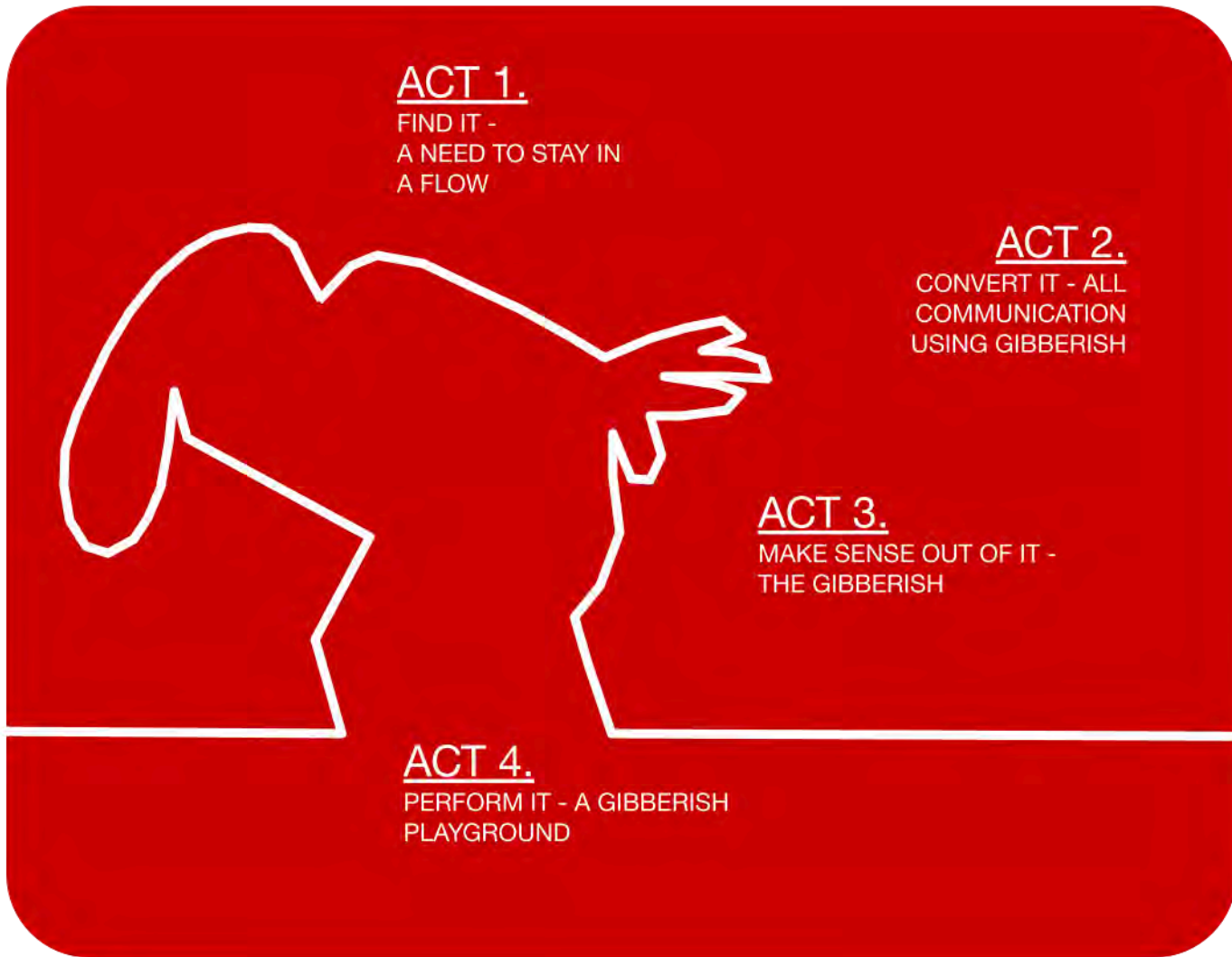
COLLECT IT - SMILES

(For Eden)
ZERO TO 100 / IT COLLECTION
REFLEXIVE MUSIC REALITY
VISUAL SCORE



KEREN ROSENBAUM
WITH LIAM DIAMANT

MAKE SENSE OUT OF IT - GIBBERISH
ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE



ACT 1.

FIND IT -
A NEED TO STAY IN
A FLOW

ACT 2.

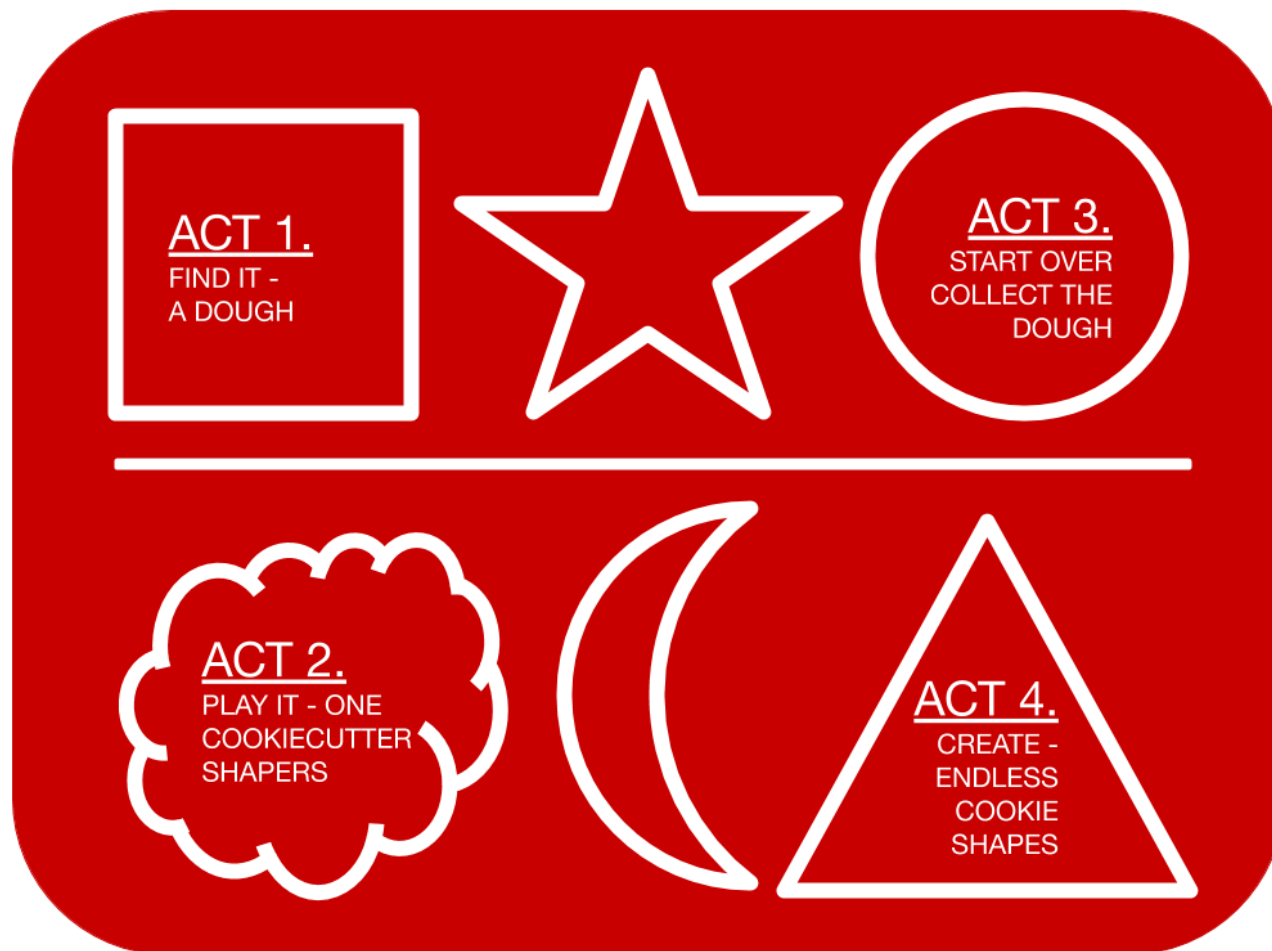
CONVERT IT - ALL
COMMUNICATION
USING GIBBERISH

ACT 3.

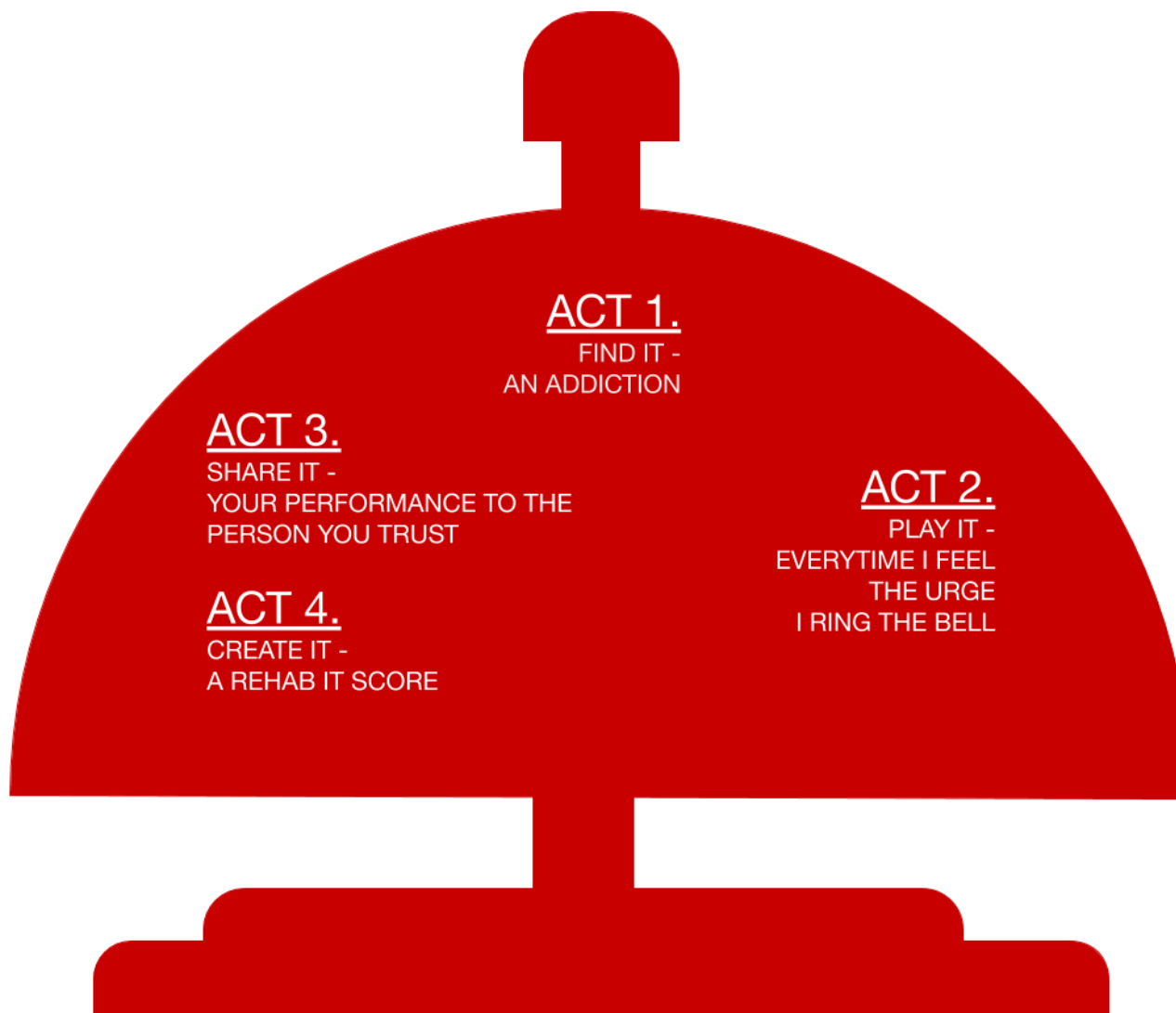
MAKE SENSE OUT OF IT -
THE GIBBERISH

ACT 4.

PERFORM IT - A GIBBERISH
PLAYGROUND



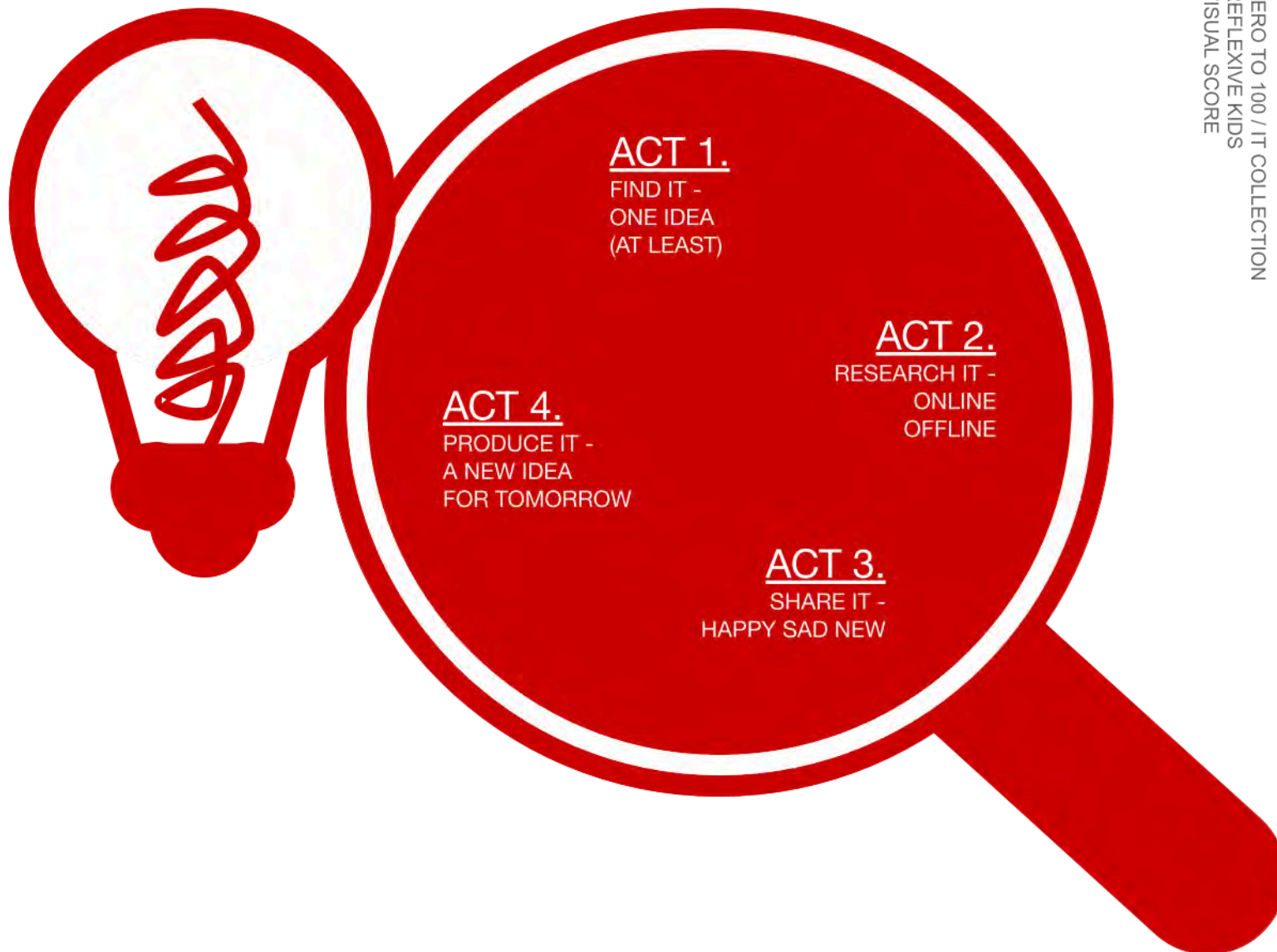
KEREN ROSENBAUM
REHAB IT - ADDICTIONS
ZERO TO 100 / IT COLLECTION
REFLEXIVE MUSIC COMPOSITION
VISUAL SCORE

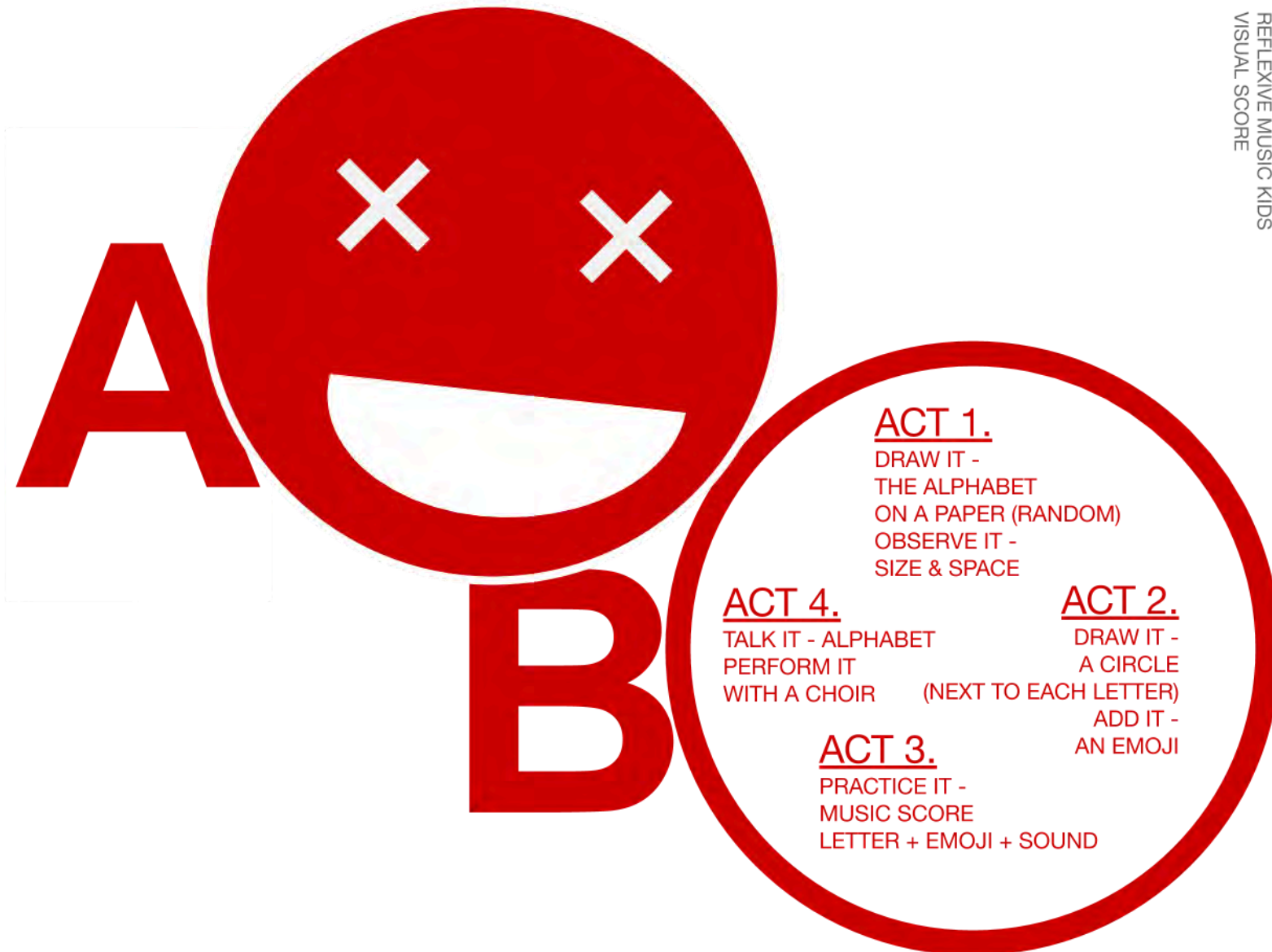


KEREN ROSENBAUM
WITH DINA ROSENBAUM

SHARE IT - ONE IDEA PER DAY

ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE





KEREN ROSENBAUM

TALK IT - HANDS TALK

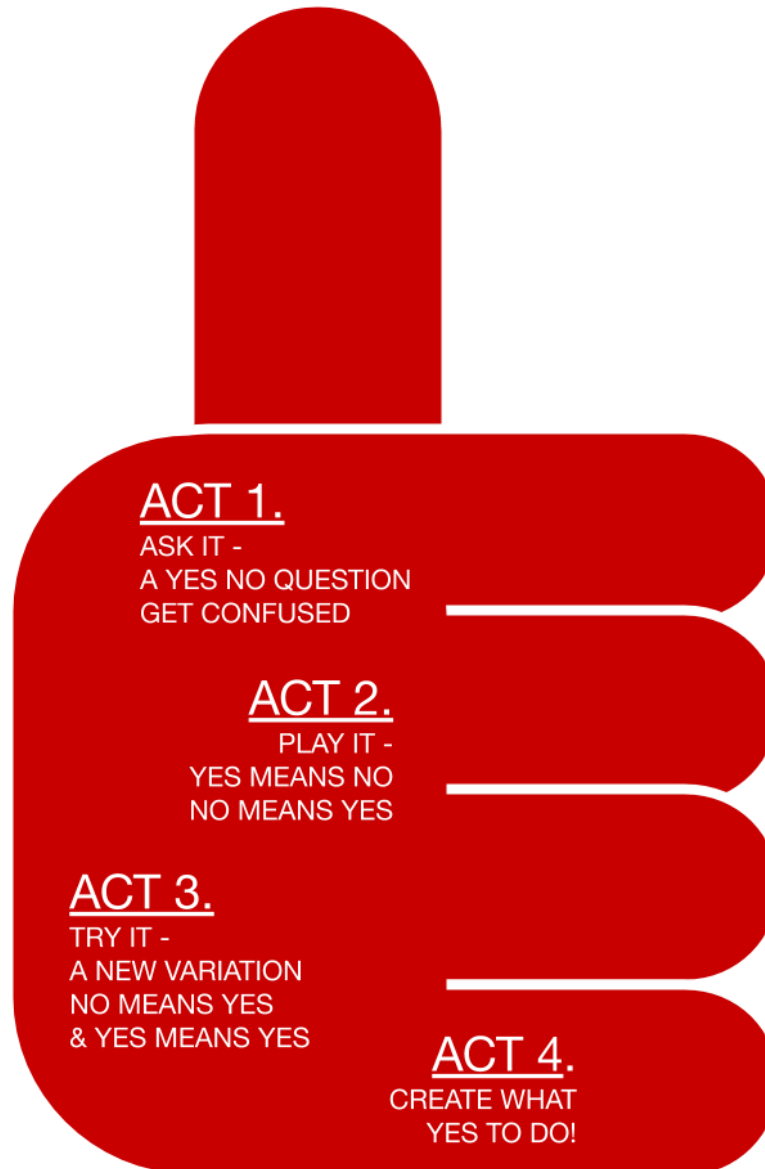
(For Maya Dunietz)

ZERO TO 100 / IT COLLECTION

REFLEXIVE KIDS

VISUAL SCORE







KEREN ROSENBAUM
BOX IT - BORING BOX
ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE

ACT 1. KIDS - "I AM BORED" MOM - GOOD, PUT A TIMER FOR 20 MIN / GET BORED AFTER 20 MIN IF WE ARE STILL BORED MOM - LETS PLAY A BORING BOX	ACT 2. PERFORM IT - BOX IT WHAT DO YOU LIKE TO DO WHEN IT'S BORING?	ACT 3. TIME IT - 20 MIN FOR EACH CRUMPLE FROM YOUR BOX								
	ACT 4. INVITE IT - YOUR FRIENDS TO ADD TO MORE IDEAS TO YOUR BORING BOX	<table border="1"><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr></table>								

KEREN ROSENBAUM

CALL IT -

1/800 SITUATION FACTORY

(For: Eden Diamant)
ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE



KEREN ROSENBAUM

COLLECT IT - PATIENCE

FOR: MAYA DUNIETZ
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

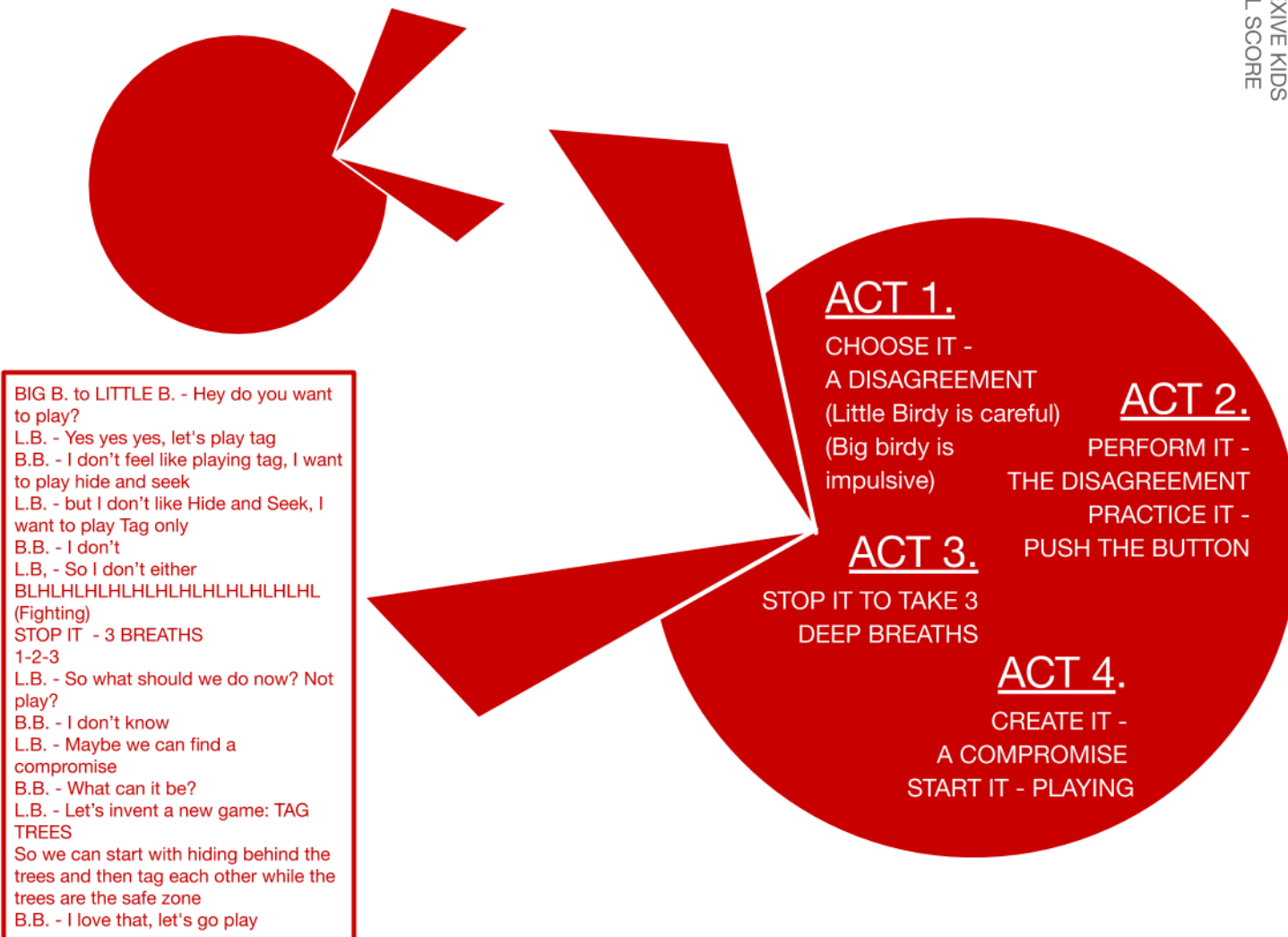


KEREN ROSENBAUM

COMPROMISE IT -

BIG BIRDIE = LITTLE BIRDIE

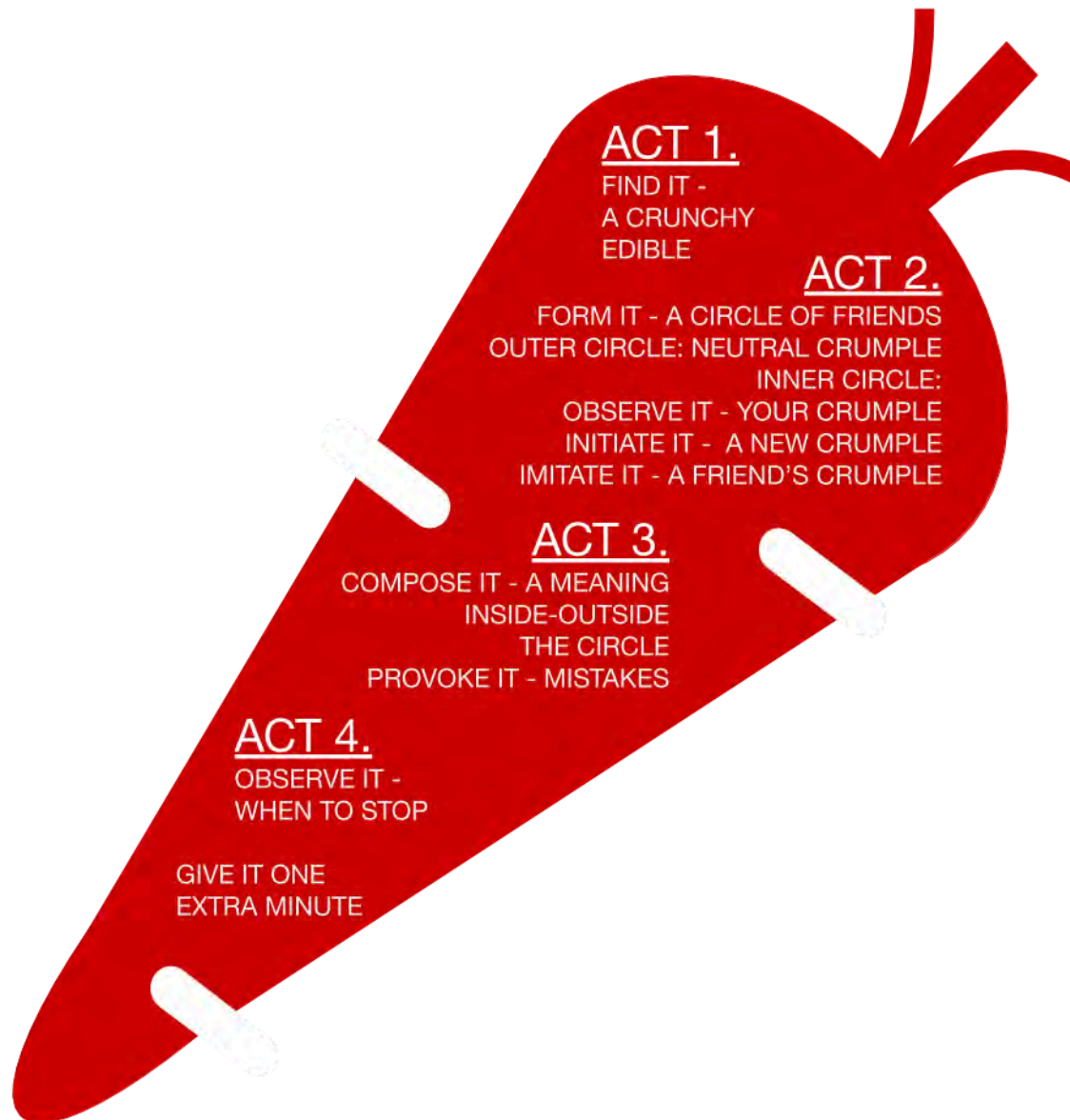
ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE



KEREN ROSENBAUM

CRUNCH IT - COMPETITION

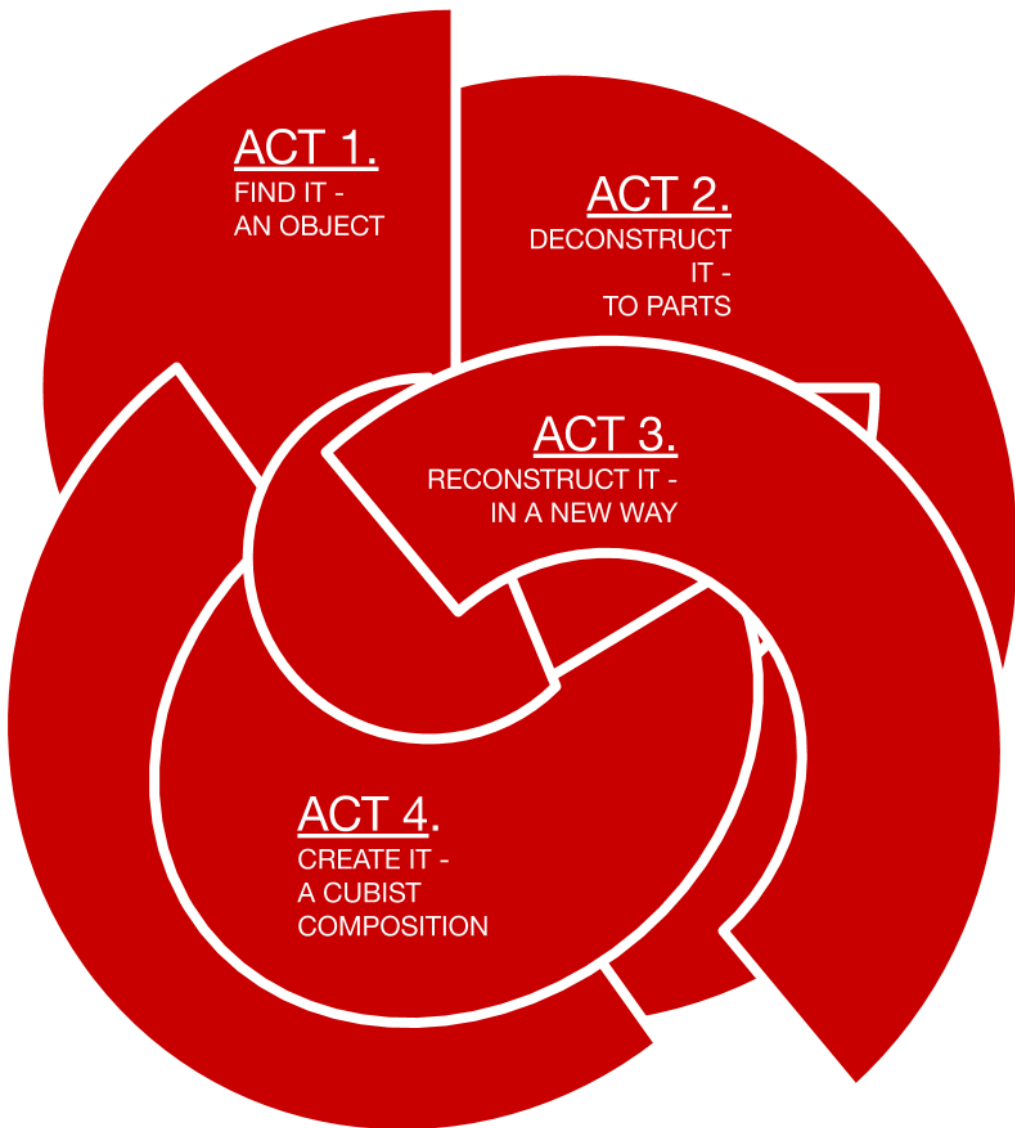
ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE



KEREN ROSENBAUM

COMPOSE IT - A CUBIST EXHIBITION

ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE



KEREN ROSENBAUM
WITH DINA ROSENBAUM

EXHIBIT IT - STRIKE THE POSE

ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE

ACT 1.

FIND IT - A FRIEND

ACT 2.

STAND FACING EACH OTHER
ONE - CLOSE YOUR EYES
TWO - STRIKE A POSE &
FREEZE
ONE - OPEN YOUR EYES
& MIRROR THE POSE

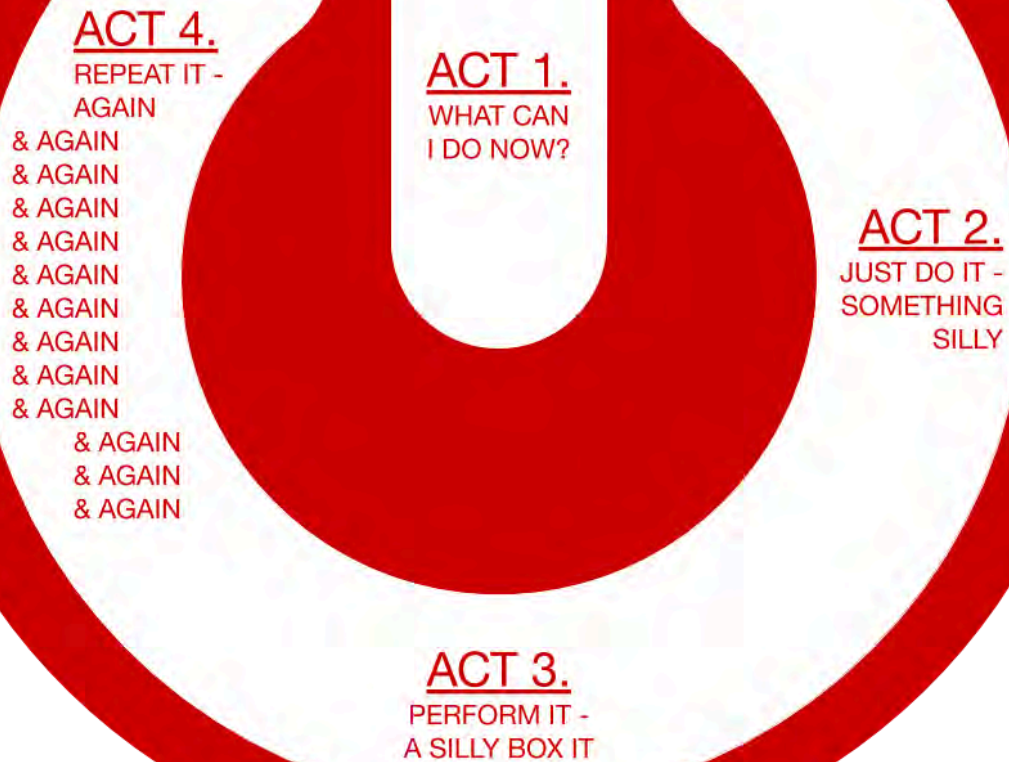
ACT 3.

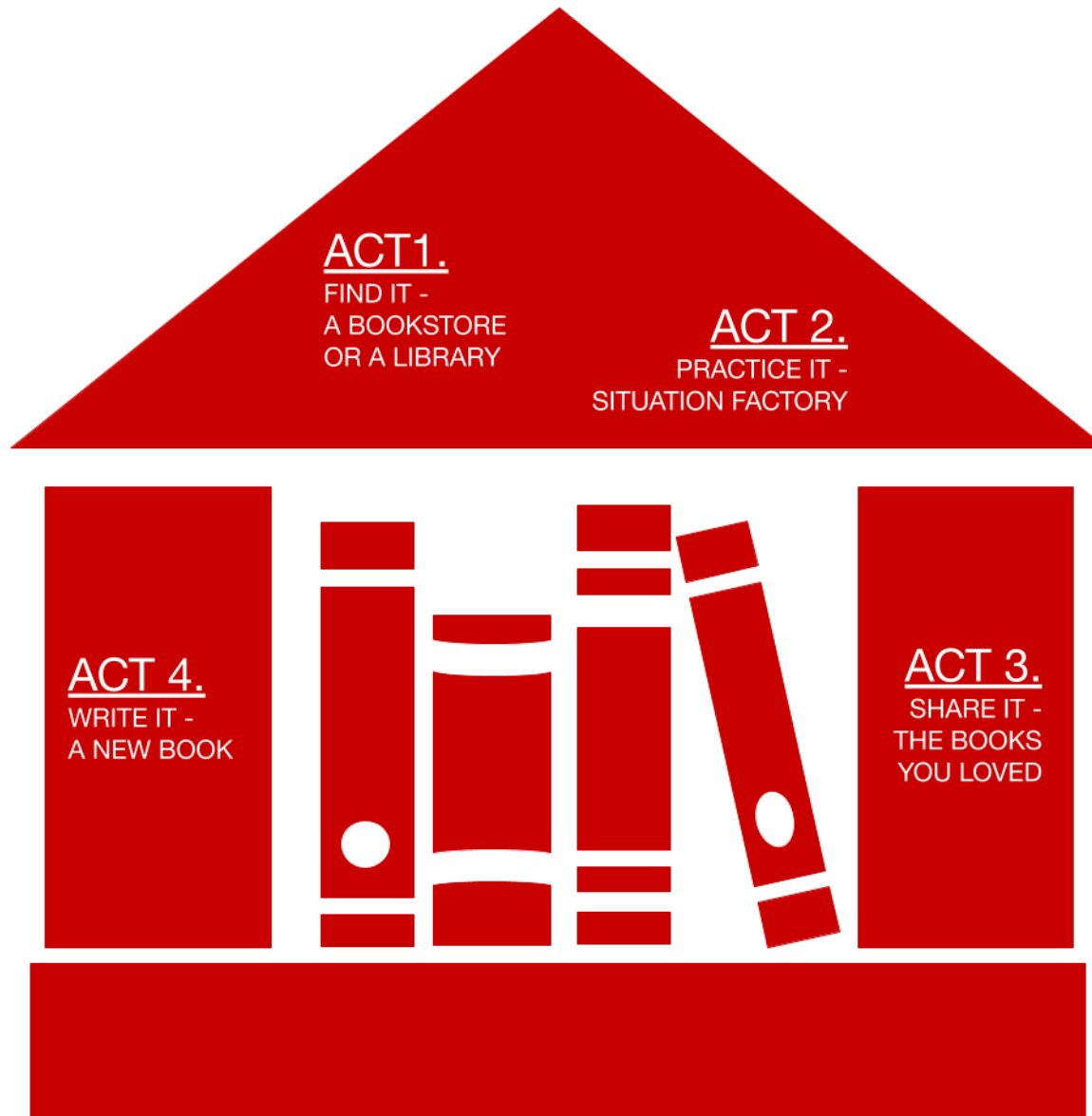
REPEAT IT -
PLAY WITH TEMPO
FAST - SLOW

ACT 4.

GET INSPIRED
BY WHAT'S AROUND YOU

KEREN ROSENBAUM
JUST DO IT? -
ZERO TO 100 IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE





KEREN ROSENBAUM
WITH EDEN DIAMANT
HUG IT

ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE



KEREN ROSENBAUM

IT'S ALWAYS SOMETHING

ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE

ACT 1.
WHAT'S GOING
ON?

ACT 2.
IT'S NOTHING!

ACT 3.
IT'S NEVER NOTHING!
IT'S ALWAYS
SOMETHING!

BUT I DON'T KNOW
WHAT IT IS?

ACT 4.
LET'S DO
SOMETHING
WITH IT!

EXAMPLE:
PERFORM A
BORING BOX

ACT 1.

ASK IT -
WHAT'S GOING ON?

ACT 3.

SHARE IT -

*"It's never nothing,
it's always something.*

Is it a big something

or a small something? Happy? Sad?

What's the sound?

What's the color of it? Does it move?

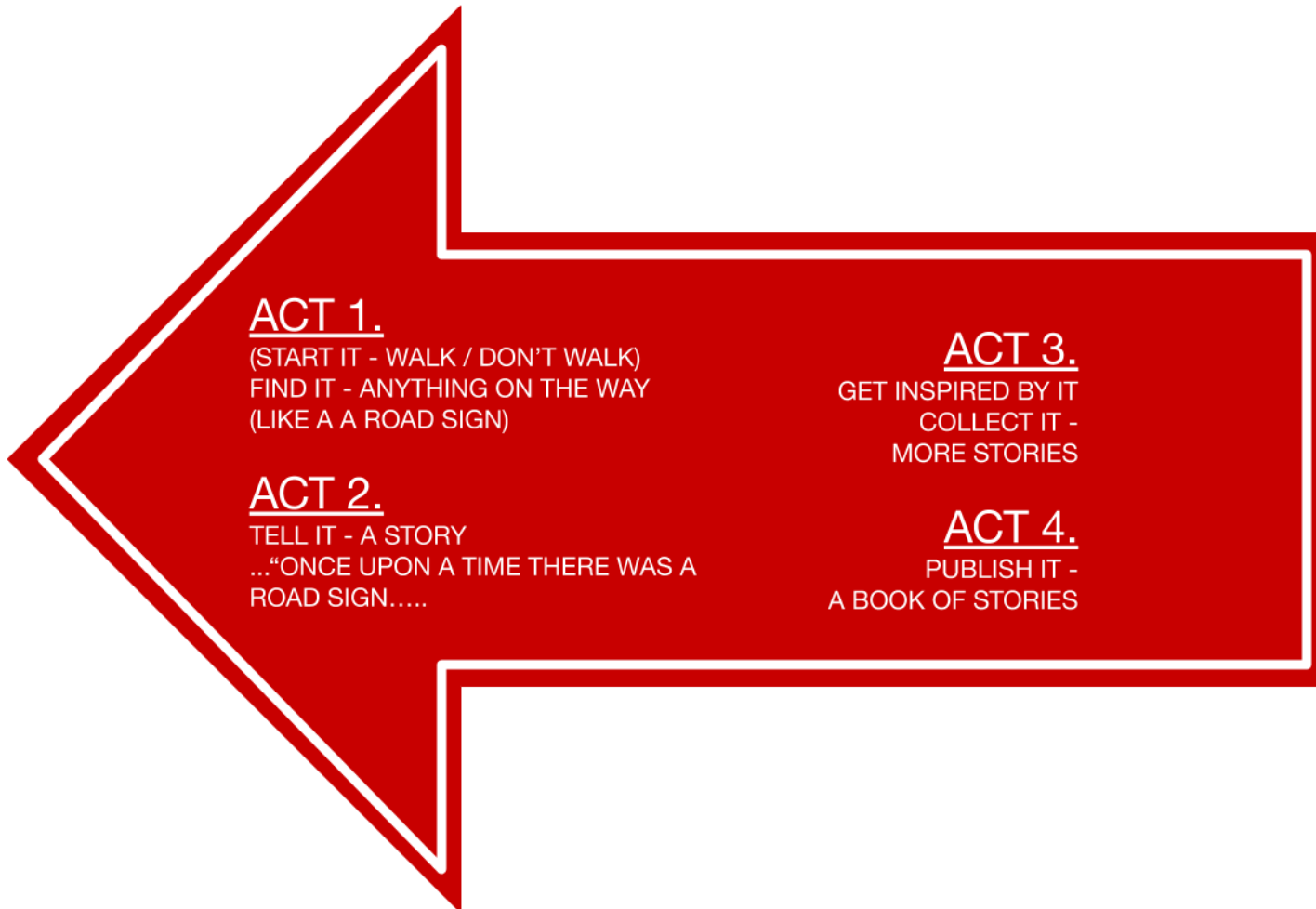
ACT 2.

ANSWER IT -
IT'S NOTHING...

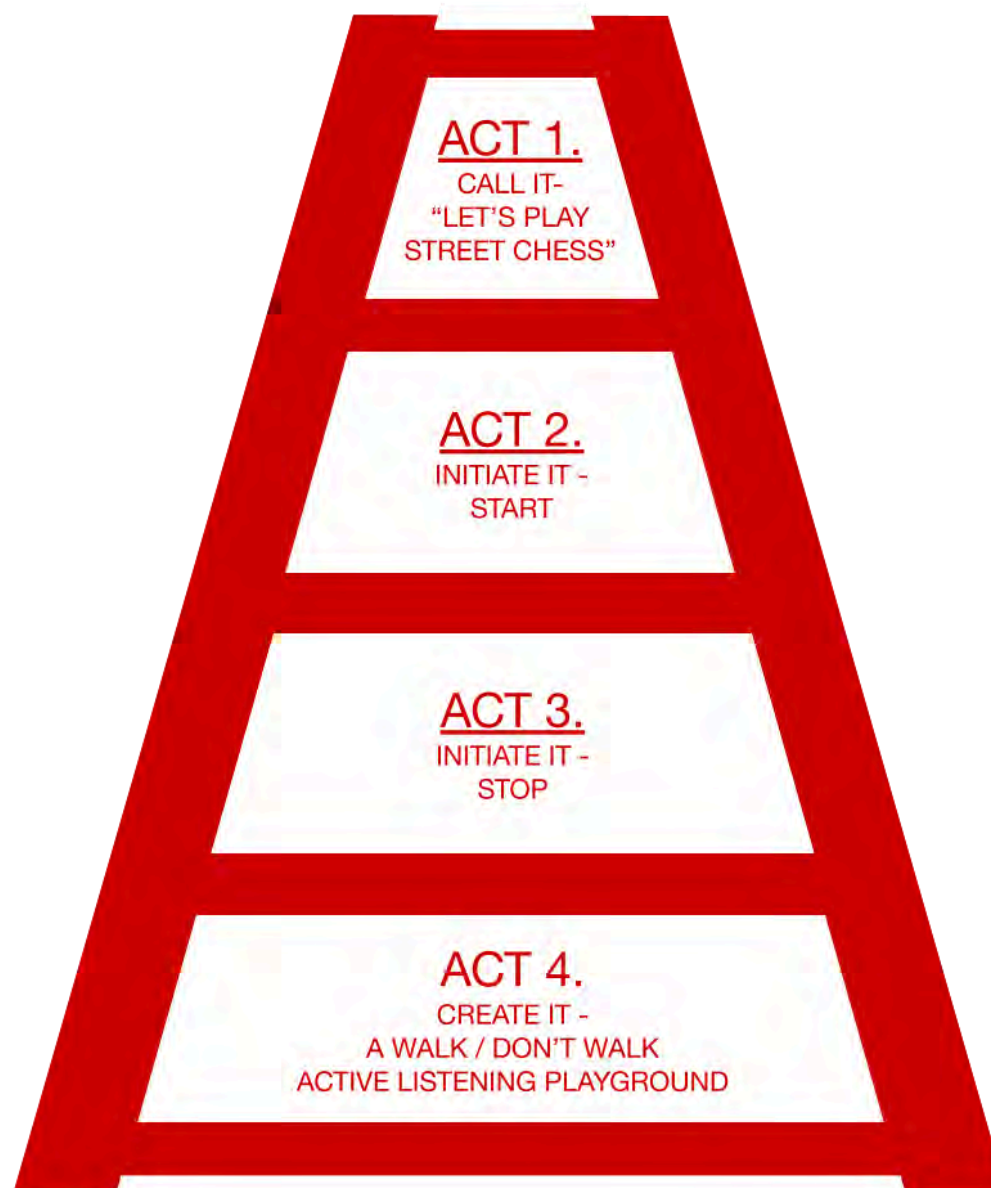
ACT 4.

IF YOU CAN YOU DO
SOMETHING ABOUT IT?
DO IT...
IF NOT LET IT GO!





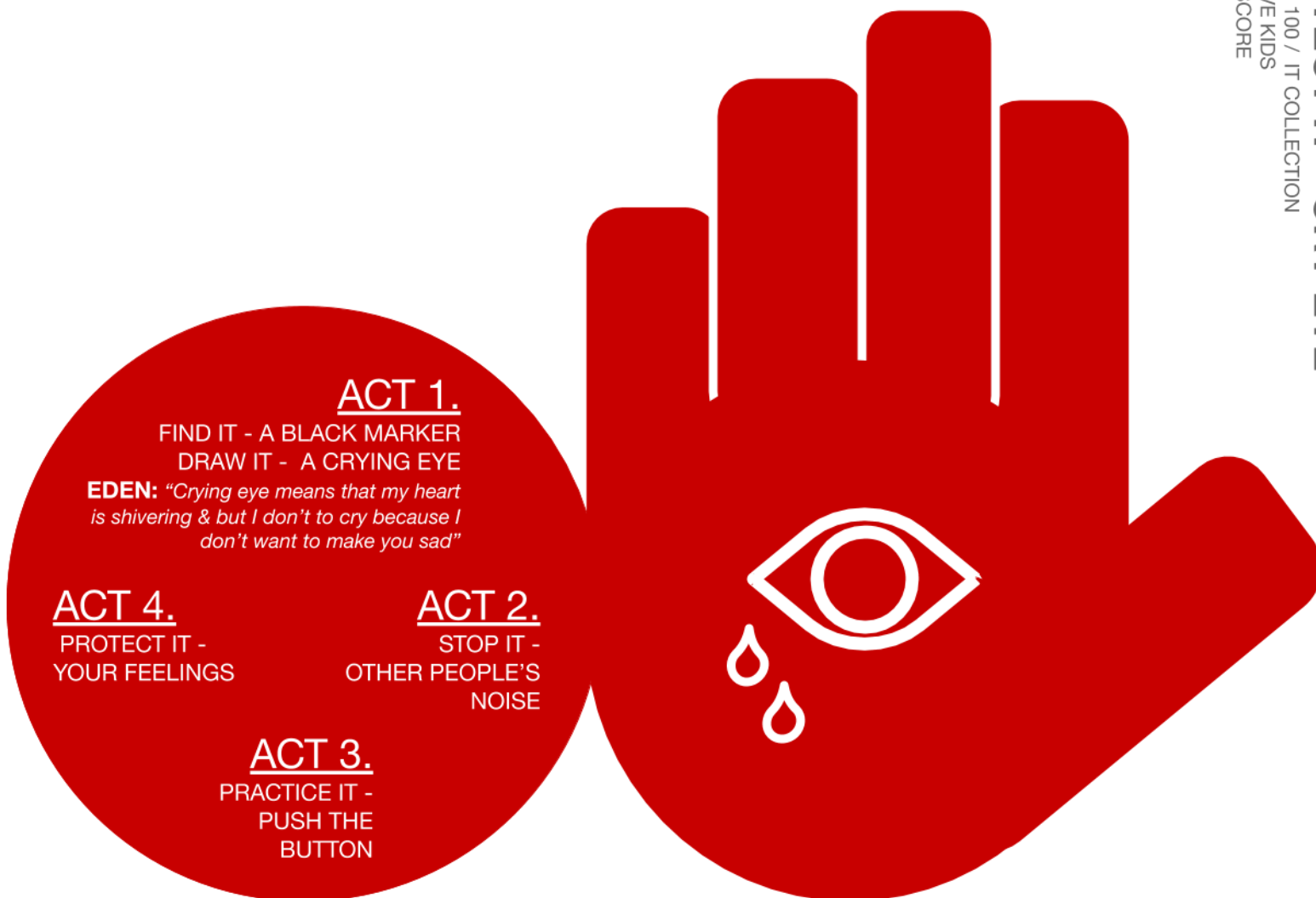


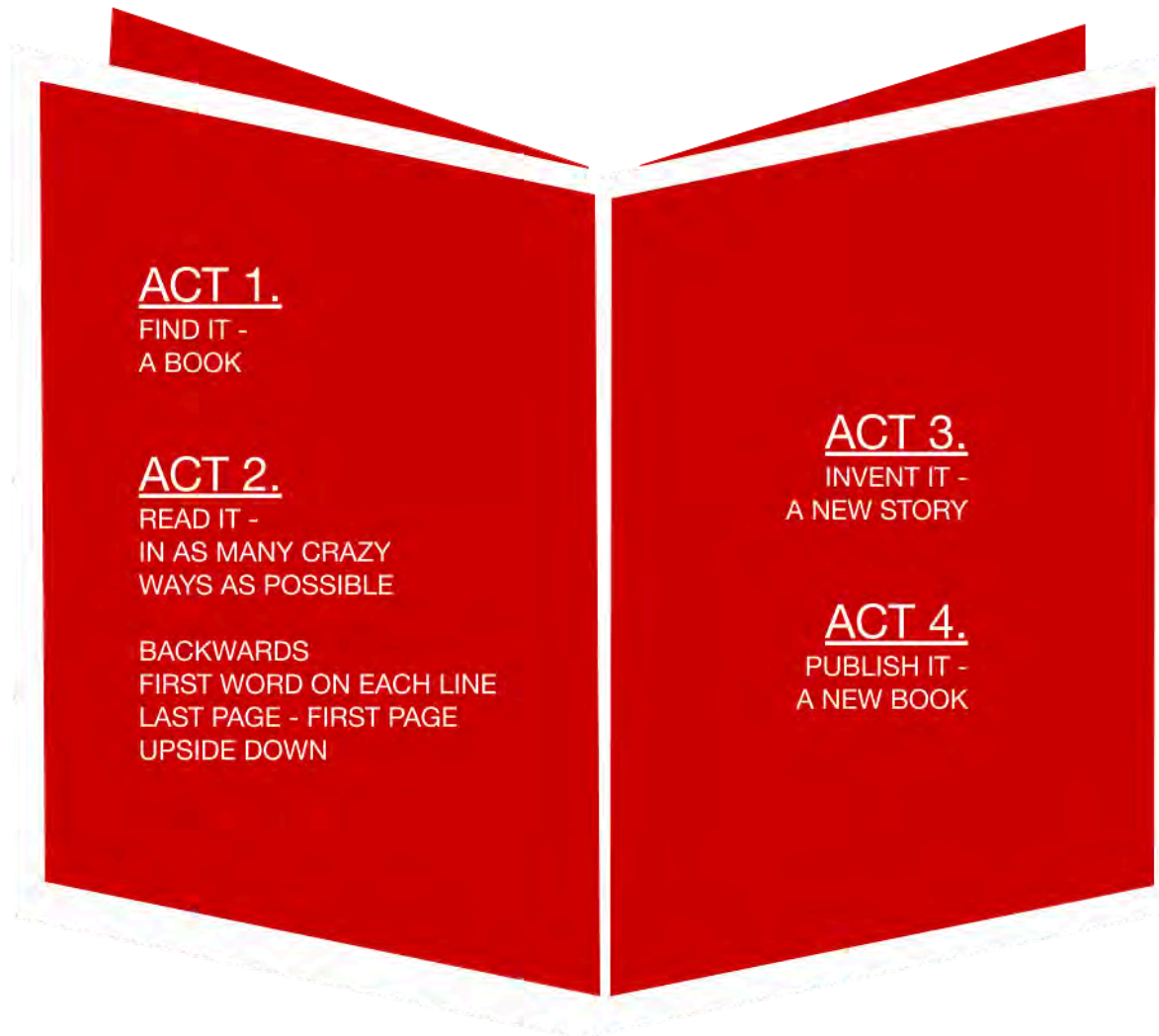


KEREN ROSENBAUM
WITH EDEN DIAMANT

PROTECT IT - CRY EYE

ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE





KEREN ROSENBAUM
WITH DINA ROSENBAUM

SHARE IT - HAPPY SAD & NEW

ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE

ACT 1.

FIND IT -
A MOMENT

ACT 2.

ASK YOUR LOVED ONES
TO SHARE ABOUT THEIR
DAY:

ACT 3.

LISTEN TO IT -
THE ANSWERS
ENJOY IT -
THE LISTENING

ONE THING HAPPY
ONE THING SAD
ONE THING NEW
THAT HAPPENED
TO YOU

OR TO SOMEONE ELSE

ACT 4.

SHARE IT -
WHAT'S YOUR
HAPPY SAD & NEW?

*...To all my beloved grandchildren,
when Keren Omer & Zohar were your age
we had a special game we loved to play
Maybe it would be fun for you to also play
it*

*Everyday at dinner time everyone would
Find and share 3 things from their day:*

*One HAPPY thing, that happened,
One SAD or annoying thing,
One NEW thing they learned
I hope you can also play it
Love you and miss you all
Safta Dina*

KEREN ROSENBAUM
WITH EDEN & LIAM
SHIP IT

ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE

ACT 1.

FIND IT -
TWO PEOPLE TO SHIP

ACT 2.

COLLECT IT -
CLUES IF THEY
LIKE EACH OTHER
(EX: LOOKS, TOUCHES, WORDS)

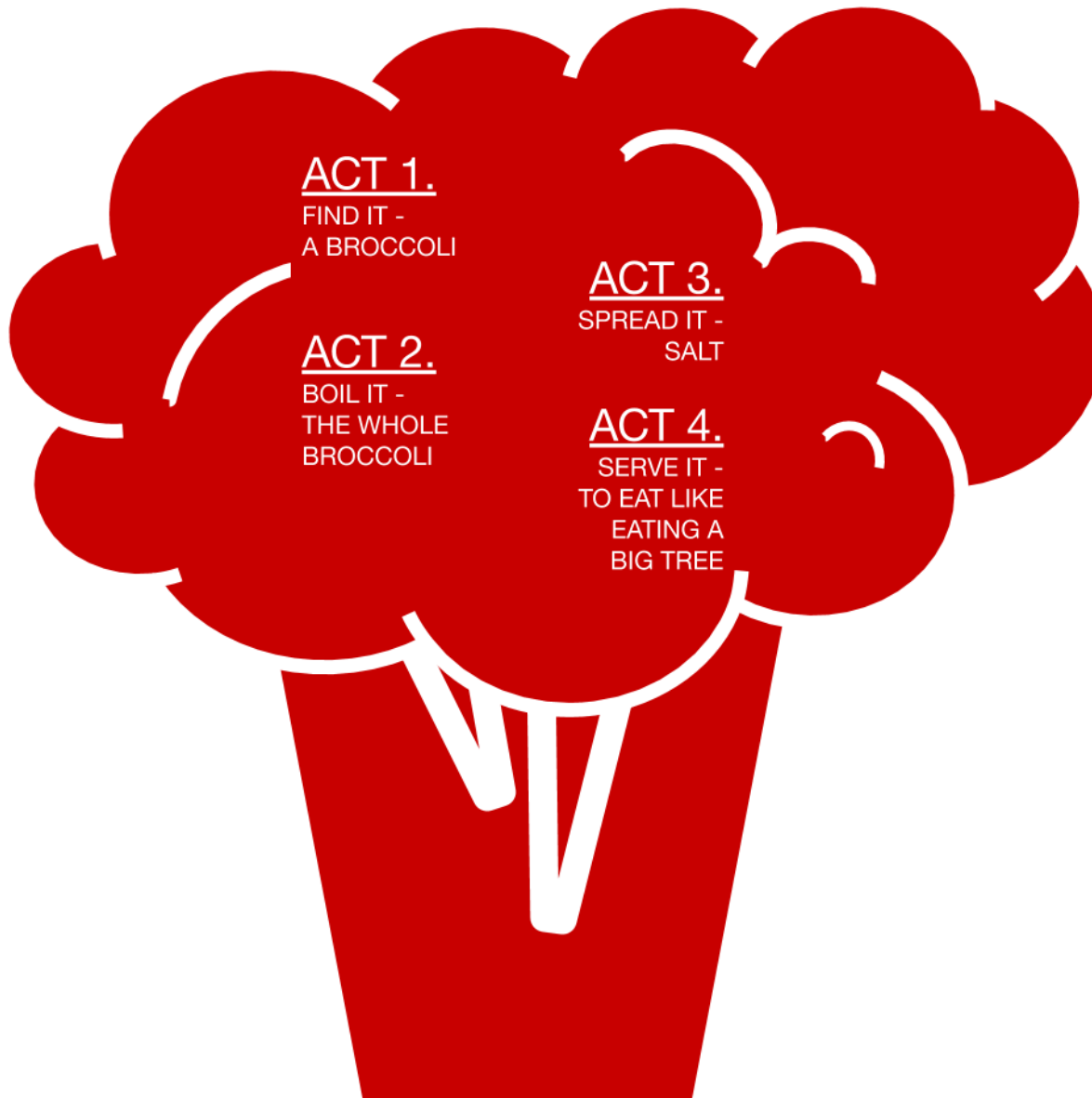
ACT 3.

SURPRISE IT -
WITH SITUATIONS
WHERE THEY CAN BE
TOGETHER

ACT 4.

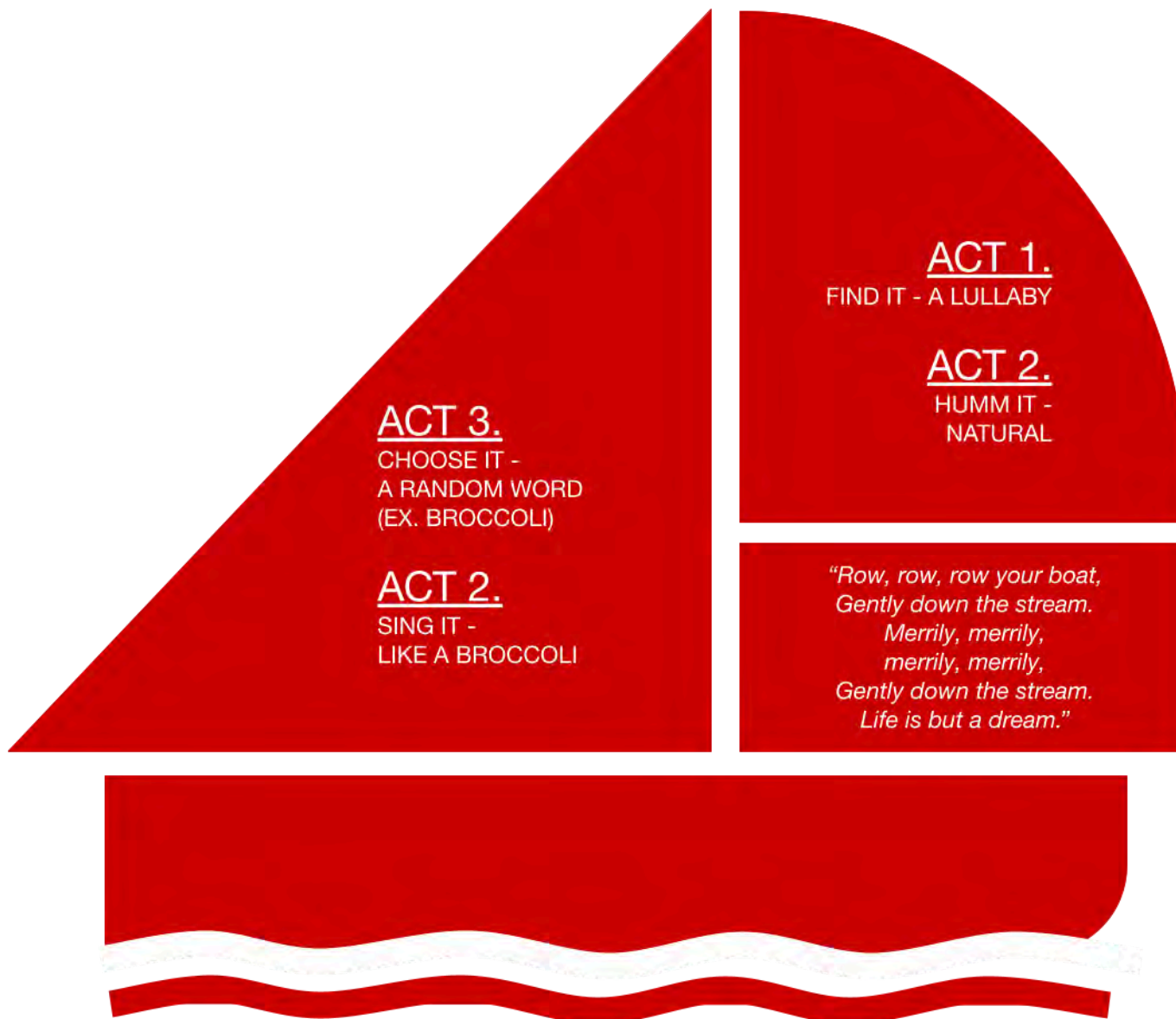
SHIP IT - THE COUPLE
EITHER THEY WILL SAIL OR SINK

KEREN ROSENBAUM
EAT IT - BROCCOLI TREE
ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE





KEREN ROSENBAUM
SING IT - LIKE A BROCCOLI
ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE



KEREN ROSENBAUM

VISIT IT - WHAT'S YOUR LAND?

(For: Alica Burns)
ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE



THANK YOU FOR VISITING
LALALAND LAND...or
START IT OVER

ACT 1:

FIND IT -
A RANDOM **WORD**
CONNECT IT -
YOUR WORD + LAND

Example: LALA LAND

ACT 2:

ANNOUNCE IT -
WELCOME TO **LALALAND...**
WHAT TREAT DO YOU
BRING?

ACT 3:

ASK IT -
WHAT DO PEOPLE EAT IN LALALAND?
WHERE DO PEOPLE SLEEP IN LALALAND?
WHAT GAME DO PEOPLE PLAY IN LALALAND?

ACT 4:

WHAT IS FORBIDDEN IN
LALALAND?



KEREN ROSENBAUM

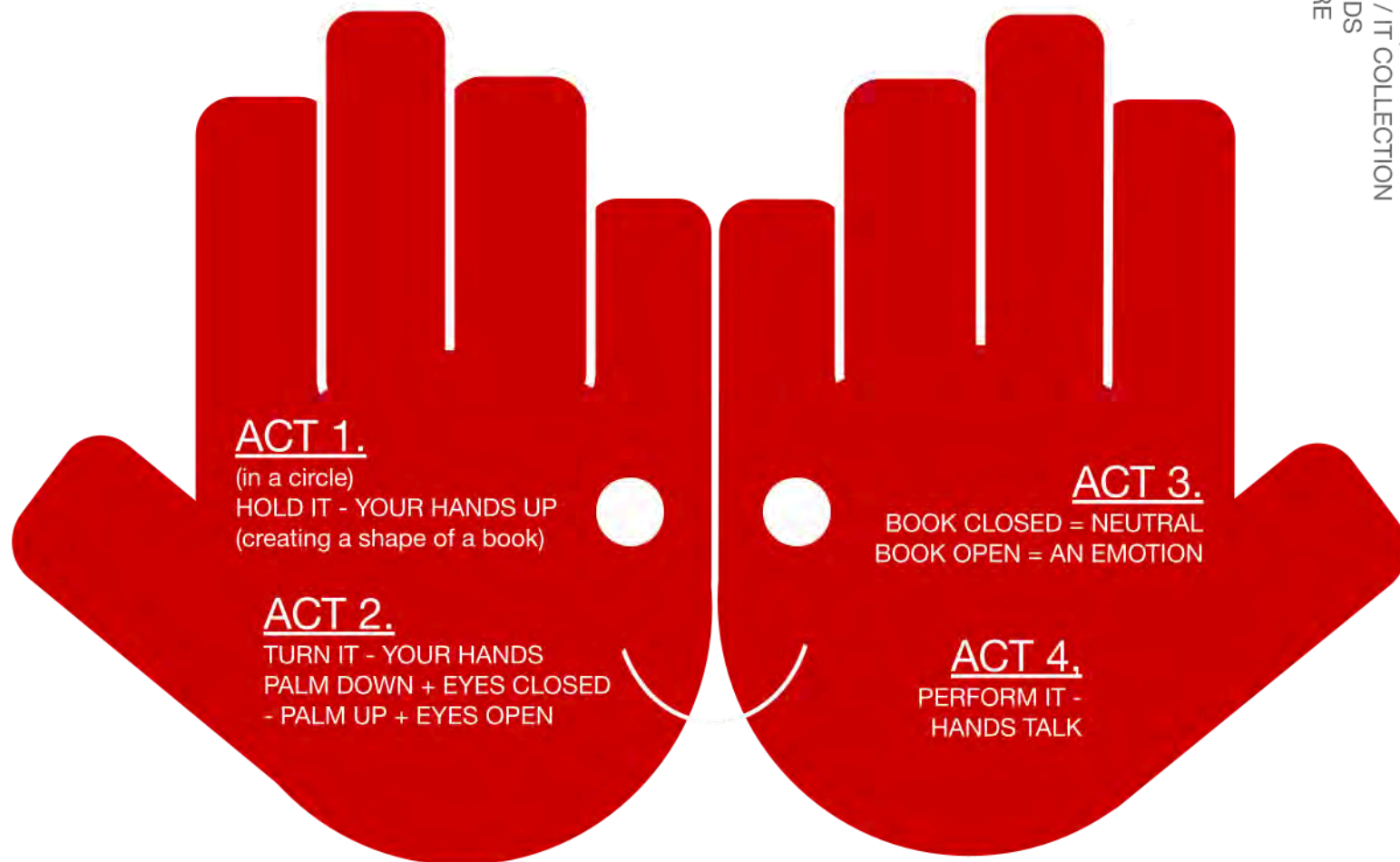
TALK IT - HANDS

(For Maya Dunietz)

ZERO TO 100 / IT COLLECTION

REFLEXIVE KIDS

VISUAL SCORE



KEREN ROSENBAUM

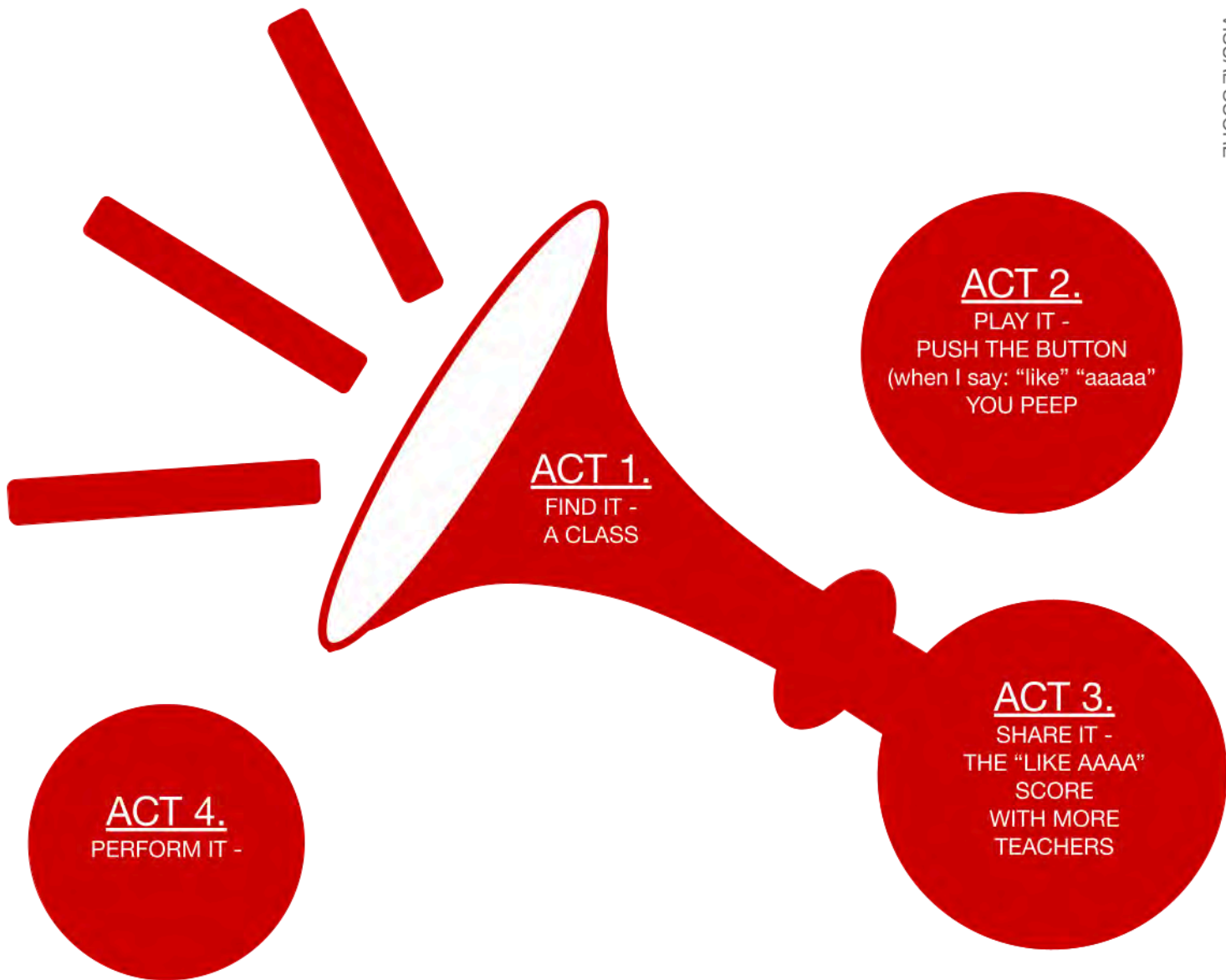
COLLECT IT - PEEEEP

(For 7th grade in the Arts School Tel-Aviv)

ZERO TO 100 / IT COLLECTION

REFLEXIVE MUSIC KIDS

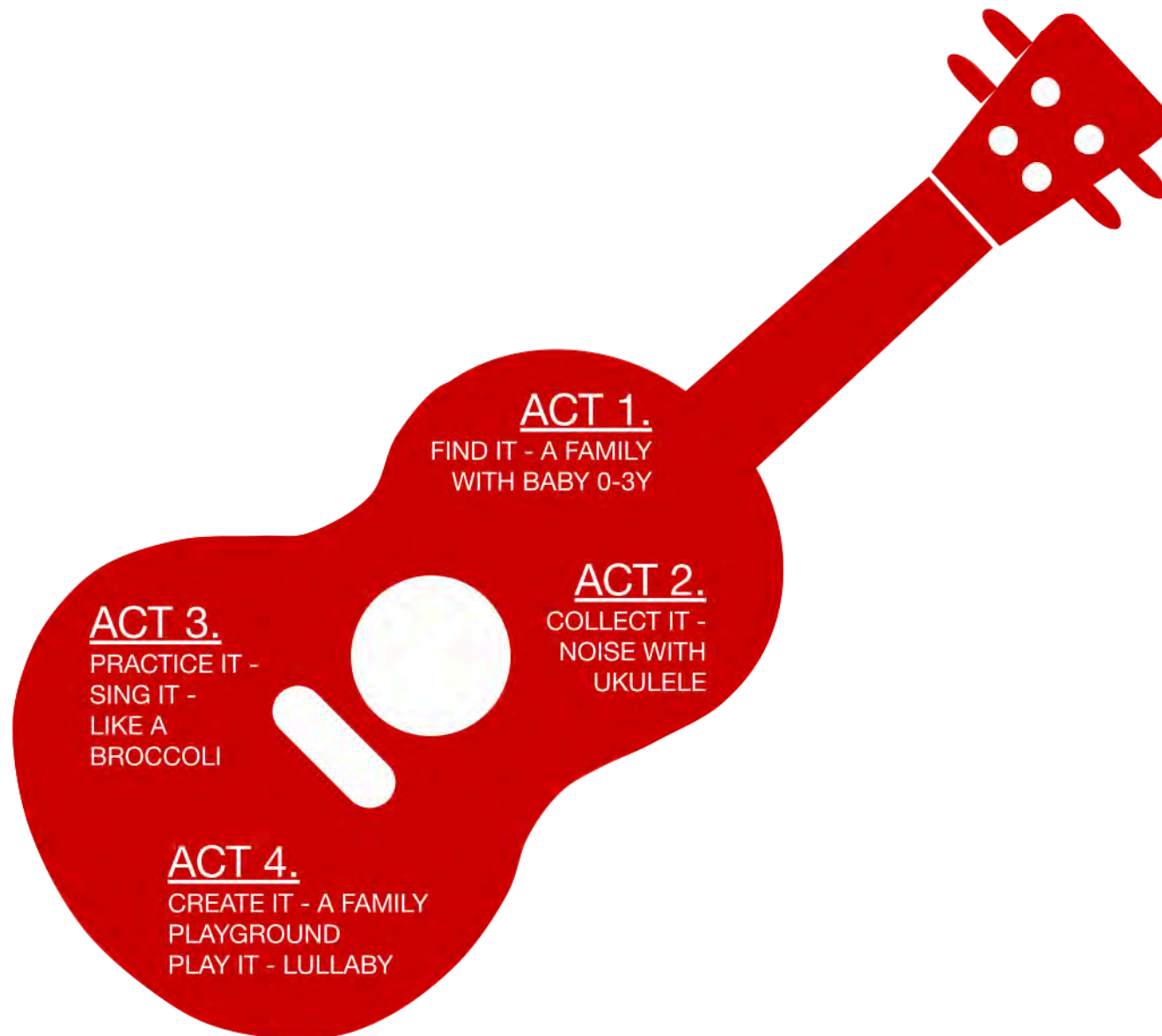
VISUAL SCORE



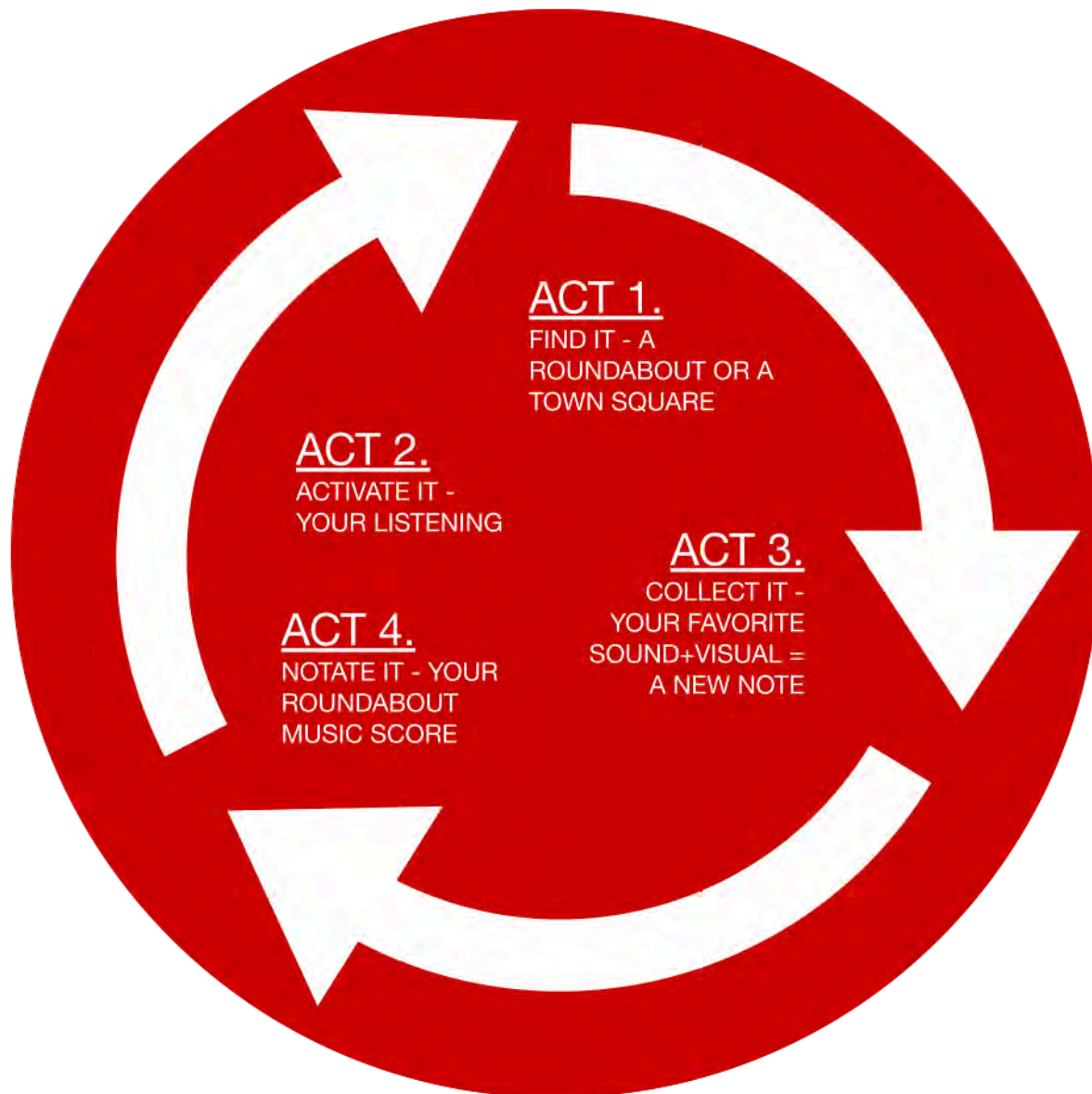
Reflexive Playground

: a place where people go to play...

KEREN ROSENBAUM
PLAY IT - LULLABY
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE



KEREN ROSENBAUM
PLAY IT - ROUNDABOUT MUSIC SCORE
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE



KEREN ROSENBAUM
PLAY IT - POND IT
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE

ACT 1.

START IT - WALK / DON'T WALK (in silence)
FIND IT - A PLACE FOR YOUR PAPER
KEEP WALKING

ACT 2.

ADD IT - YOUR IDEAS
GO ON WALKING / ADDING
To your paper and to everyone else's)
SURPRISE YOURSELF!

ACT 3.

INITIATE A STOP!
COLLECT IT - INTO A POND

ACT 4.

WALK/DON'T WALK AROUND IT
OBSERVE / TALK / PERFORM IT
CREATE IT -
A PLAN OF PLANNING

KEREN ROSENBAUM
PLAY IT - WE CRUMPLE IT
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE



ACT 1.

FIND IT - A CONDUCTOR
IN YOUR GROUP

PREPARE IT - YOUR OWN
BOX IT SET UP

ACT 2.

CONDUCTOR ANNOUNCE IT -
THE TIME FRAME (1-5 MINUTES)

SET UP - THE TIMER
START IT -
UNCRUMPLE THE FIRST "NEED"

INSTRUCTIONS

The conductor holds the
Timer as well as playing.

ACT 3.

WE PERFORM IT -
EACH GROUP CRUMPLES
ARE PERFORMED
TOGETHER

ACT 4.

CREATE IT -
A NEW PLAN OF PLANNING
FOR A TIME IT - PERFORMANCE

All players, including the conductor,
open their crumple to be performed
simultaneously.

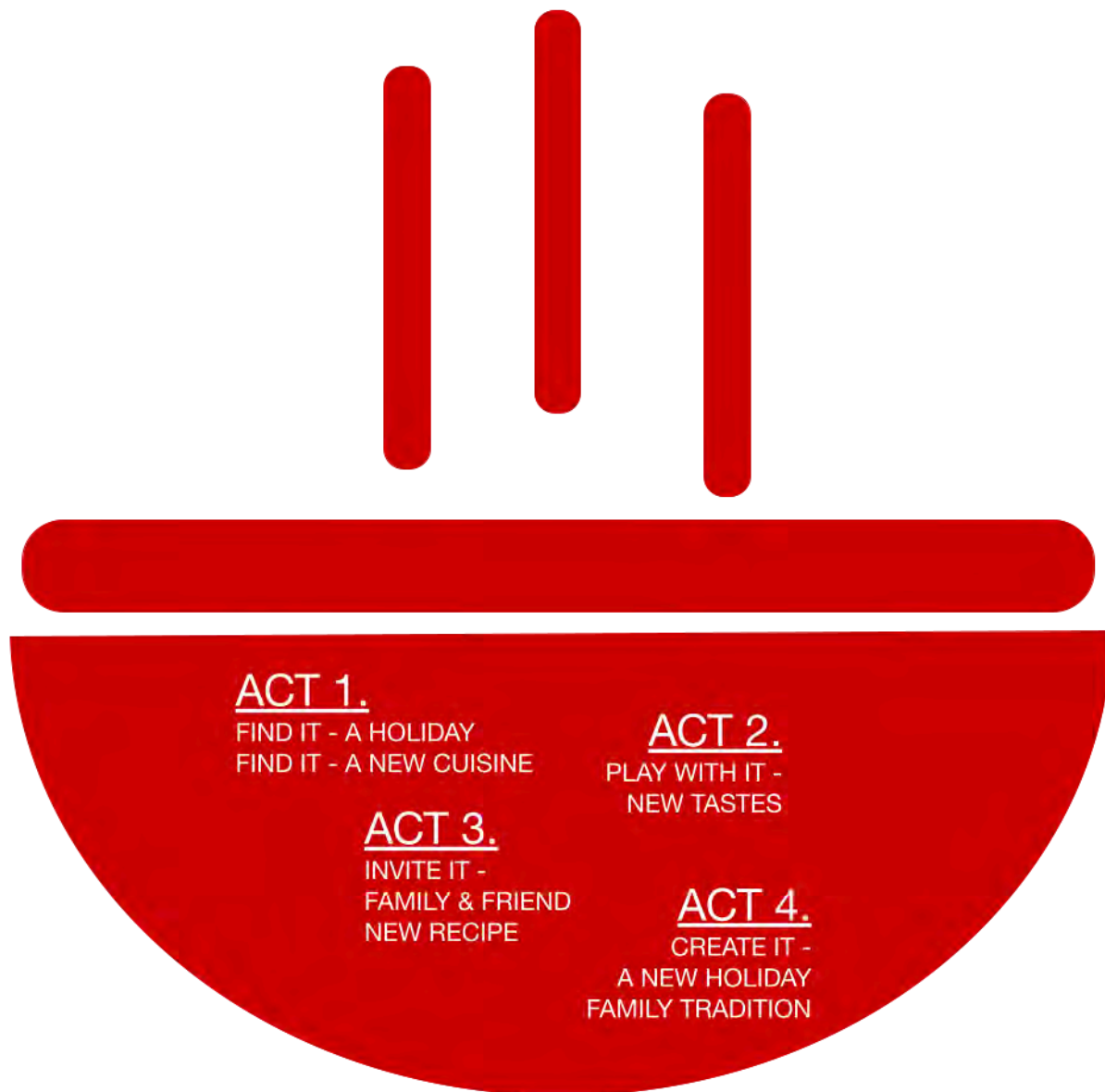
An extra 1 min extension would be activated
by the conductor if needed.

If the meeting time is almost up,
set a one time timer:

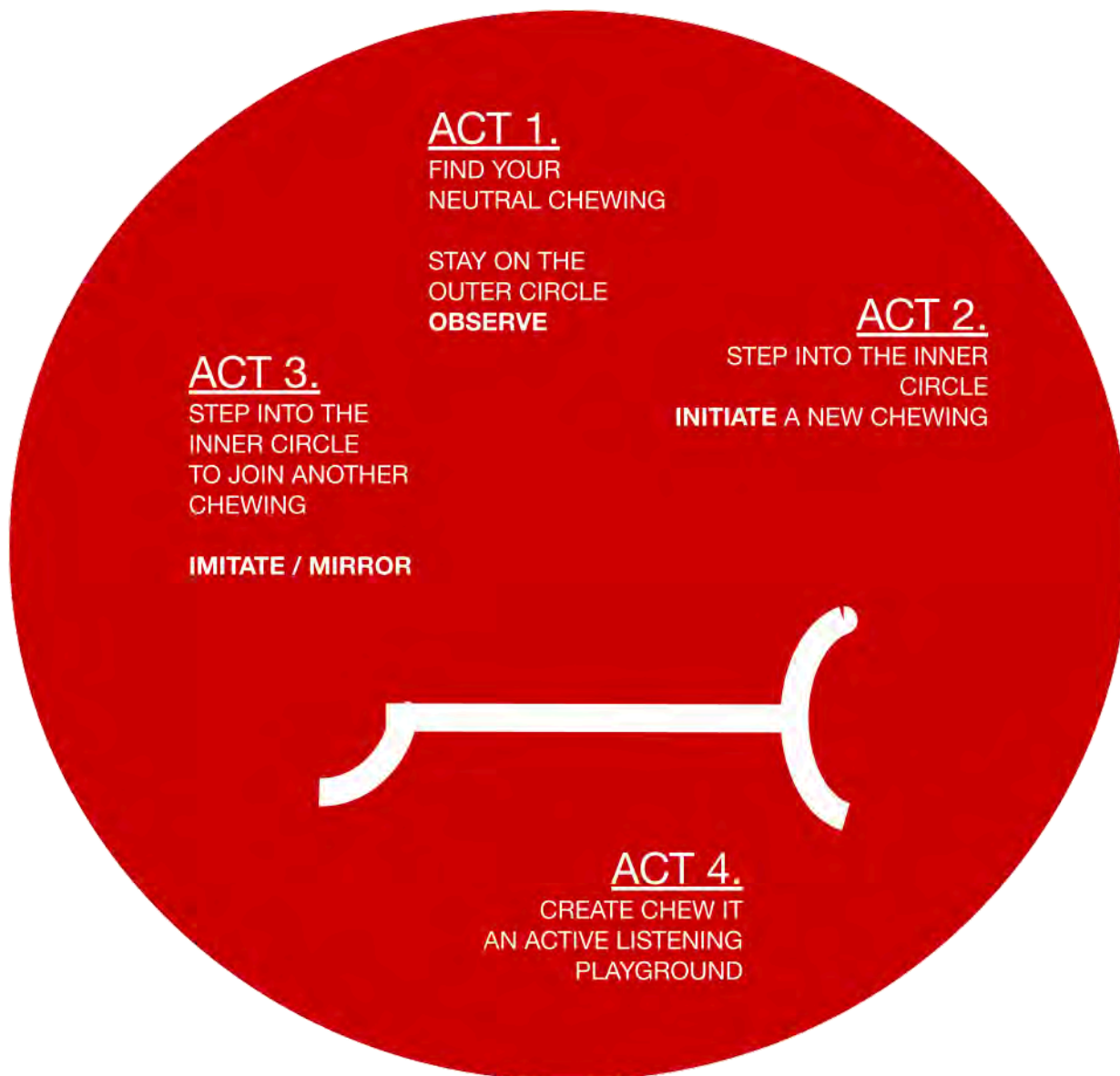
OPTION #1 -all player open all the remaining
crumples and everyone perform everything.

OPTION #2 - Each player open their
remaining crumples and has 1 min to perform
a "Ted Talk" version of their crumples.

KEREN ROSENBAUM
PLAY IT - A NEW HOLIDAY
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE

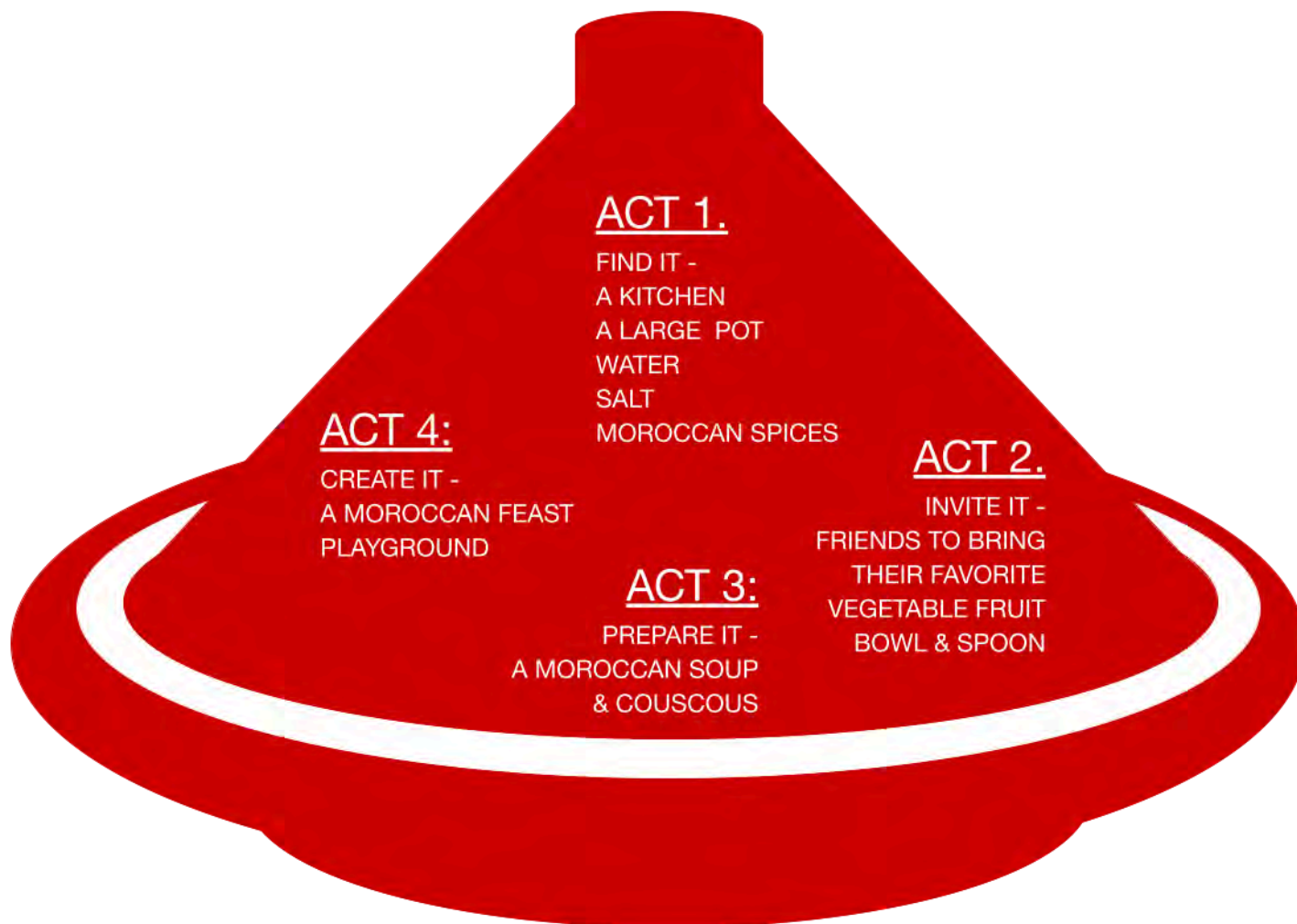


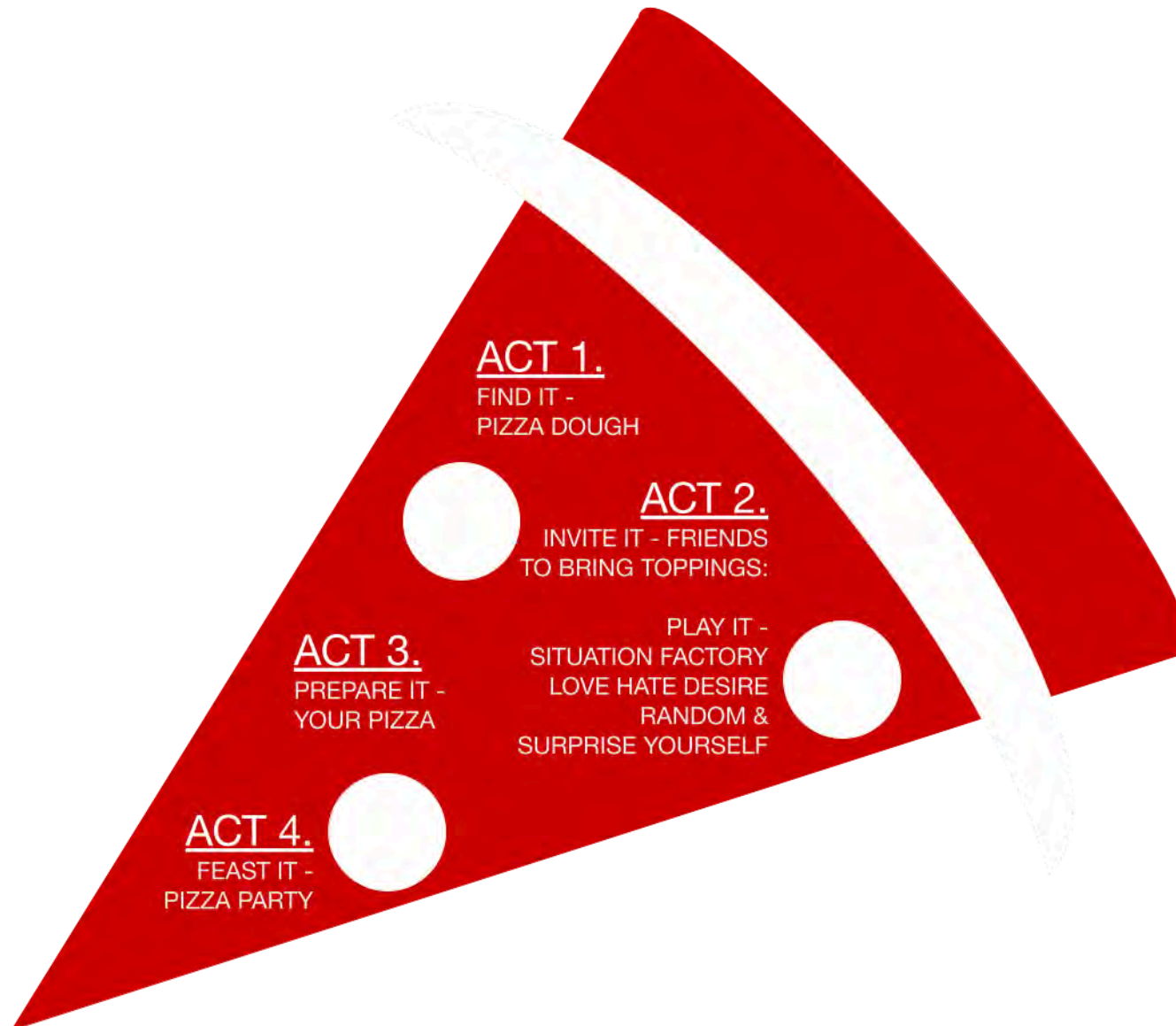
KEREN ROSENBAUM
PLAY IT - WE CHEW IT
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



KEREN ROSENBAUM
PLAY IT - WISH TREE
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE







KEREN ROSENBAUM

PLAY IT - CHAI KUVANGAVANGA

(For Dunia Hategekimana)

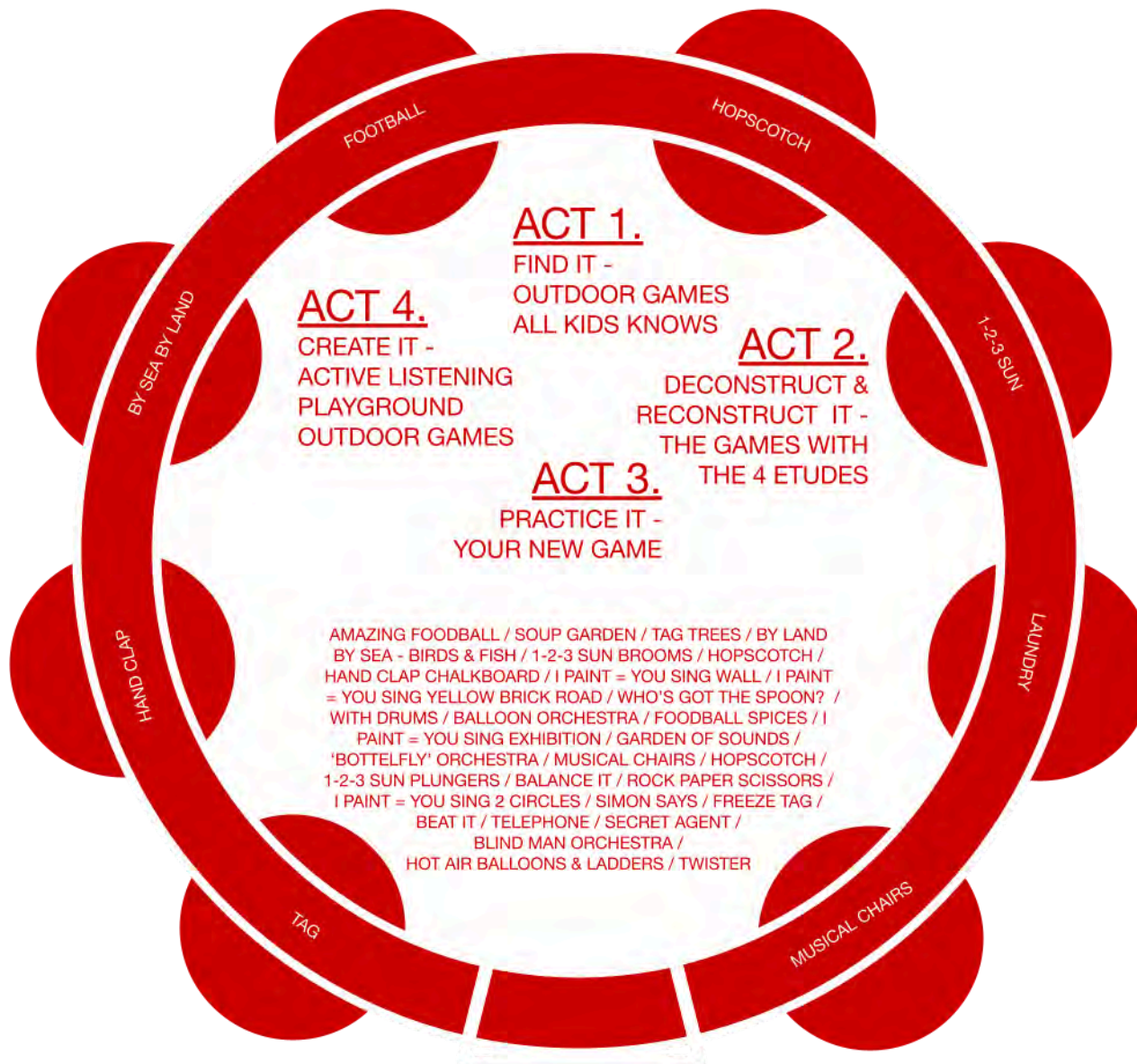
ZERO TO 100 / IT COLLECTION

REFLEXIVE PLAYGROUND

VISUAL SCORE







KEREN ROSENBAUM

PLAY IT - 1-2-3 SUN

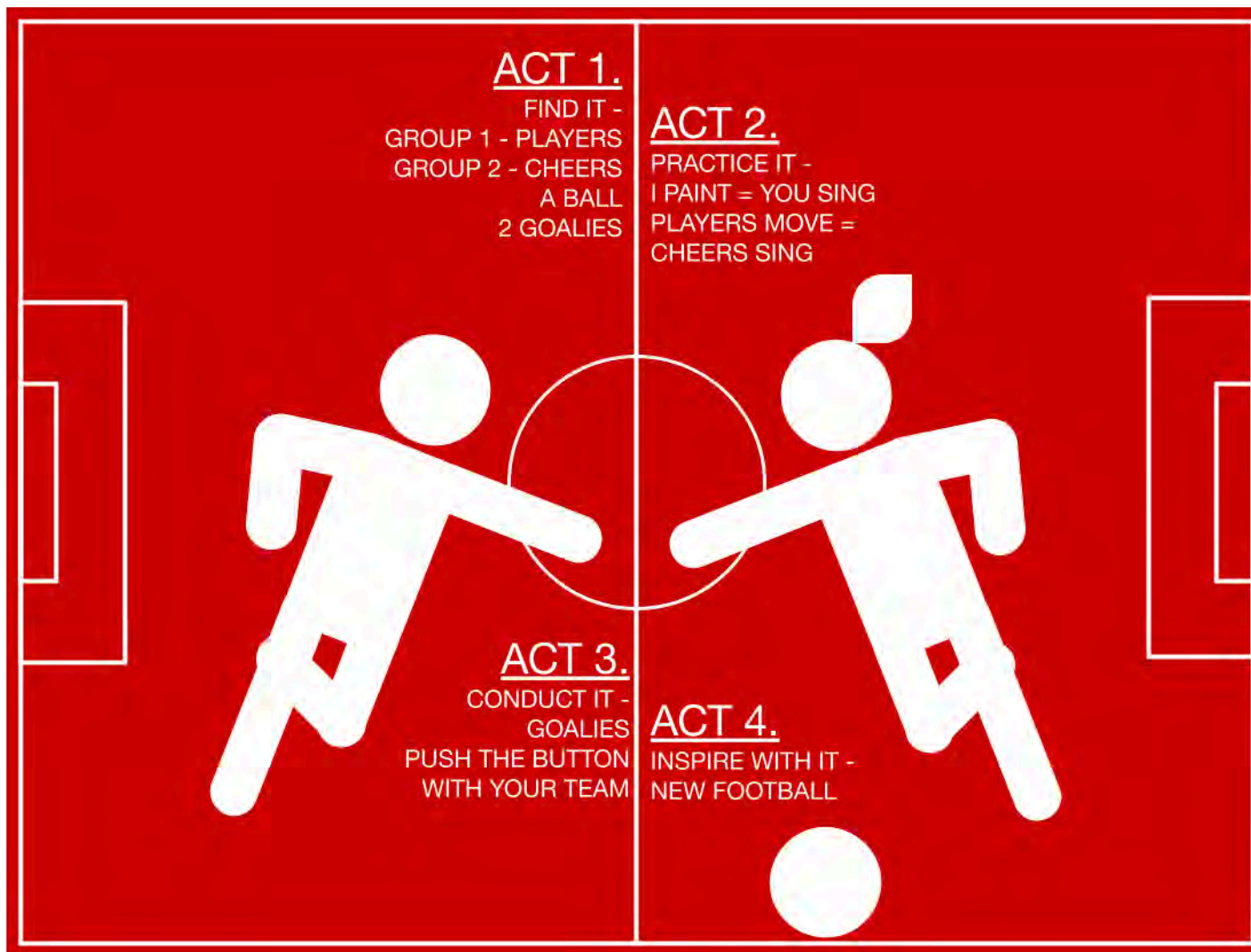
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITIONS
VISUAL SCORE



KEREN ROSENBAUM

PLAY IT - SPICY FOOTBALL

ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITIONS
VISUAL SCORE



ACT 1.

FIND IT -
YOUR FAVORITE
BALLOON SOUND
MATCH IT -
A MOVEMENT & A VISUAL

ACT 2.

PLAY IT -
I PAINT = YOU SING VARIATIONS
COMPOSE IT -
A PLAN OF PLANNING
A MUSIC SCORE

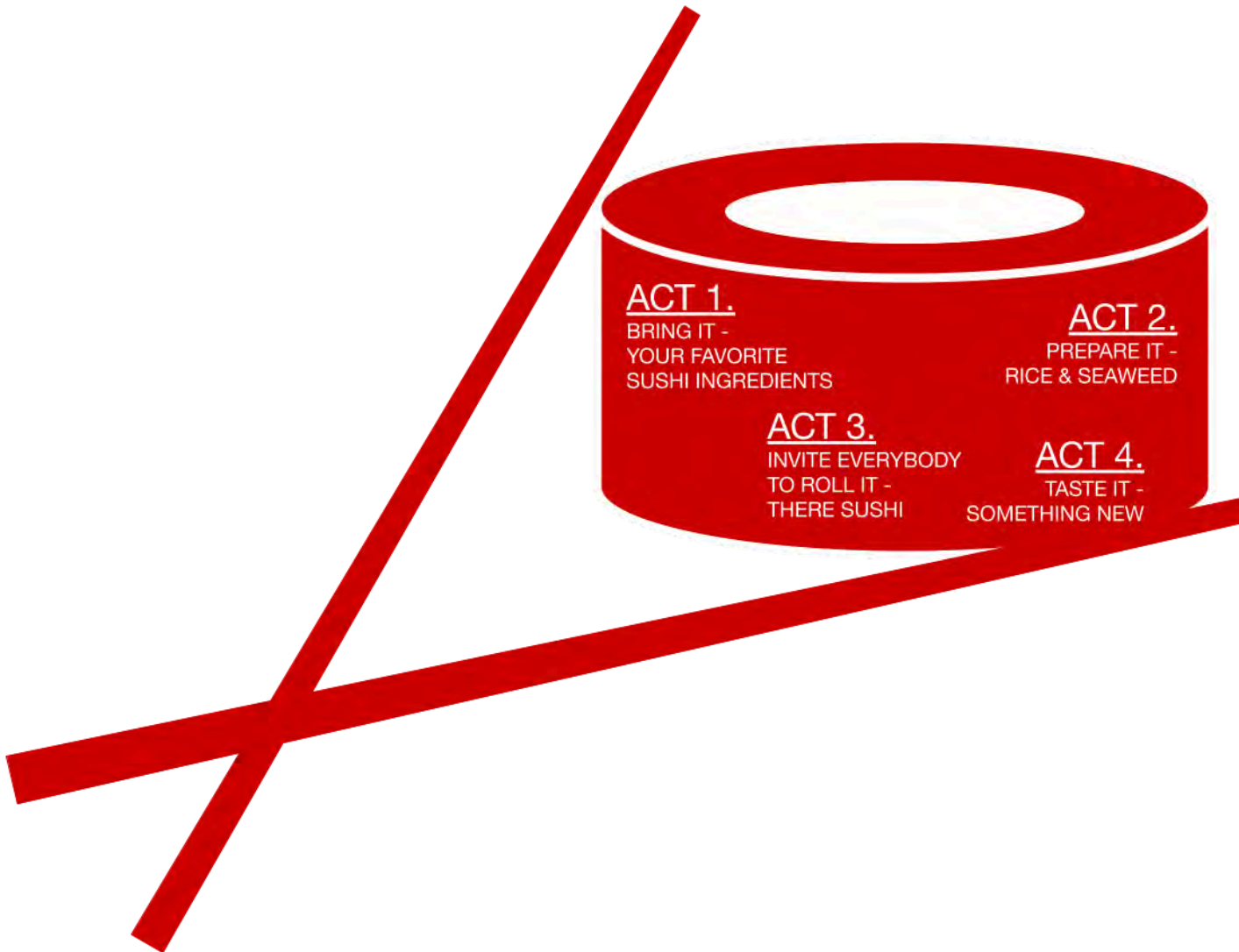
ACT 3.

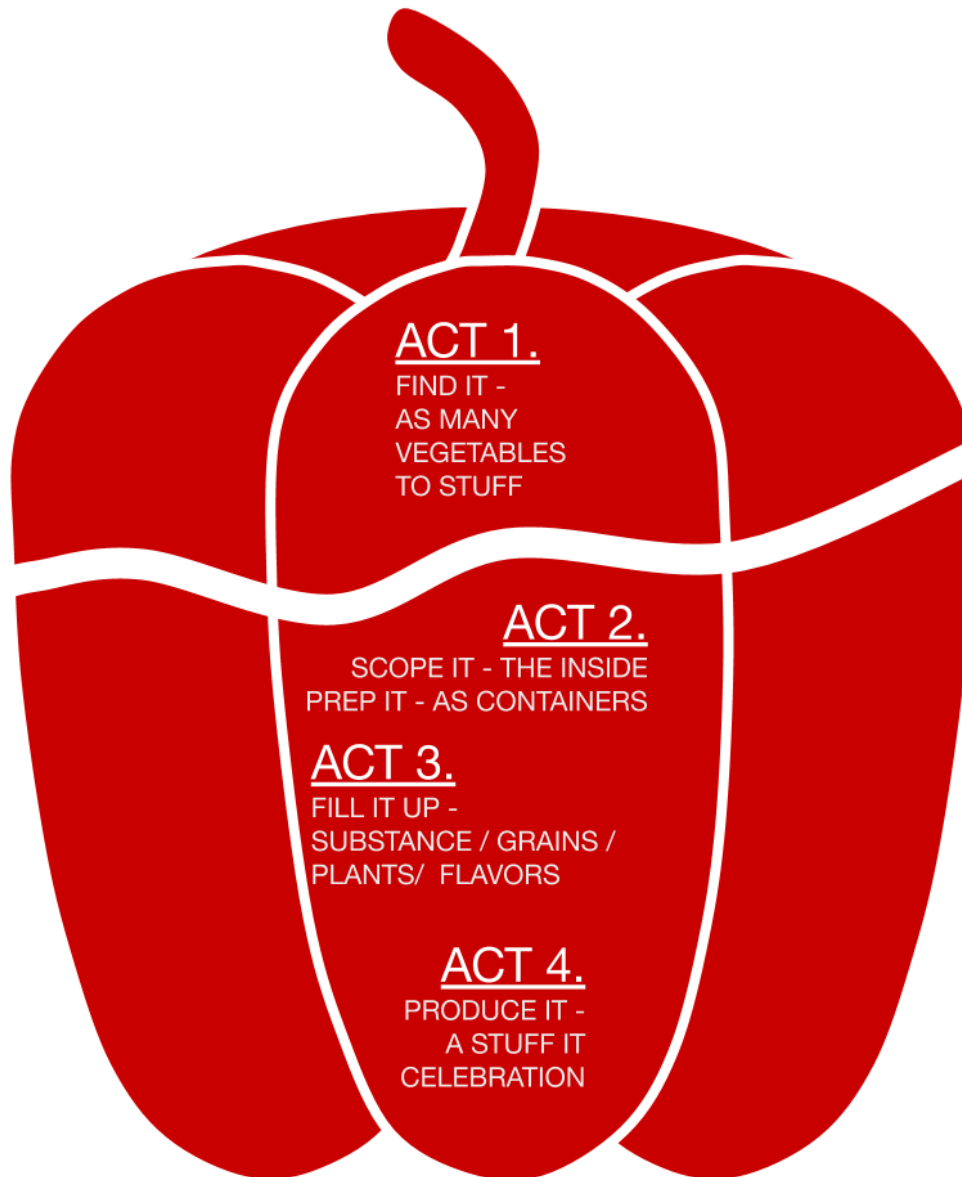
CONDUCT IT -
PUSH THE BUTTON

ACT 4.

CREATE I T-
A POP IT - BALLOON
ACTIVE LISTENING PLAYGROUND

KEREN ROSENBAUM
PLAY IT - SUSHI PARTY
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE





KEREN ROSENBAUM

PLAY IT - DUO VIOLIN & SPOTLIGHT

(For: Jackie Shemesh)

REFLEX 3 (2000)

ZERO TO 100 / IT COLLECTION

REFLEXIVE FESTIVAL

VISUAL SCORE



ACT 1.

FIND IT -
AN INSTRUMENT
EX: VIOLIN

ACT 2.

COMPOSE IT -
A DUET
FOR
PICCOLO & SPOT

ACT 4.

PRODUCE IT -
REFLEX ENSEMBLE
CONCERT

ACT 3.

DESIGN IT -
DUET IN 4 VARIATIONS



KEREN ROSENBAUM
PLAY IT - TASTING SOUNDS
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE

ACT 1.

FIND IT -
AS MANY EDIBLE
DECORATIONS

ACT 2.

COMPOSE IT -
AN EDIBLE
VISUAL SCORES

ACT 3.

PRACTICE IT -
YOUR NEW
EDIBLE MUSIC SCORE

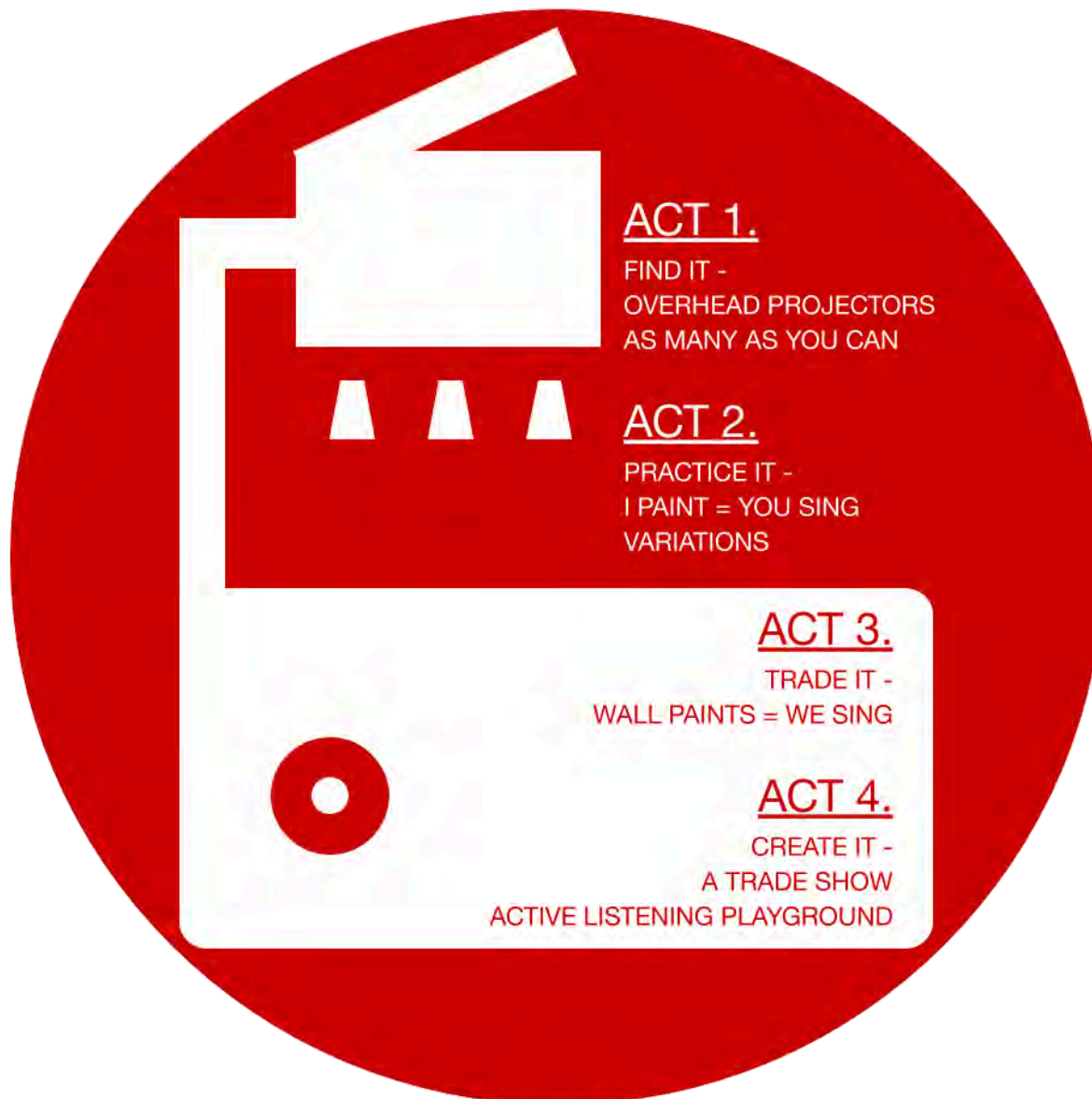
ACT 4.

PERFORM IT -
AN ACTIVE LISTENING
PLAYGROUND - TASTE IT

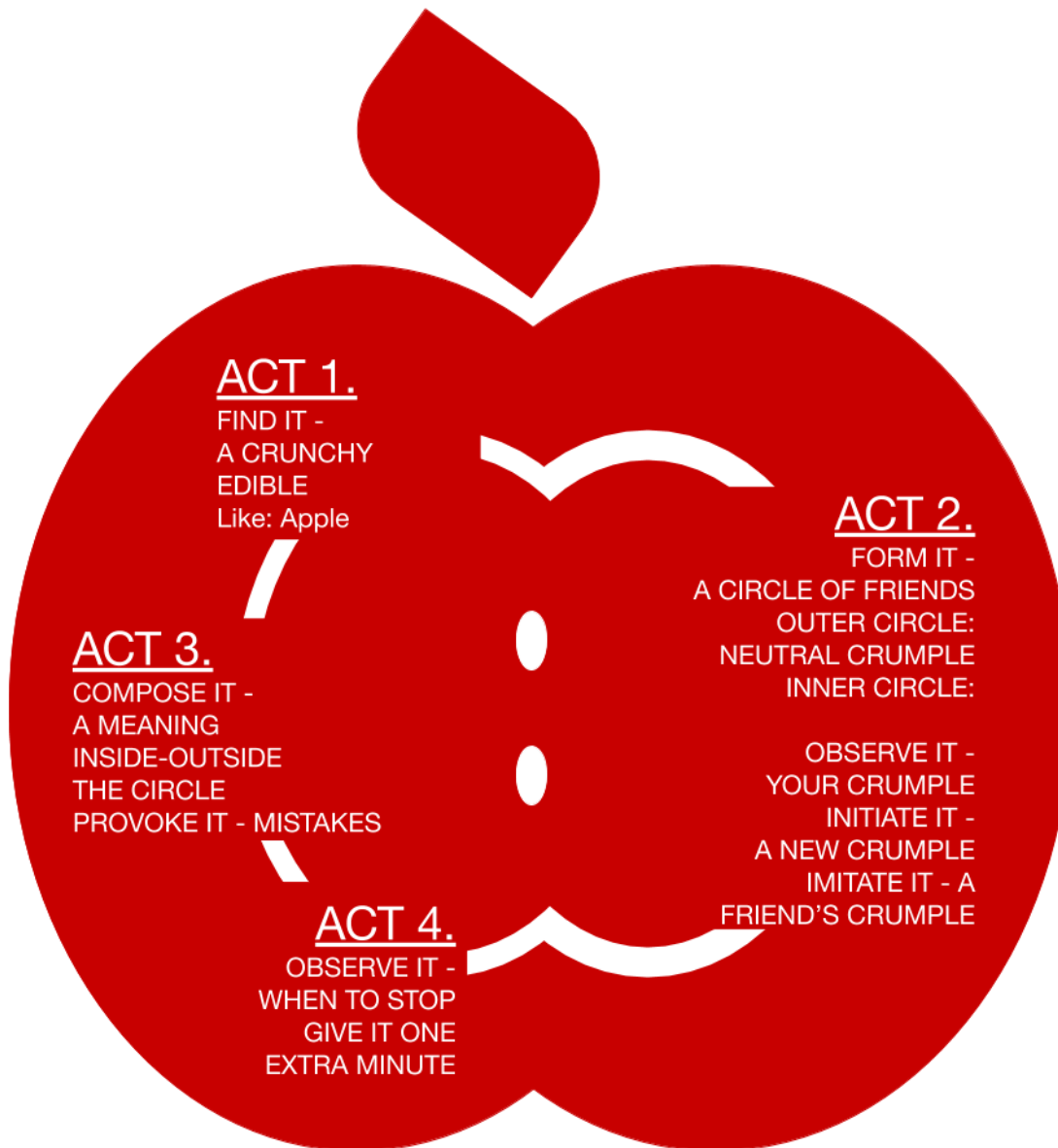


KEREN ROSENBAUM
PLAY IT - TIC TOC
ZERO TO 100 / IT COLLECTION
(For Ruthi Bashan)
REFLEXIVE PLAYGROUND
VISUAL SCORE

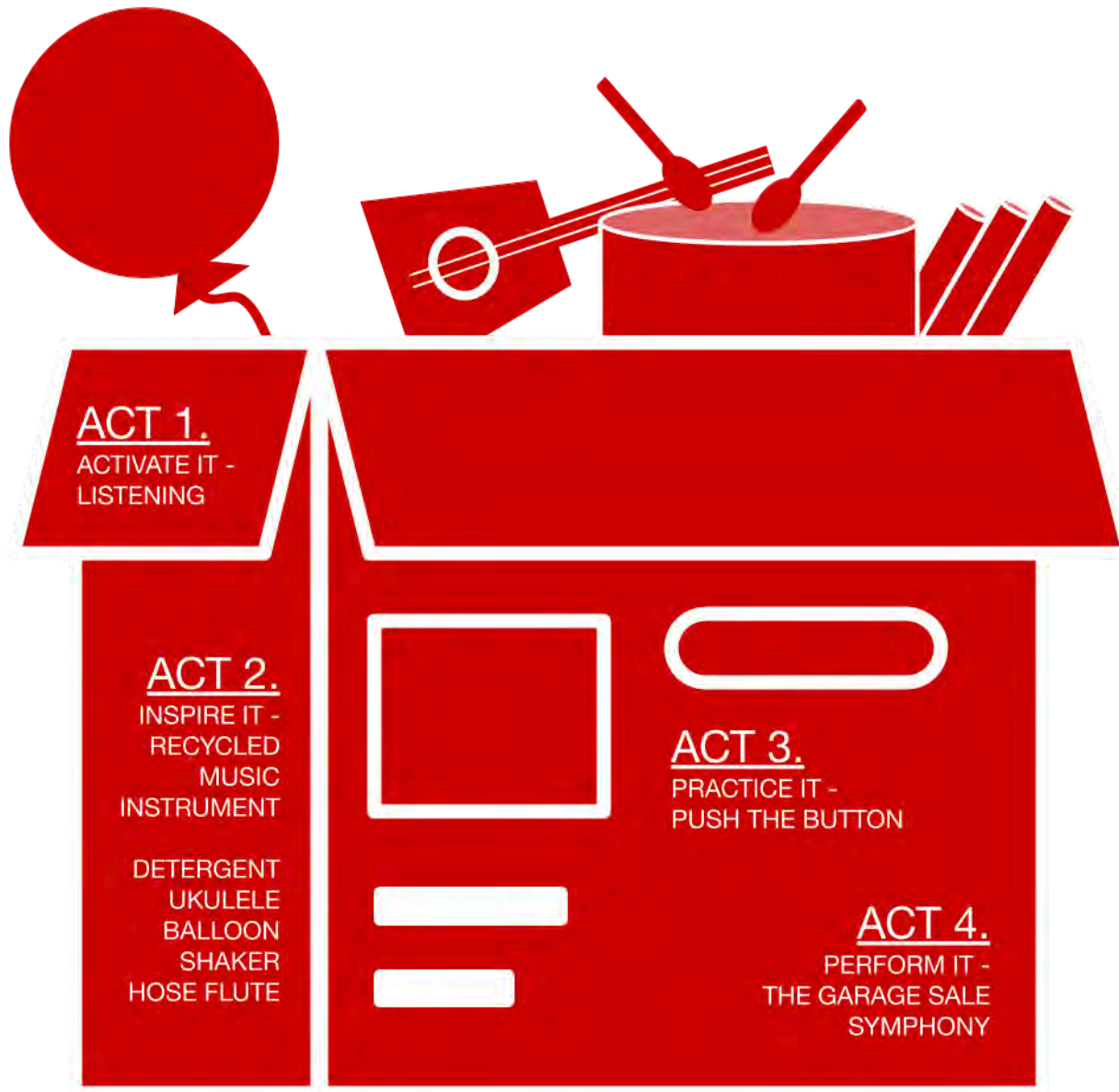




KEREN ROSENBAUM
PLAY IT - AN APPLE SYMPHONY
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL MODEL



KEREN ROSENBAUM
PLAY IT - ALP GARAGE SALE
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



159

©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

[Index](#)

ACT 1.

FIND IT -
AN ORCHESTRA

ACT 2.

TIME IT - 5 MIN
SURPRISE YOURSELF
FIND IT - A NEW SOUND
FROM YOUR INSTRUMENT
THAT DOESN'T SOUND LIKE
YOUR INSTRUMENT

ACT 3.

DIVIDE IT - IN GROUPS
COMPOSE IT - A MARCH
TITLE IT - YOUR WALTZ/ YOUR
ENSEMBLE

ACT 4.

ANNOUNCE IT - A
PERFORMANCE
OF EACH WALTZ
CANON IT - ALL THE
WALTZES



ACT 1.

FIND IT - AN ORCHESTRA

ACT 2.

TIME IT - 5 MIN
SURPRISE YOURSELF
FIND IT - A NEW SOUND FROM
YOUR INSTRUMENT
THAT DOESN'T SOUND LIKE
YOUR INSTRUMENT

ACT 3.

DIVIDE IT - IN GROUPS
COMPOSE IT - A WALTZ
TITLE IT - YOUR WALTZ/
YOUR ENSEMBLE

ACT 4.

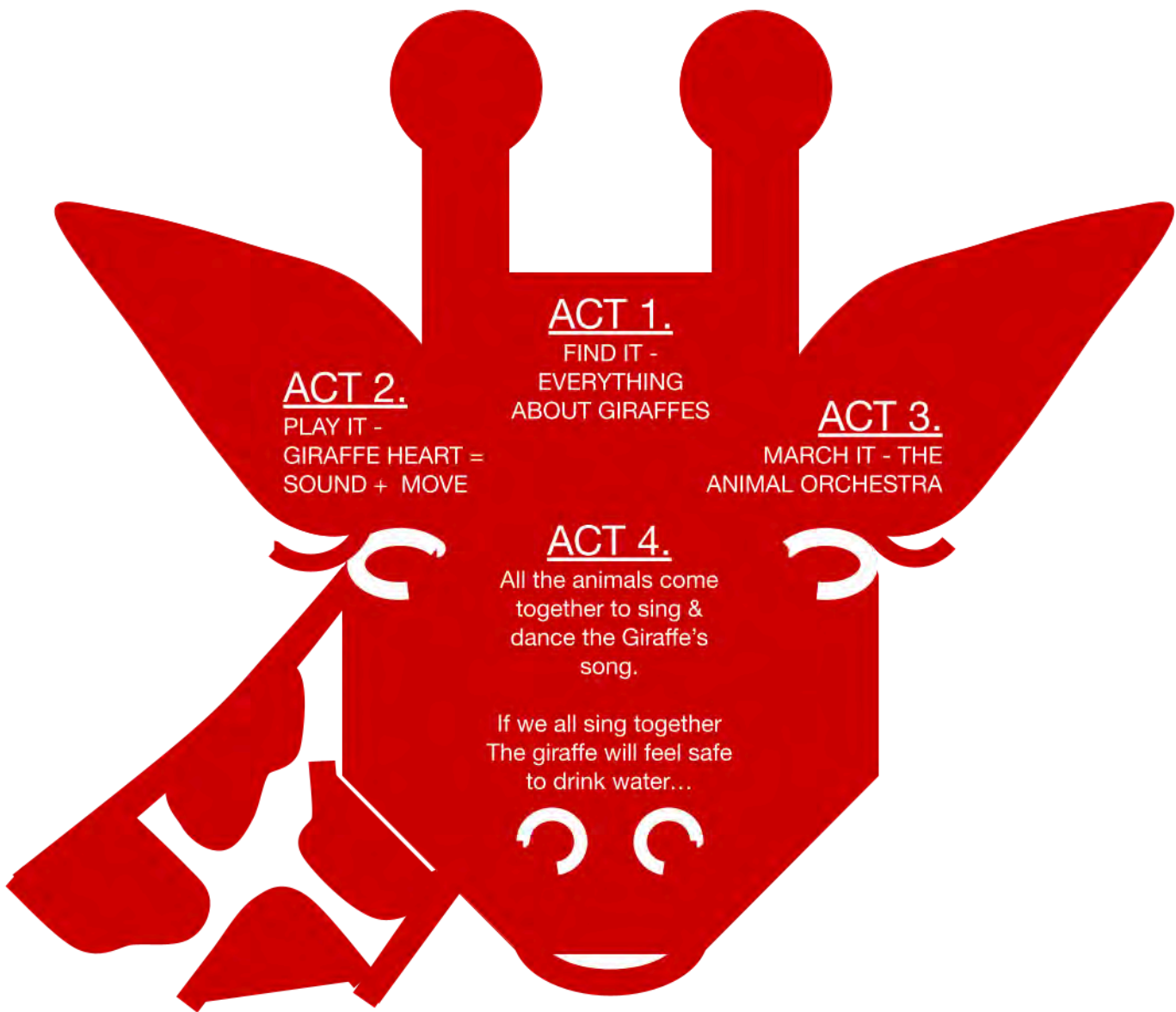
ANNOUNCE IT - A
PERFORMANCE
OF EACH WALTZ
CANON IT -
ALL THE WALTZES



KEREN ROSENBAUM

PLAY IT - THE ANIMALS CARNIVAL PLAYGROUND

(For Tali Raviv Kroitoro ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE



KEREN ROSENBAUM

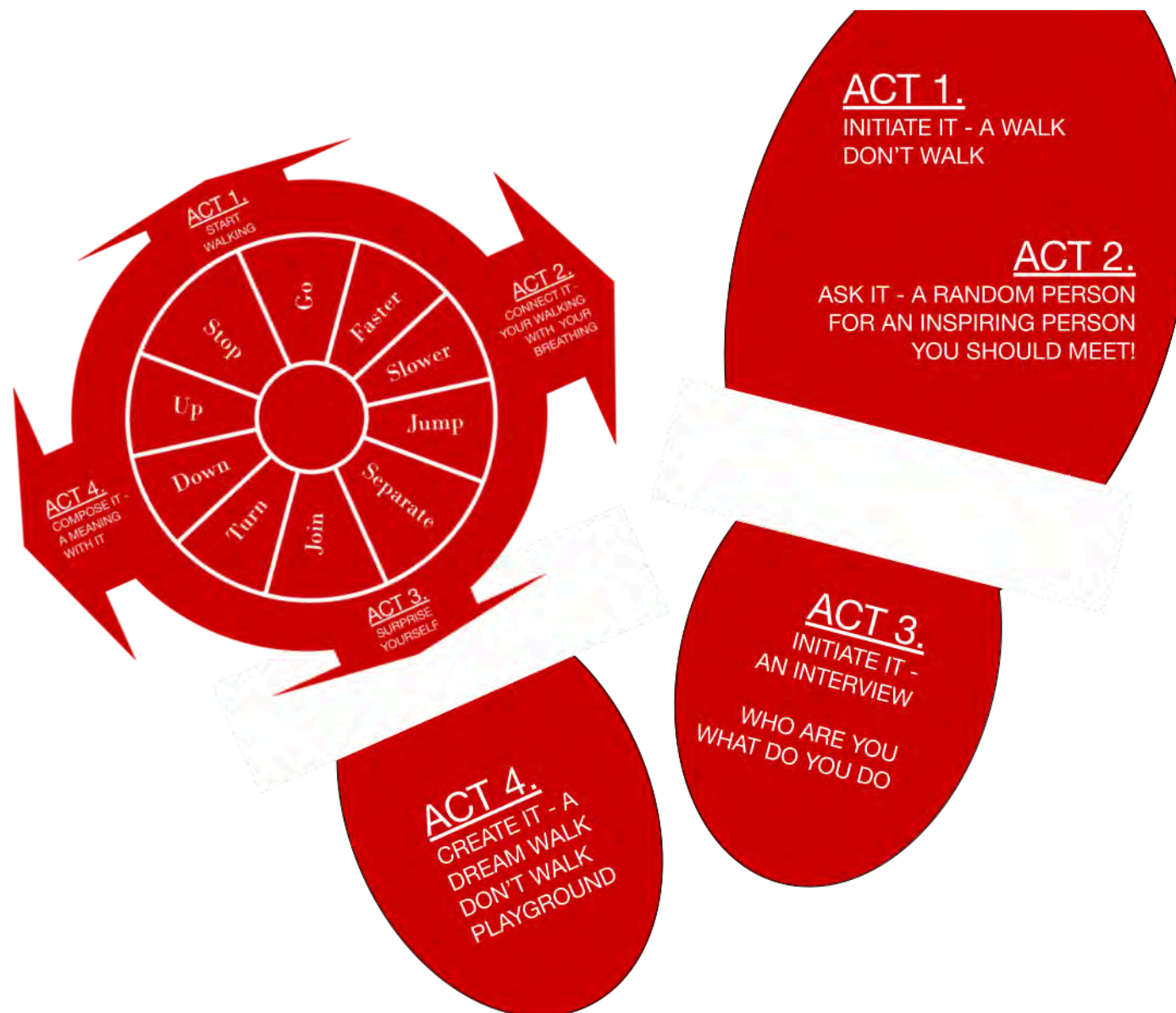
PLAY IT - DREAM WALK / DON'T WALK

KIKI YLIMUTKA - SUPER SUSTERS

ZERO TO 100 / IT COLLECTION

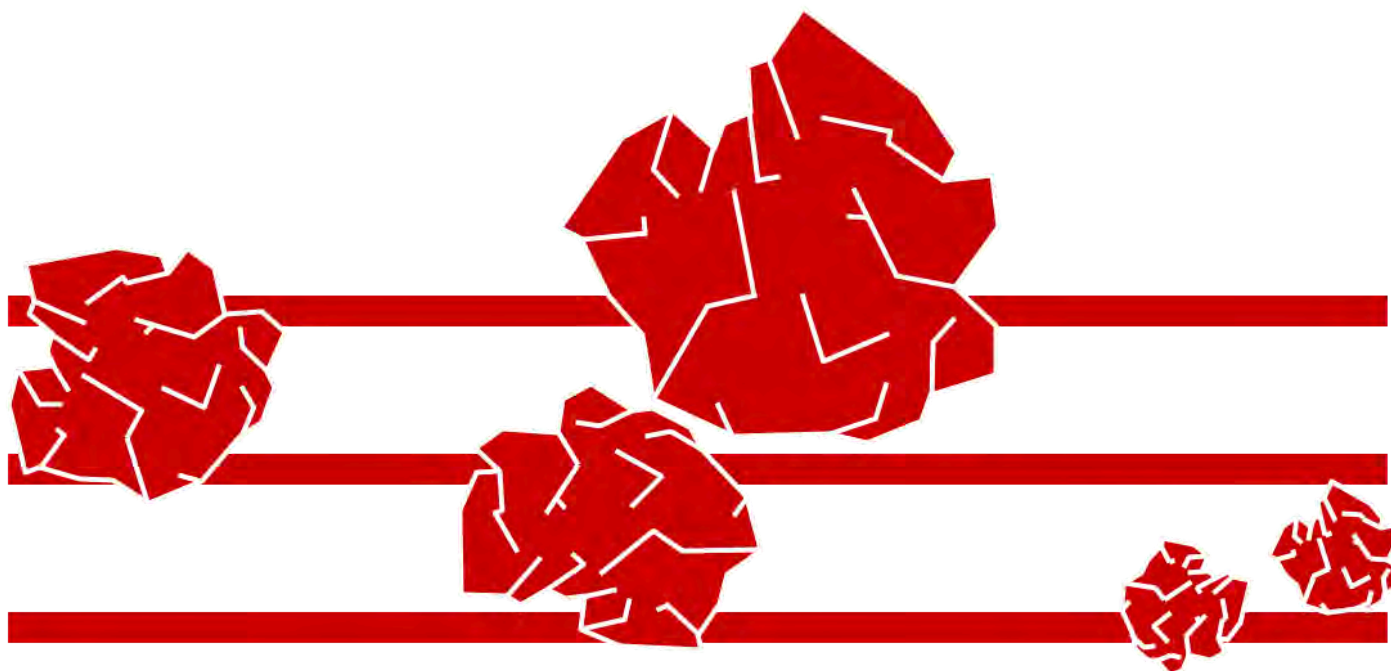
REFLEXIVE ETUDE

VISUAL SCORE



© copyright: Keren Rosenbaum /
www.composingcommunity.com

KEREN ROSENBAUM
SCORE IT - CRUMPLES
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE



ACT 1.
FIND IT - YOUR
CRUMPLE

ACT 2.
PLAY IT -
WE CRUMPLE IT

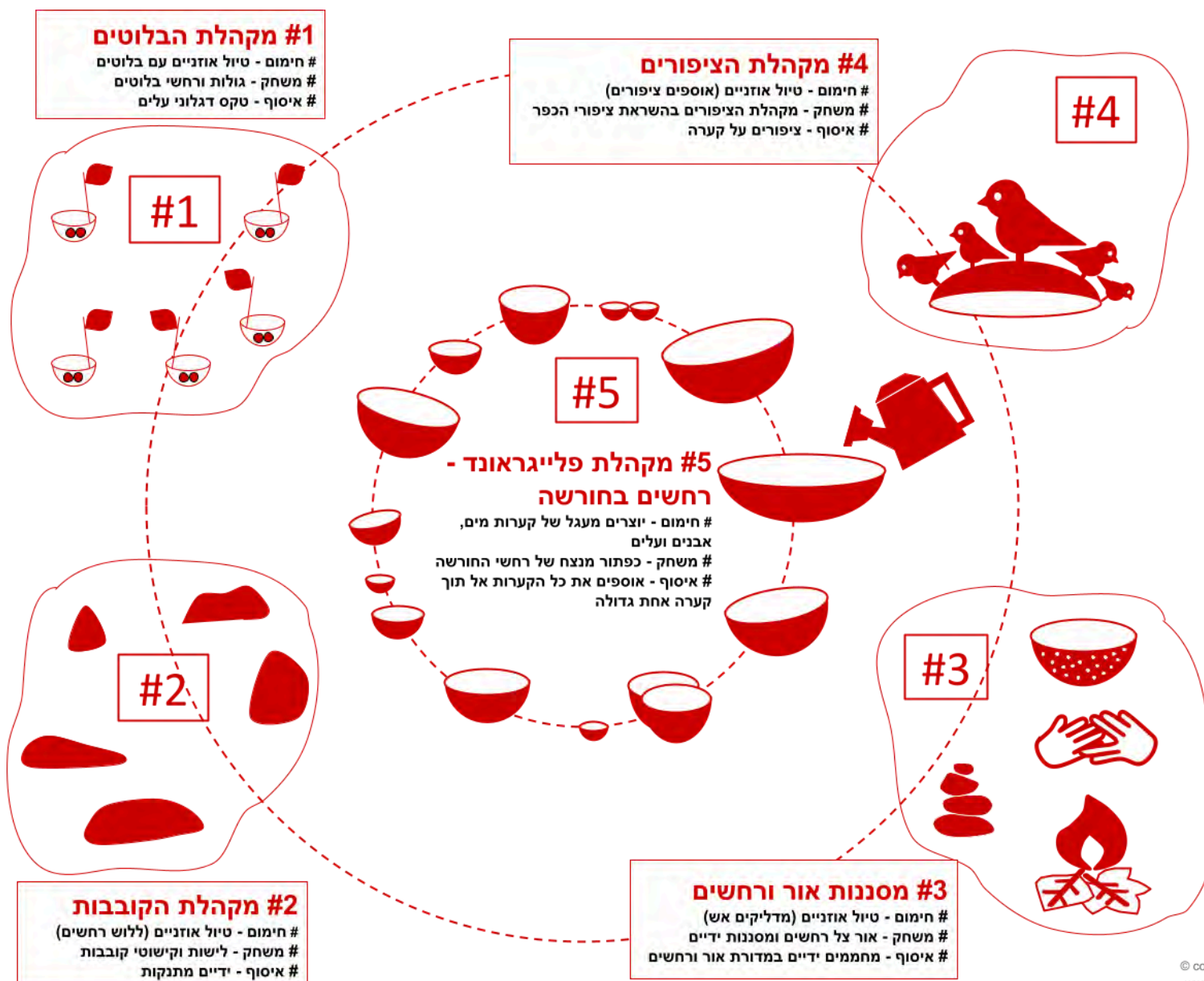
ACT 3.
SHARE IT -
YOUR CRUMPLE
ON 3 RED LINES

ACT 4.
PERFORM IT -
WITH AN ORCHESTRA

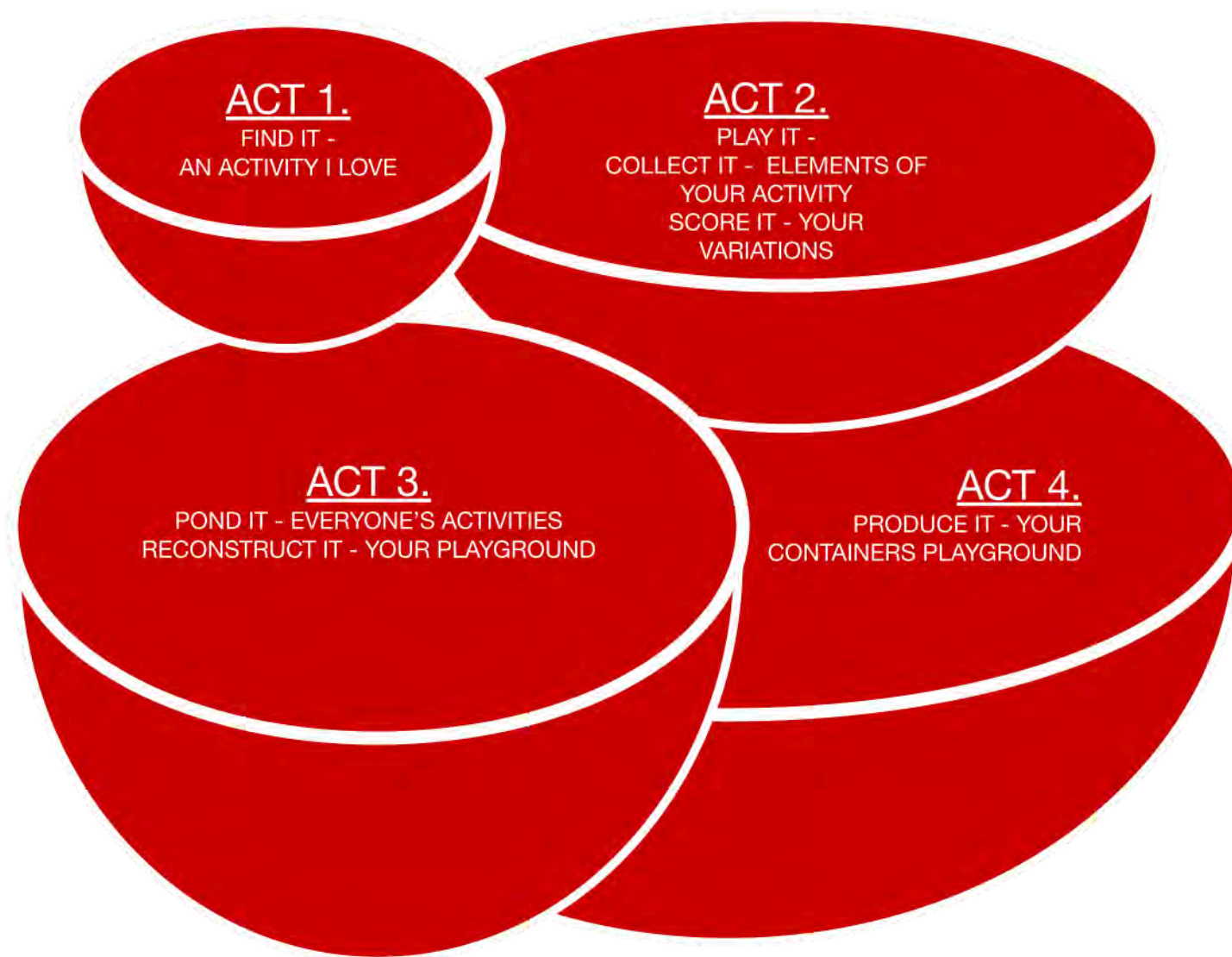
© copyright: Keren Rosenbaum /
www.composingcommunity.com

Reflexive Approach

- a way of dealing with something...



KEREN ROSENBAUM
PLAY IT - COLLECTING CONTAINERS
ZERO TO 100 / IT COLLECTION
REFLEXIVE APPROACH
VISUAL SCORE



ACT 1.

(Participants 1-100
 Paper roll spread on the
 floor)
 EYES CLOSED -
 PERFORM AN
 EARWALK -
 FAR/NEAR/INBETWEEN

ACT 2.

CATCH IT - ONE SOUND (eyes closed)
 COMPOSE IT - A REFLEXIVE NOTE

WHAT'S YOUR SOUND?	SING IT
PAINT IT	COMBINE IT ALL

ACT 3.

WALK / DON'T WALK
 ADD IT - YOUR REFLEXIVE
 NOTATION
 (Wherever, how many times in
 relation to and without any
 relation to other notes
 accumulating)

Reflexive Exhibition

: a public show of something...

ROOM 1.

A room filled with a giant crumple so one needs to crumple her/himself to go in and out

ROOM 2

Click Track, headphones of CRUMPLE IT and papers to perform it.

ROOM 3

A solo performance of 'I CRUMPLE' with spot, dark room

ROOM 4

Performance of WE CRUMPLE IT

ROOM 5

Soundproof room - CRUMPLE IT

Performance, people see but can not hear it.

ROOM 6

Invited by the host to add your crumple and hang it on a tree of crumples

ROOM 7

200\$ fake crumpled in a pile on the corner
Iron the crumple in order to insert it into the EXIT door.

ROOM 8

CRUMPLE IT - Dance performance (improvisation)

ROOM 9

CRUMPLE IT CONFERENCE

A room with a table and a crumple is placed (like an artwork with a spot) in the middle, four chairs and an invitation for an official discussion

ROOM 10

Laundry rope with crumpled paper flatten hanging to dry and waiting to WORLD CRUMPLE IT

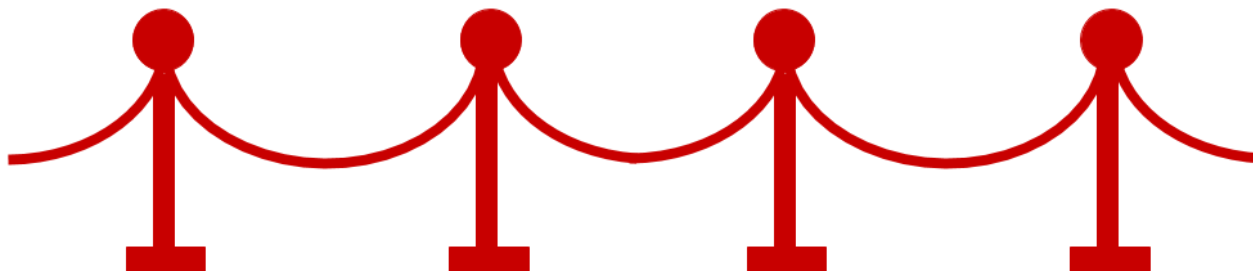
ROOM 11

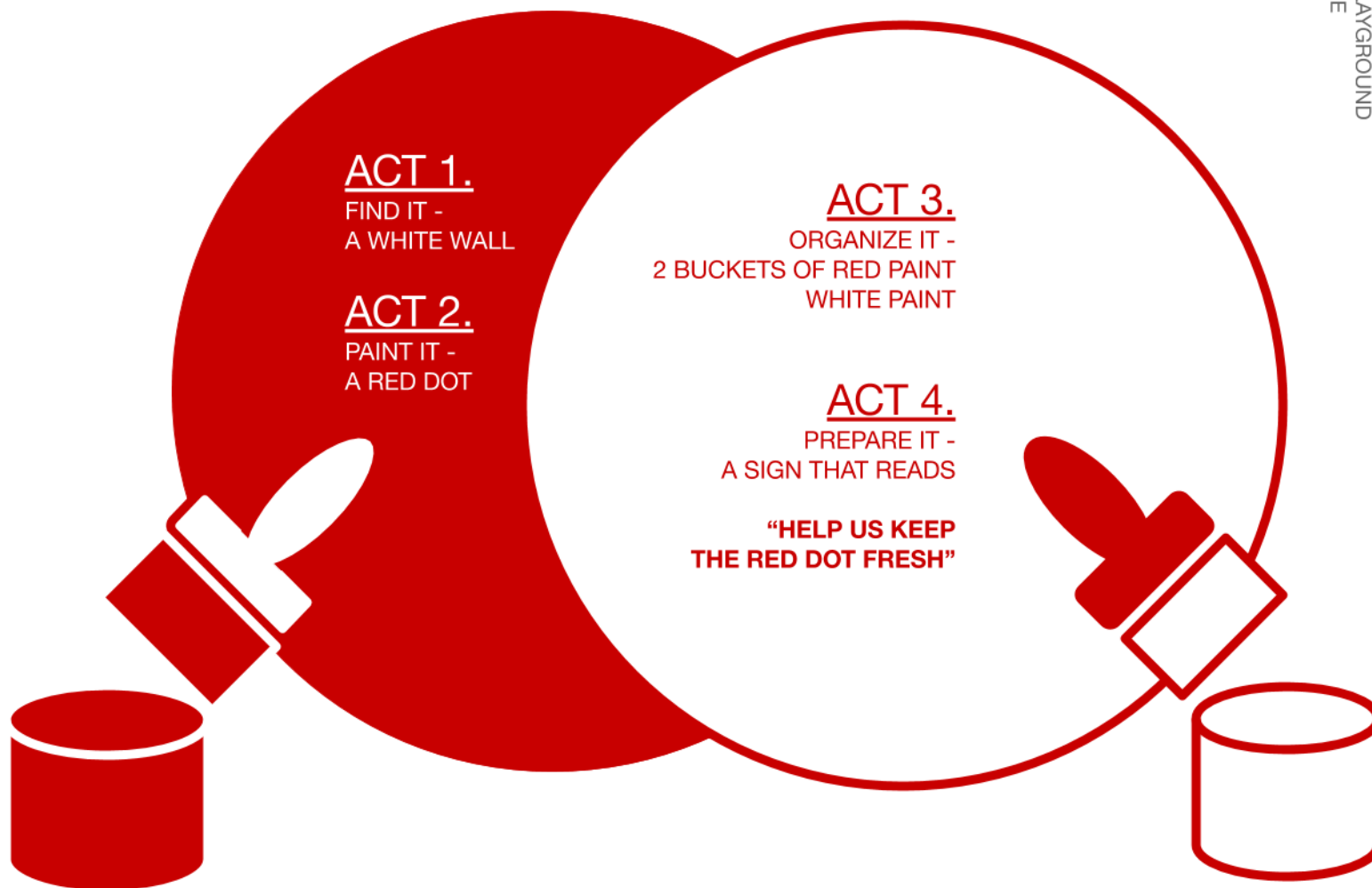
Commissioning a lecture about 'CRUMPLE' (a chef, a teacher, a psychologies, a paper expert, anthropologist - crumpling paper in different cultures...etc.

ROOM 12

CRUMPLE IT = CRUMBLE IT

Cooking CRUMPLE IT food feast





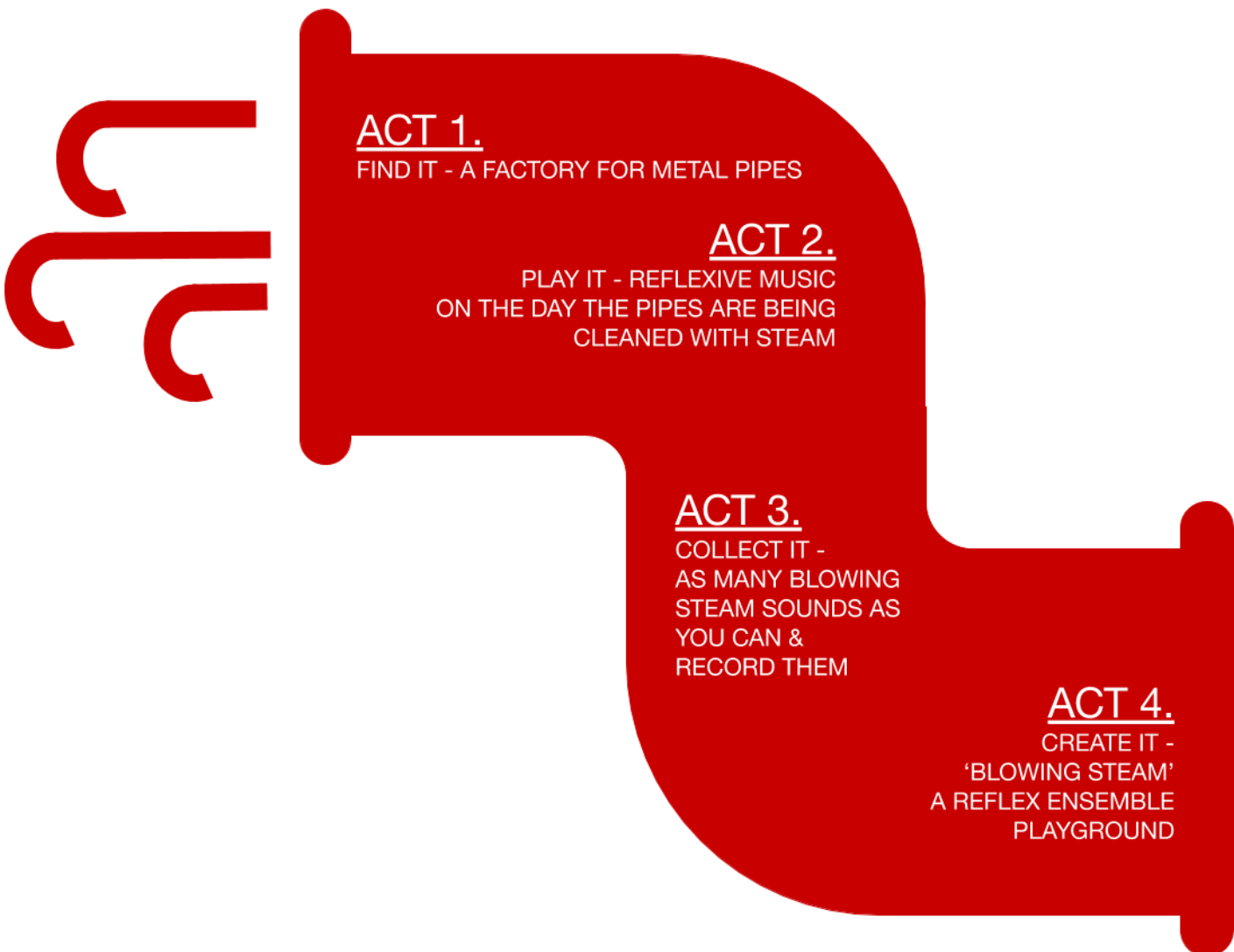
Reflexive Festival

: a special time or event
when people gather to celebrate something...

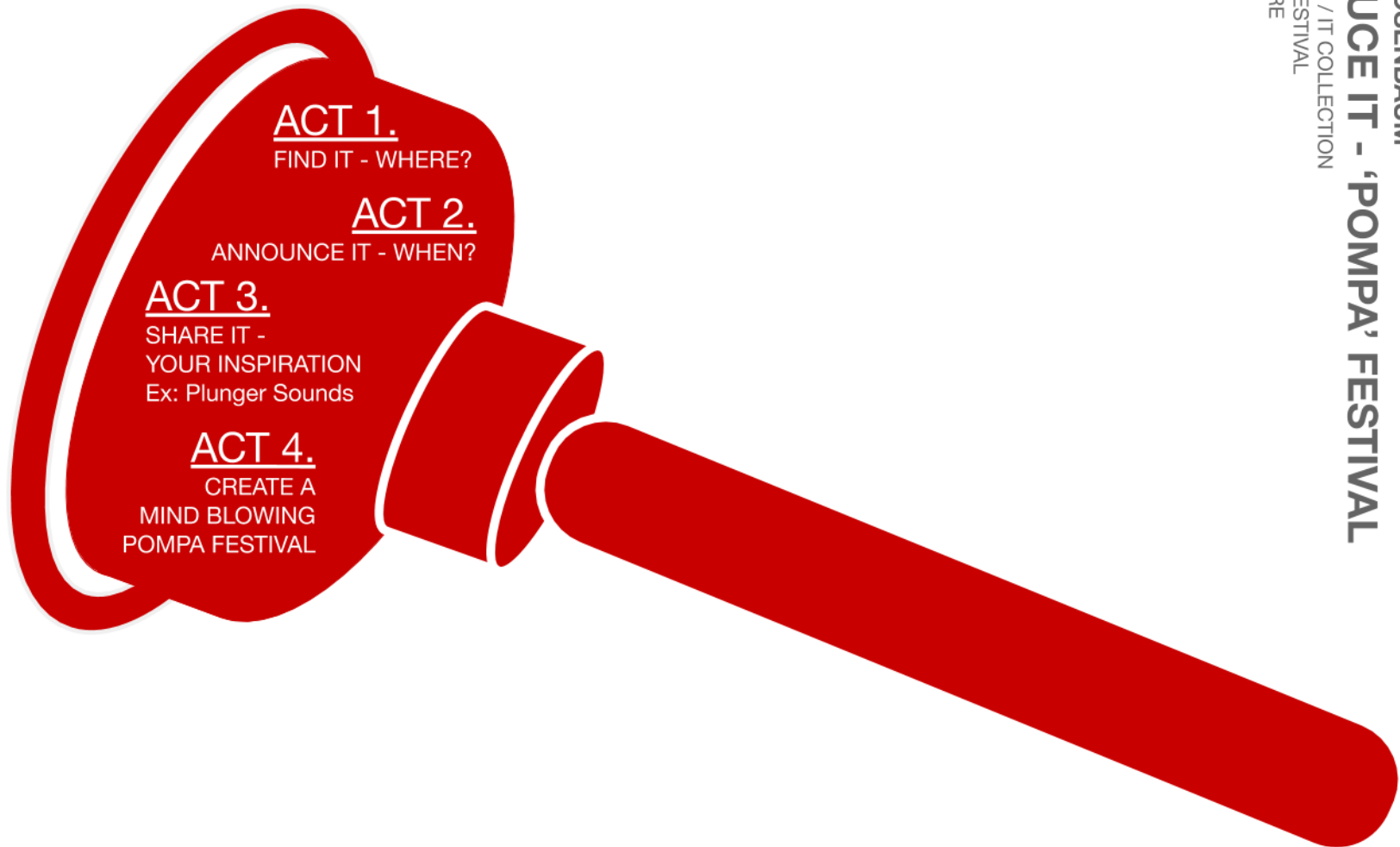
KEREN ROSENBAUM

PRODUCE IT - 'BLOWING STEAM' FESTIVAL

(For Gur Rotkop / Blowing Steam Reflex Ensemble)
ZERO TO 100 / IT COLLECTION
REFLEXIVE FESTIVAL
VISUAL SCORE



KEREN ROSENBAUM
PRODUCE IT - 'POMPA' FESTIVAL
ZERO TO 100 / IT COLLECTION
REFLEXIVE FESTIVAL
VISUAL SCORE



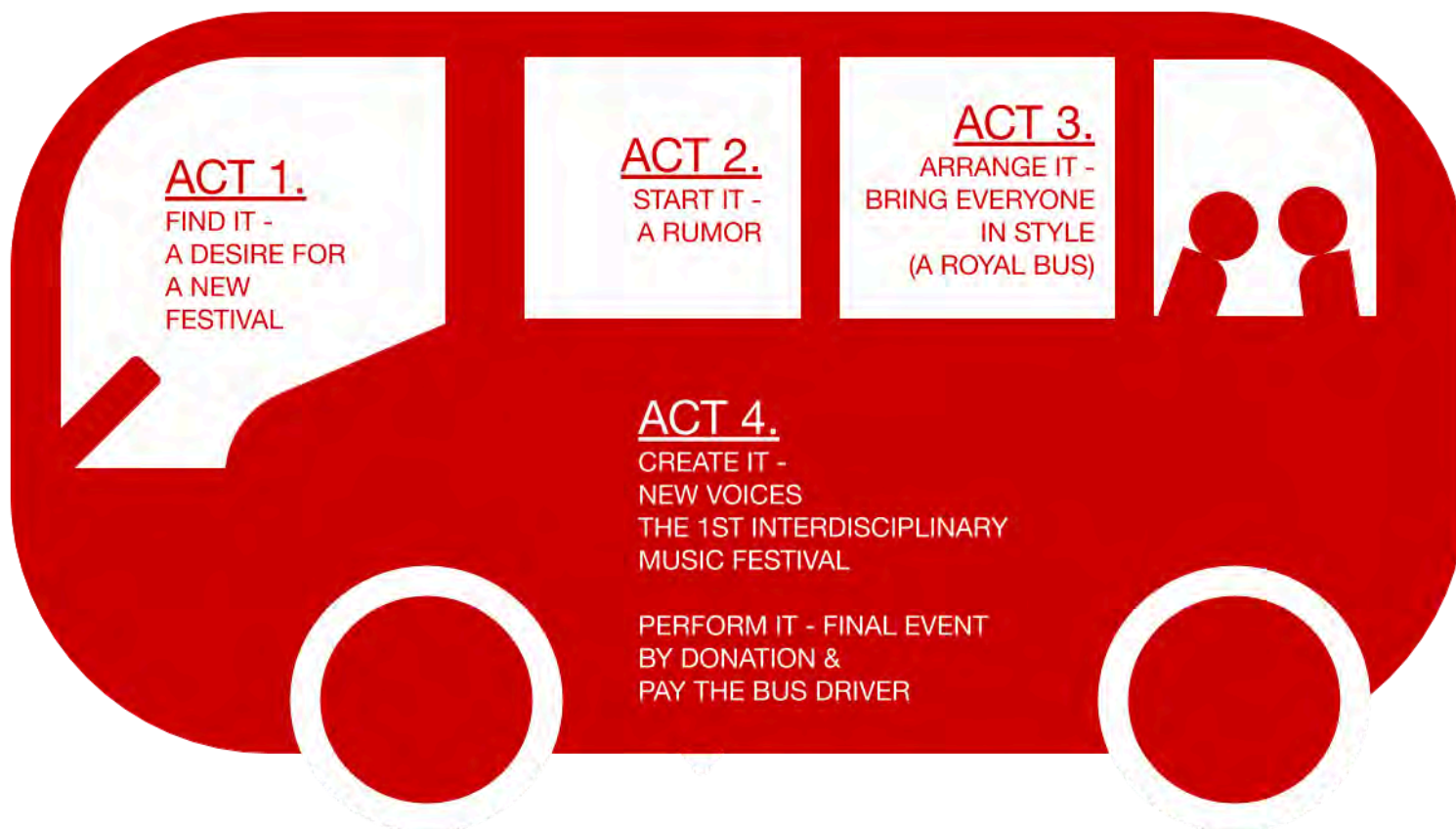
KEREN ROSENBAUM
PRODUCE IT - 'ULTRA-SOUND' FESTIVAL
ZERO TO 100 / IT COLLECTION
REFLEXIVE FESTIVAL
VISUAL SCORE



KEREN ROSENBAUM

PRODUCE IT - 'NEW VOICES' FESTIVAL

ZERO TO 100 / IT COLLECTION
REFLEXIVE FESTIVAL
VISUAL SCORE



KEREN ROSENBAUM

PRODUCE IT - 'PLAY IT BY EAR FESTIVAL'

ZERO TO 100 / IT COLLECTION
REFLEXIVE FESTIVAL
VISUAL SCORE



Reflexive Operagames

: a dramatic work in one or more acts
that marks the occasion when people play...

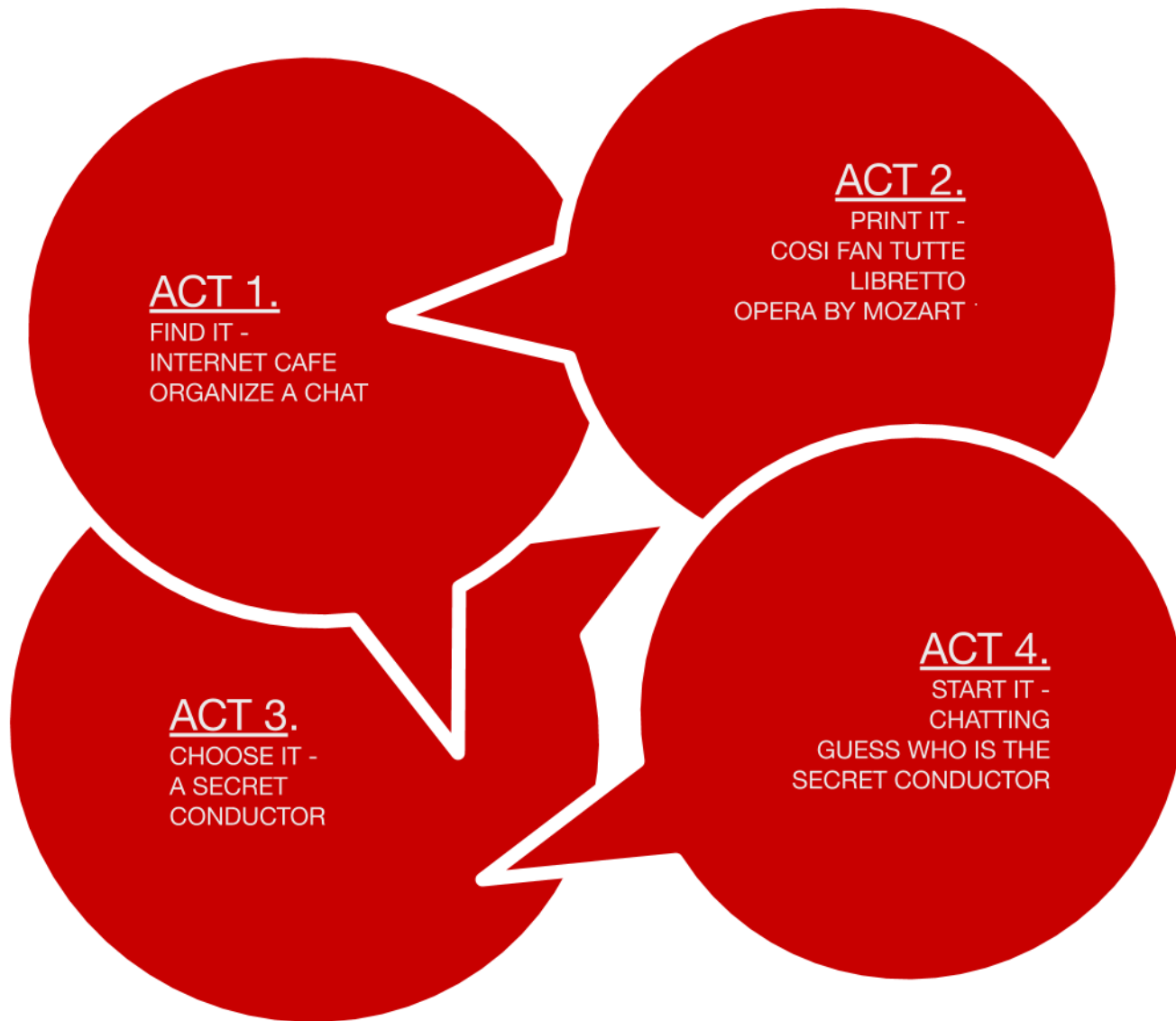
KEREN ROSENBAUM

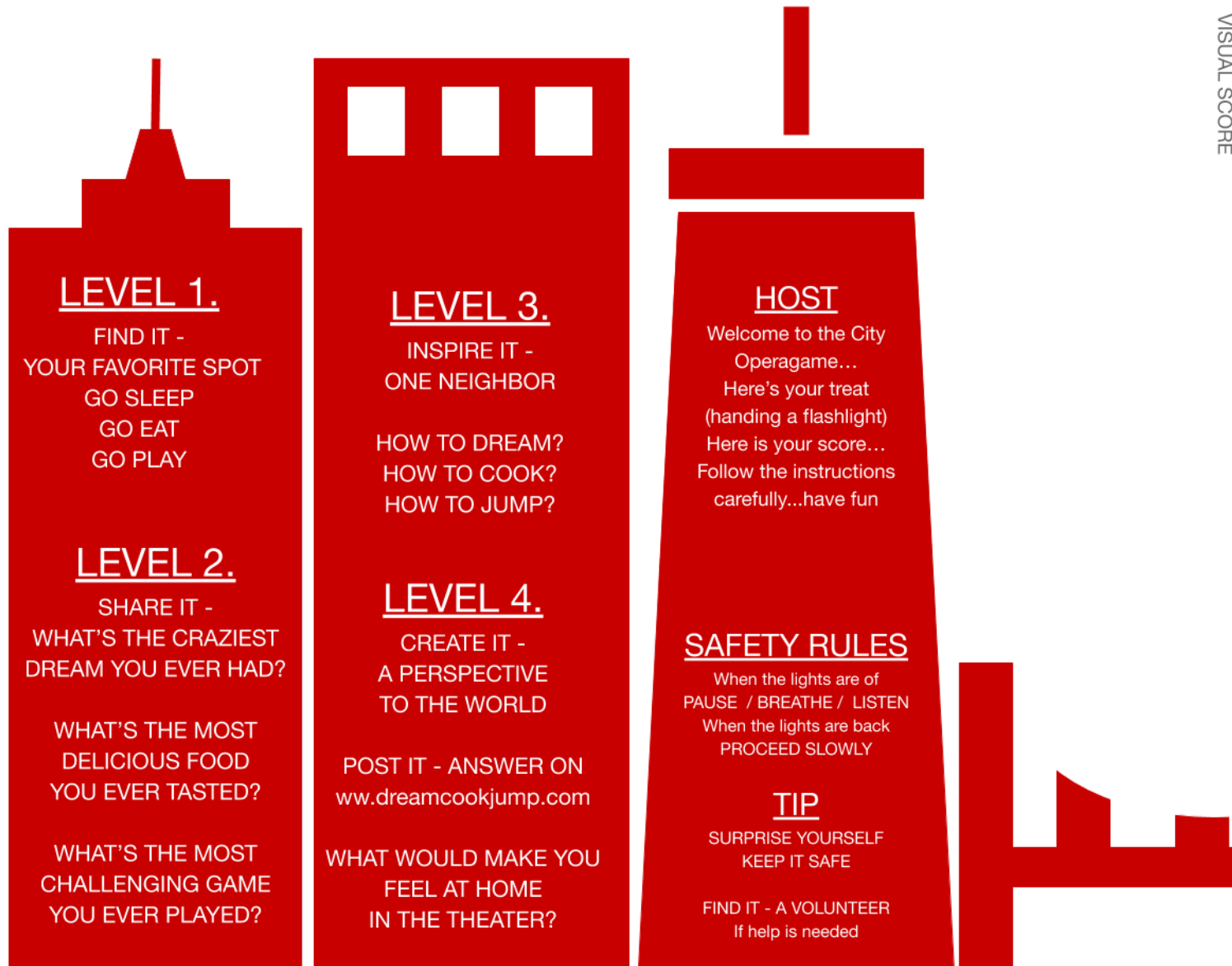
PRODUCE IT - 'CHAT OPERAGAME'

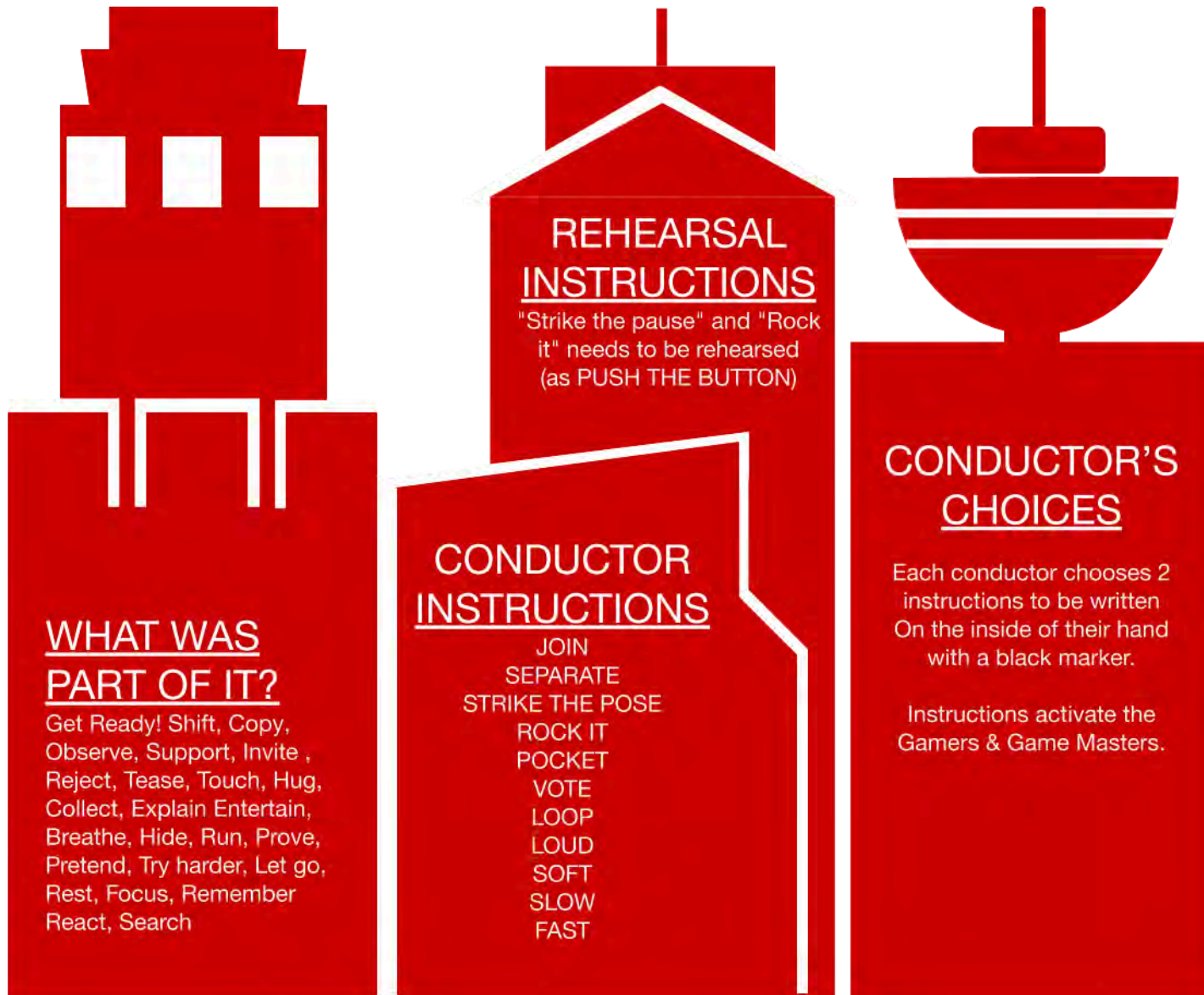
ZERO TO 100 / IT COLLECTION

REFLEXIVE OPERAGAME

VISUAL SCORE







DREAM STAGE 1.

Pillow Launch
 The Pioneers
 Choir of Snores
 The Phantom of the Opera
 Tent of the Wizard of Oz
dreamcookjumpmagazine.com
 Speech Spot
 The Lab
 Silent Karaoke
 The Collection

JUMP STAGE 3.

Jumping Zone
 The Phantom of the Opera
 Choir of Toys
 600 Games
 Musical Hangout
dreamcookjumpmagazine.com
 Speech Spot
 The Lab
 Silent Karaoke
 The Collection

DREAM
 COOK
 JUMP
 DIRECTORY

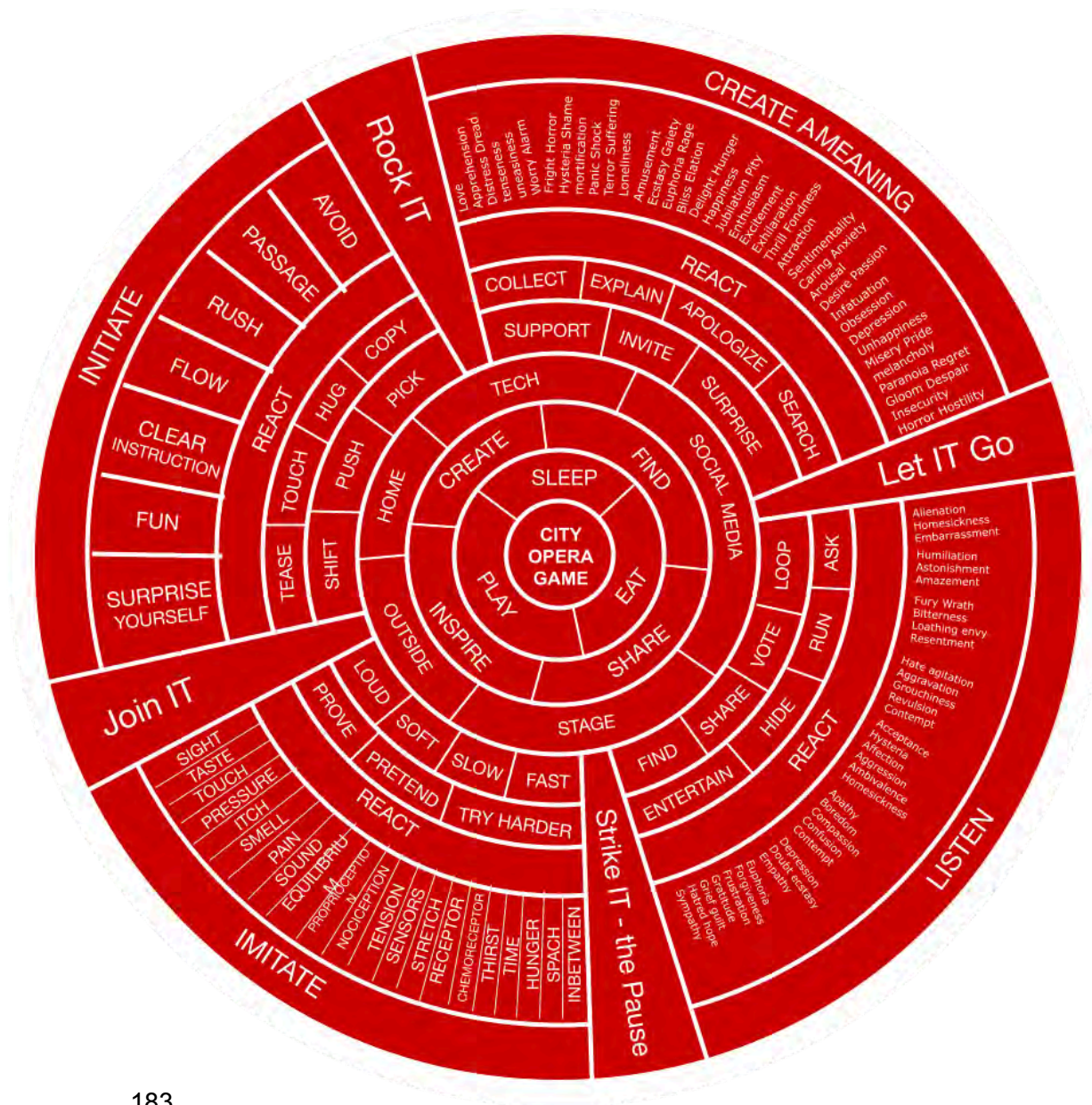
COOK STAGE 2.

Cooking Area
 Choir of Digestion
 The Phantom of the Opera
 Washing Dishes Joint
 Cat Walk
dreamcookjumpmagazine.com
 Speech Spot
 The Lab
 Silent Karaoke
 The Colle

WHAT WAS PART OF IT?

conductors, Game Masters,
 Gamers, Scouts, Camp, Lullaby,
 Bedtime Stories, Phantom of
 the Opera, Speech Spot,
 Snoring,
 Fellini Spice, Silent Karaoke,
 Spokesman spot, The Wizard
 of Oz, The lab, Pillow fight,
 Cooking area, Jumping Zone,
 Pillow launch, Chef, Pillow
 Collection, Pioneers, AKG,
 Musical box, Snoring, Blankets
 Lullabies, Drum set, An Opera
 Singer, Italian 'Fellini Spice',
 Hugs, Phantom Tollbooth,
 Piano, Music Box, Apologizing,
 Reflexive Music Scores,
 Recycling, Cauliflower, Leeks,
 String Orchestra, Kitchen
 towels, Plungers, Sinks,
 Ultrasound, Toothbrushes,
 Piano, Cello, Djembes,
 Complaining, Juicers,
 Trampolines, Clapping, Music,
 Chess & The Moon, Toy
 Hospital, Toy Collection, Socks,
 A Baby...

KEREN ROSENBAUM
PRODUCE IT - 'DREAM COOK JUMP' - CITY OPERAGAME_#4
 ZERO TO 100 / IT COLLECTION
 REFLEXIVE OPERAGAME PERFORMANCE
 INVISIBLE SCORE 2014



KEREN ROSENBAUM

PRODUCE IT - 'ALICE' A CAFETERIA OPERAGAME #1

(For: Georgia Ghizzoni)
REFLEXIVE OPERAGAME
VISUAL SCORE

HOST

"HERE IS YOUR TREAT!
YOU WILL KNOW WHEN TO EAT IT!"
(Host handing out a treat to participants)

HERE ARE YOUR INSTRUCTIONS
PERFORM IT,
WHEN YOU'RE DONE EXCHANGE TO LEVEL 2
THERE ARE 4 LEVELS,
THANK YOU!"

Treat has a sticker:
DON'T EAT ME YET!

SET UP

Audience must enter the
operagame set through a theatre
curtain.
The audience meet with the HOST
& HOST TEXT

A huge clock indicating time should
be placed in the space where it can
be seen by all CONDUCTORS

CONDUCTORS

Choose one for
each hand

MORE
LESS
LISTEN
OBSERVE
SMELL
BREATH
CONFUSED
SPICE IT
TASTE
LISTEN
FIGHT
IMITATE
EAT
DRINK IT
HEAD SHAKE
CLEAN IT
HELP ME
GO ON
STOP
START
FAST
SLOW
LONG
SHORT
LOUD
SOFT

KEREN ROSENBAUM
PRODUCE IT - 'ALICE' A CAFETERIA OPERAGAME #2
(For: Giorgia Ghizzoni)
REFLEXIVE PLAYGROUND
VISUAL SCORE

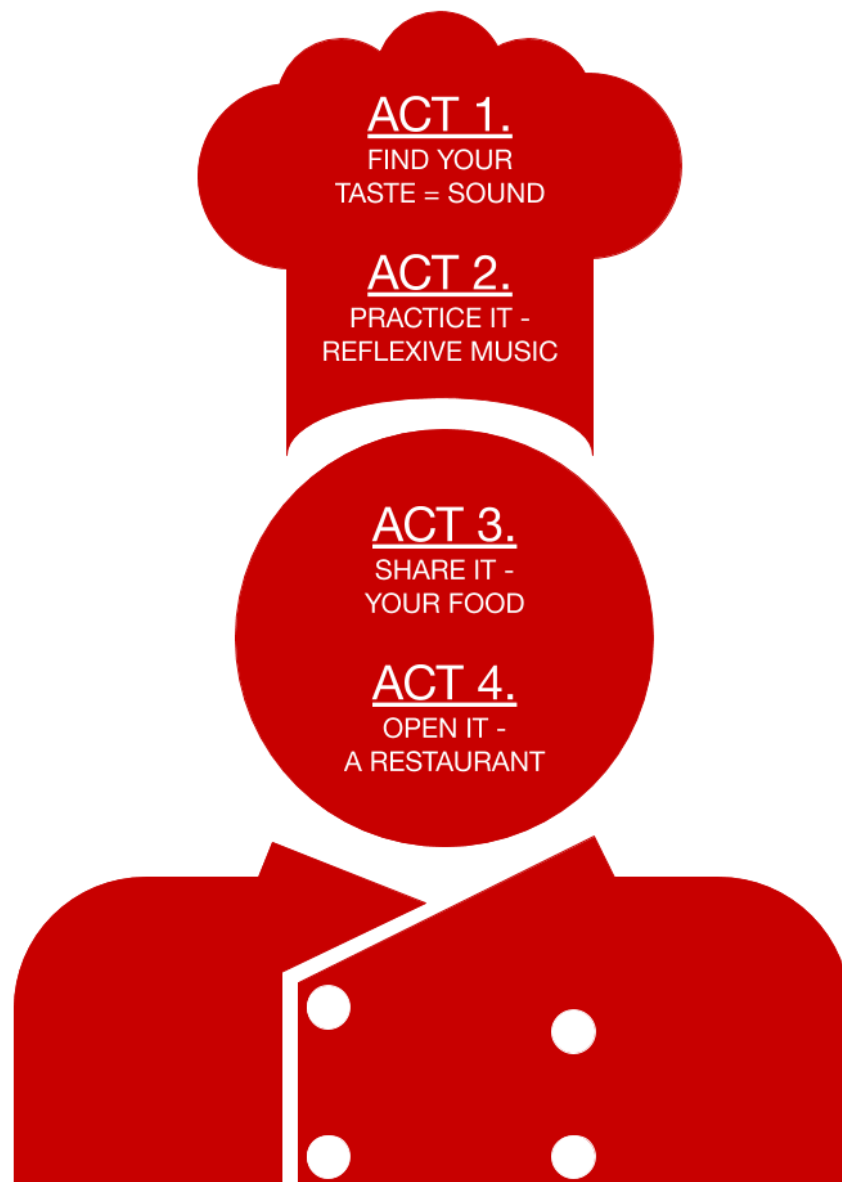


KEREN ROSENBAUM
PRODUCE IT - 'GO FOR IT' GIRL! - SUPPER SISTERS OPERAGAME
ZERO TO 100 IT / COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



Reflexive Cooking

: combining and heating the ingredients
in various ways...



KEREN ROSENBAUM BATHE IN IT

(For Katarin Kari)
ZERO TO 100 / IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE

CONDITIONER

MIX IT WELL
2 Cup Water
1 Tbsp Apple Vinegar
Pinch Coconut butter

SHAMPOO

MIX IT WELL
2 Cups of water
1 Tbsp Baking Soda
20 drops of
Tea Tree Essential Oil

MOUTH WASH

1 Cup Water
Tsp Baking Soda
5 drops essential
oil you love

ACT 1.

FIND IT - YOUR SOAP
MIX IT - WITH WATER

ACT 3.

SHARE IT -
YOUR RECIPES
WITH FRIENDS

ACT 4.

PREPARE IT -
A BATH KIT

ACT 2.

PLAY IT -
I WASH = I SING /
MOVE TOUCH
GET INSPIRED

ACT 1.

FIND IT - A PROTEIN

ACT 2.

BEAT IT -
INTO A SMOOTH MIX

ACT 3.

INTRODUCE IT -
TO HEAT

ADD: PLANTS,
FLAVORS & SPICES

ACT 4.

CREATE IT -
YOUR FRITTATA



KEREN ROSENBAUM

BOIL IT - COFFEE

(For one of a kind Arik Shapira)
ZERO TO 100 / IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE

ACT 1.

FIND IT - A FINJAN

TURKISH COFFEE:

2 CUPS WATER

3 TBSP COFFEE

ACT 2.

LET IT BOIL -
EIGHT TIMES

ACT 3.

SPOT IT -
SMALL BUBBLES
VELVET COLOR

ACT 4.

PERFORM IT -
NEUTRAL

TIP

from the one and only beloved
composition teacher, Arik Shapira

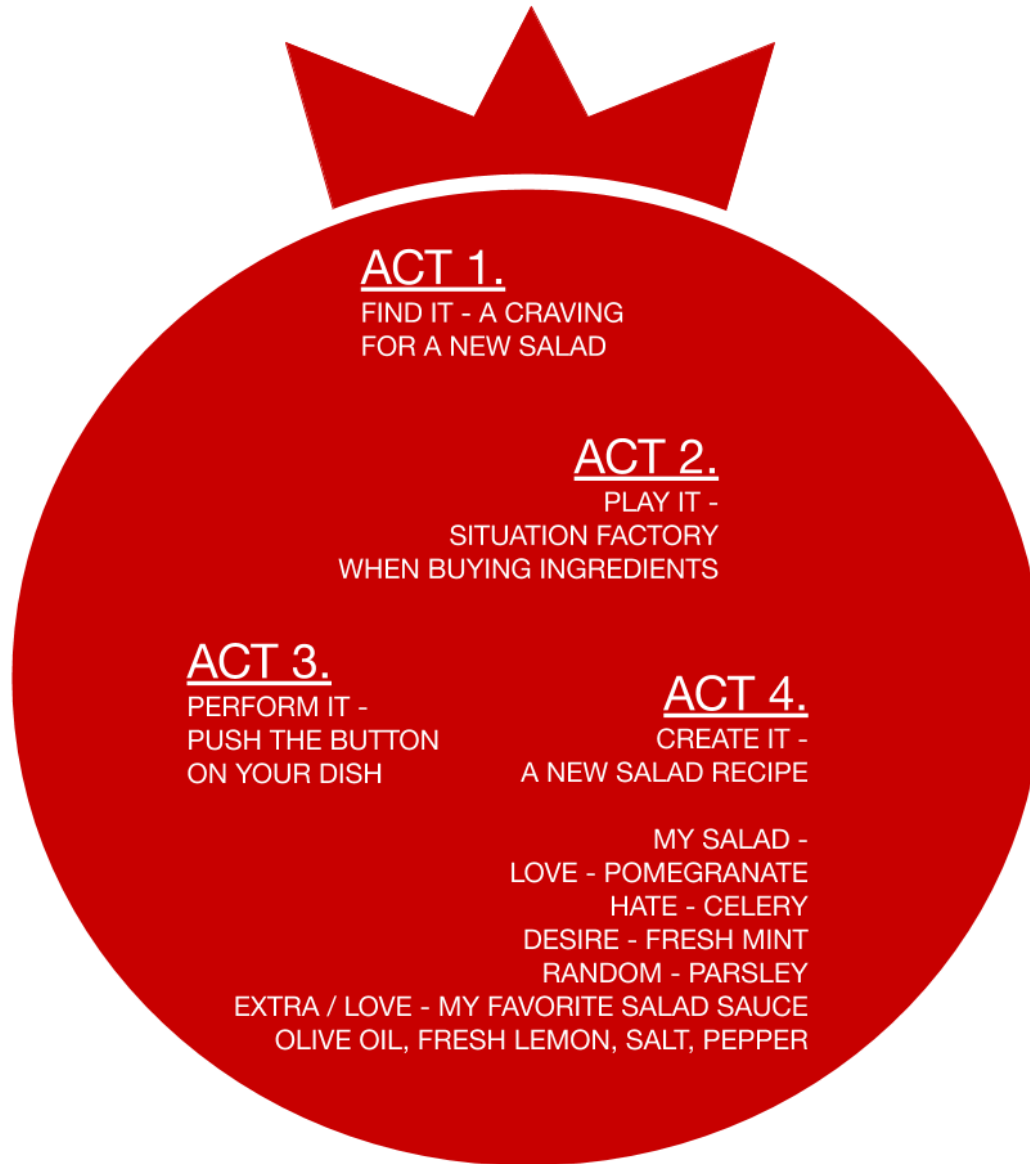
*"You need to keep looking at it, wait
patiently until it begins to boil, remove
and return it 8 times or until you notice
small bubbles and the color changing to
silk."*

KEREN ROSENBAUM

PRODUCE IT - A TEA PARTY

ZERO TO 100 / IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE

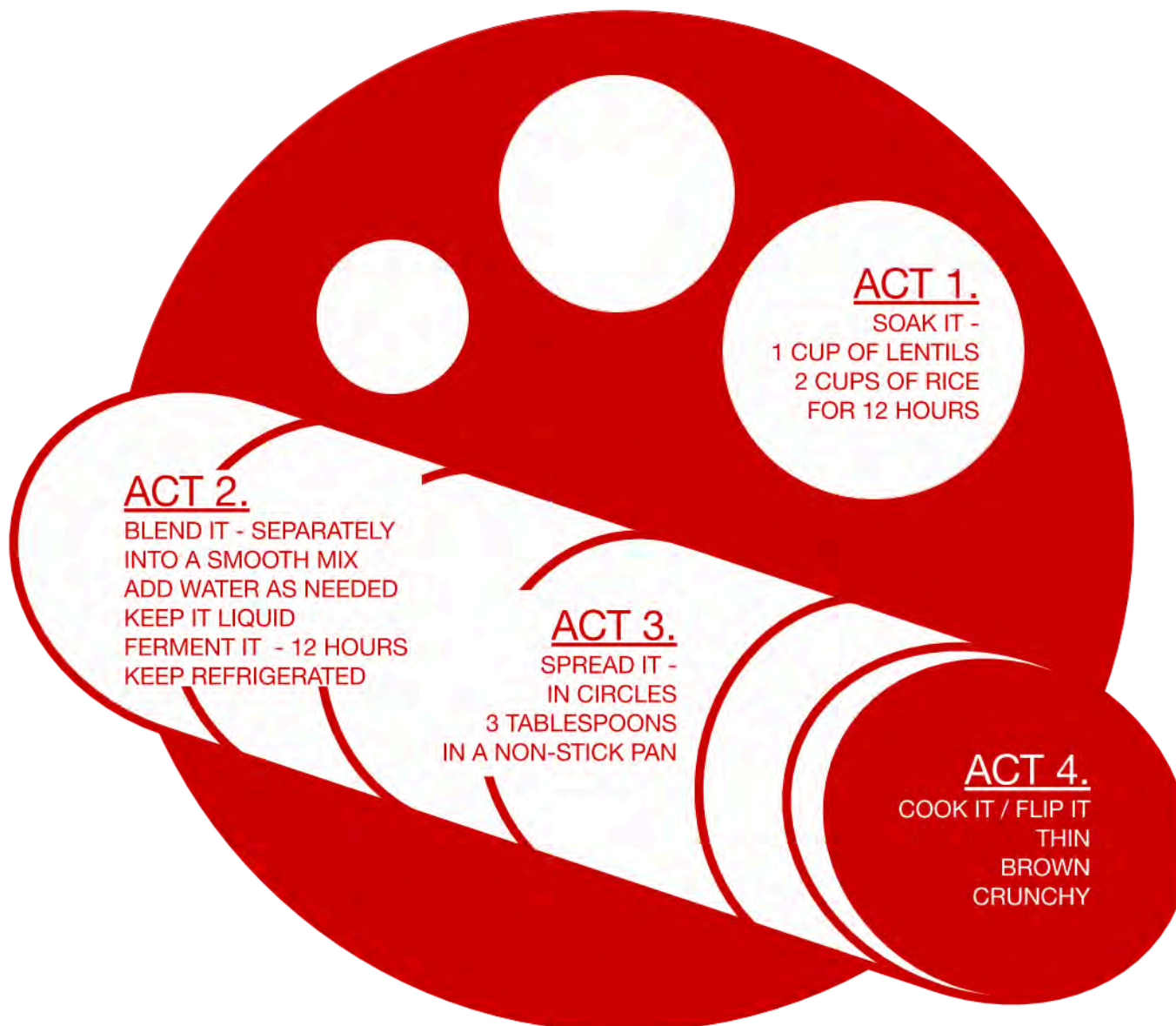


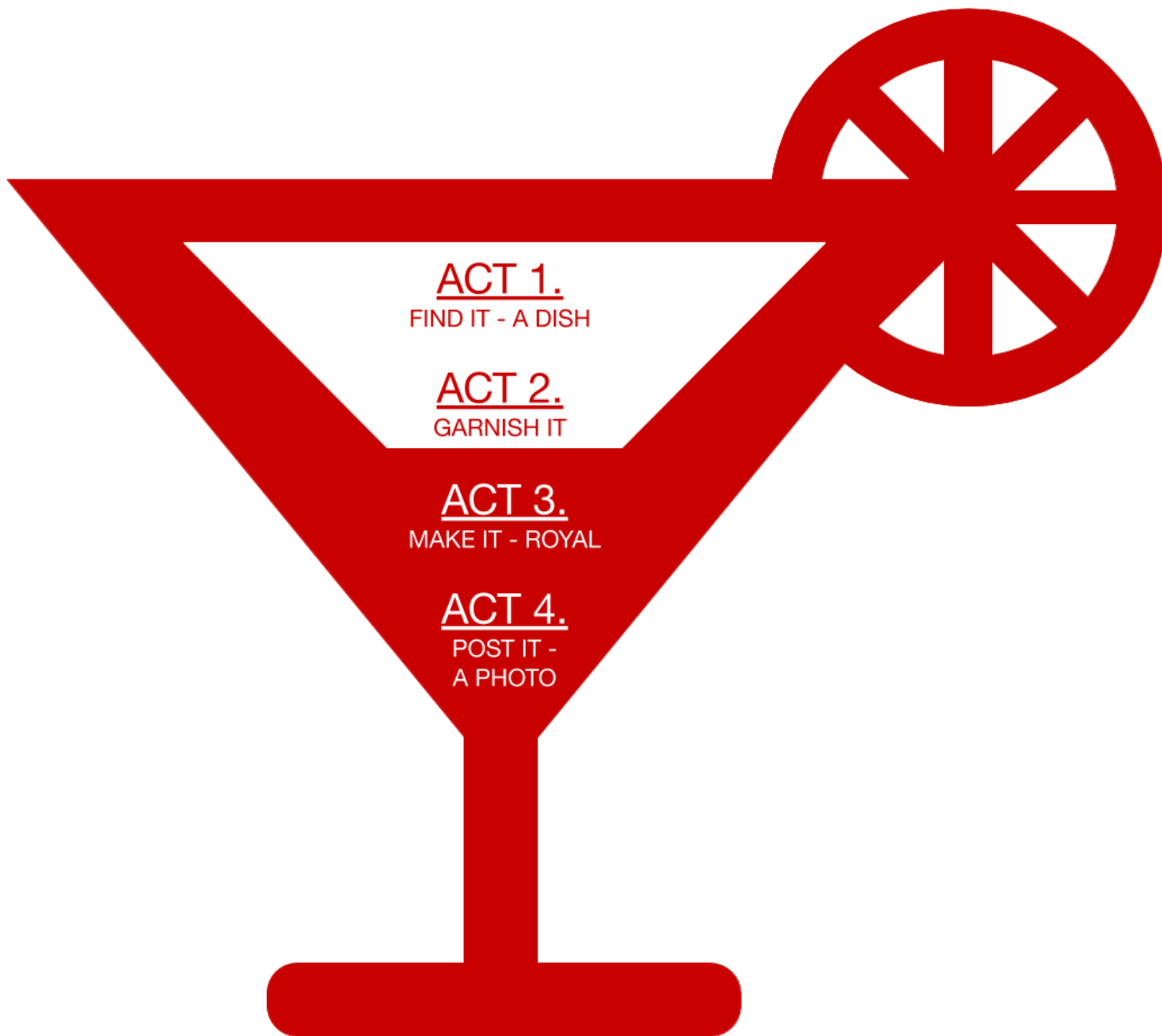


KEREN ROSENBAUM

FERMENT IT - A DOSA

ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



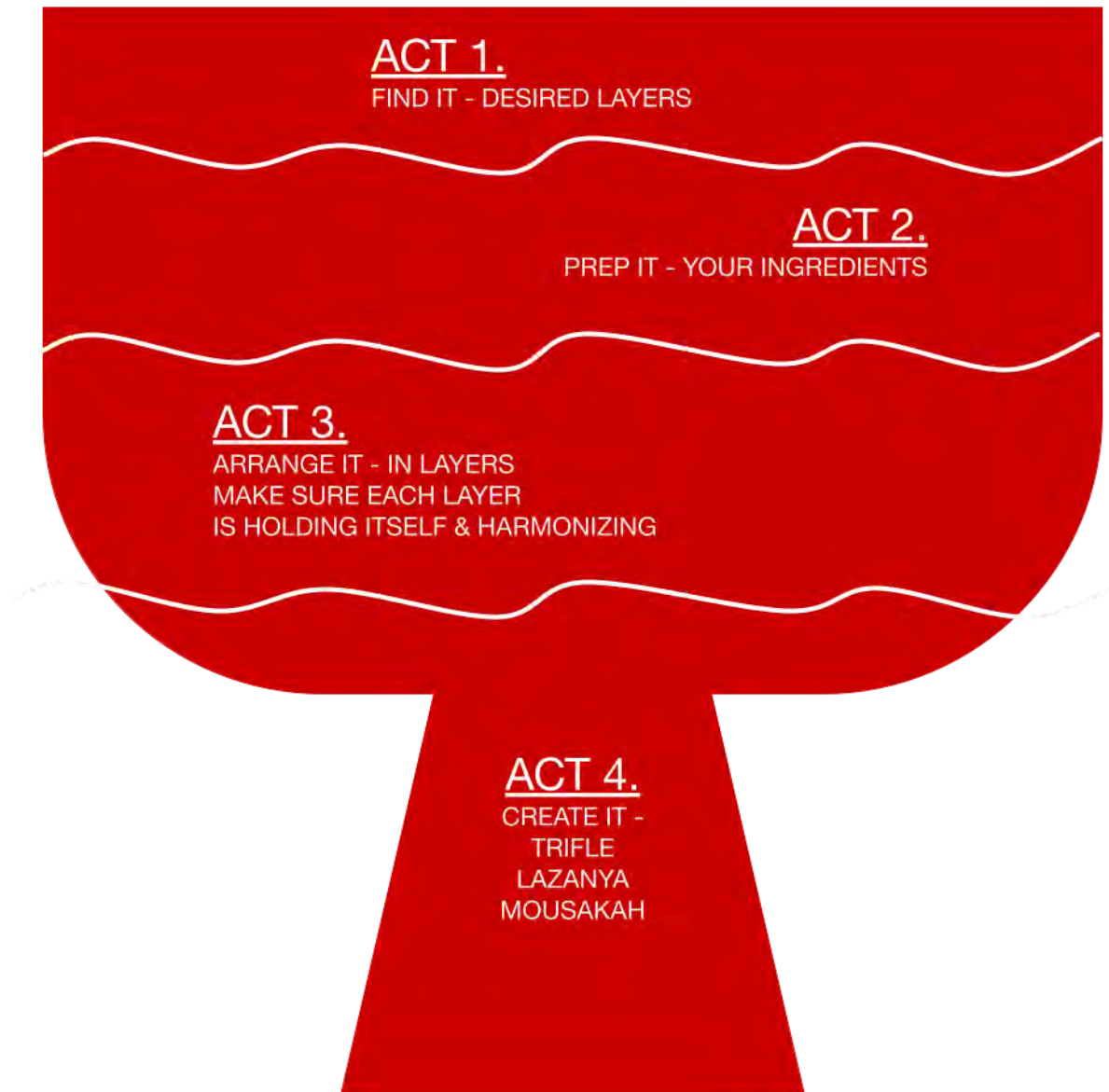


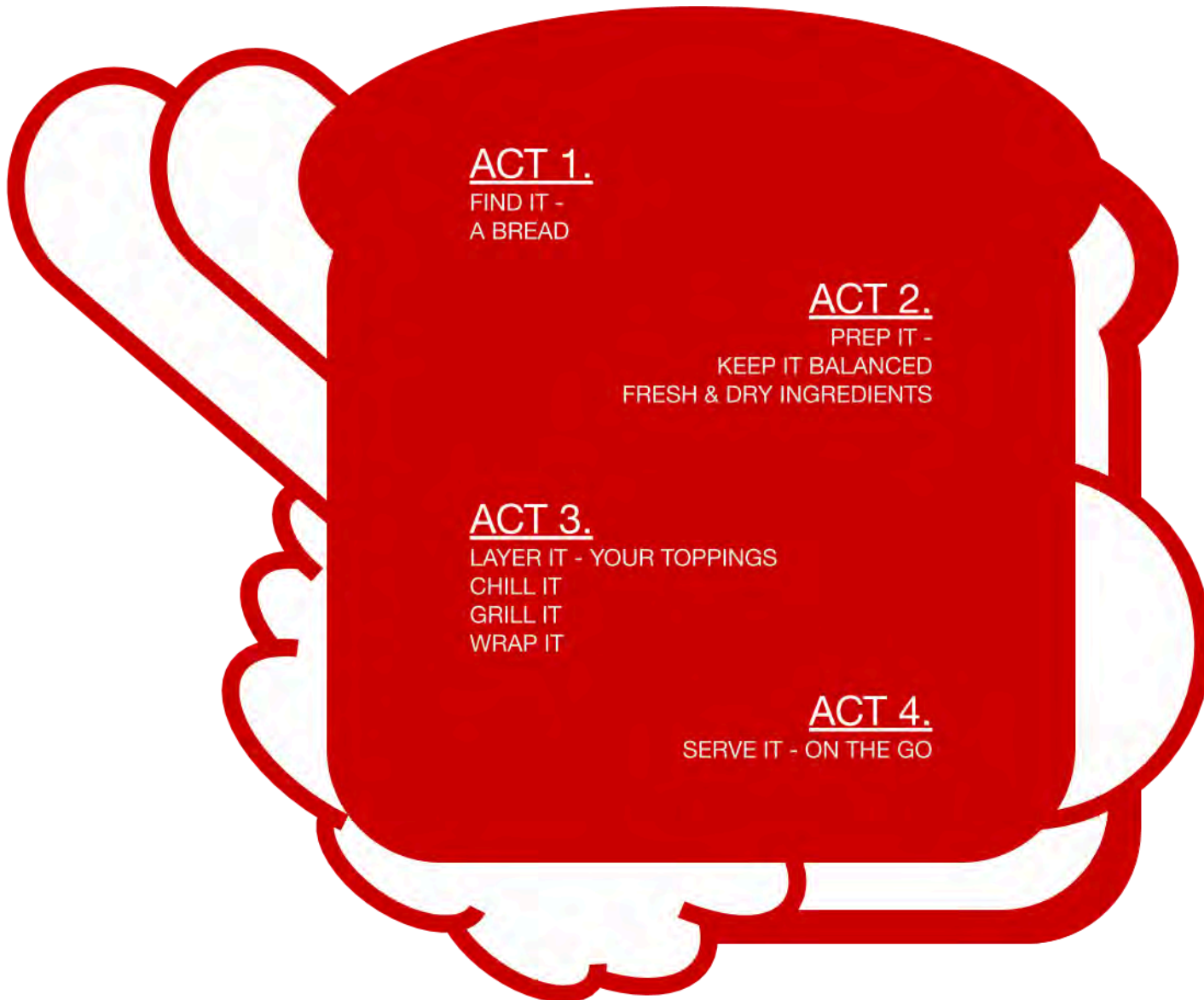


KEREN ROSENBAUM
KICK IT - 'FOODBALL'
ZERO TO 100 IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE



KEREN ROSENBAUM
HARMONIZE IT - A TRIFLE
ZERO TO 100 / IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE





ACT 1.

FIND IT -
A BREAD

ACT 2.

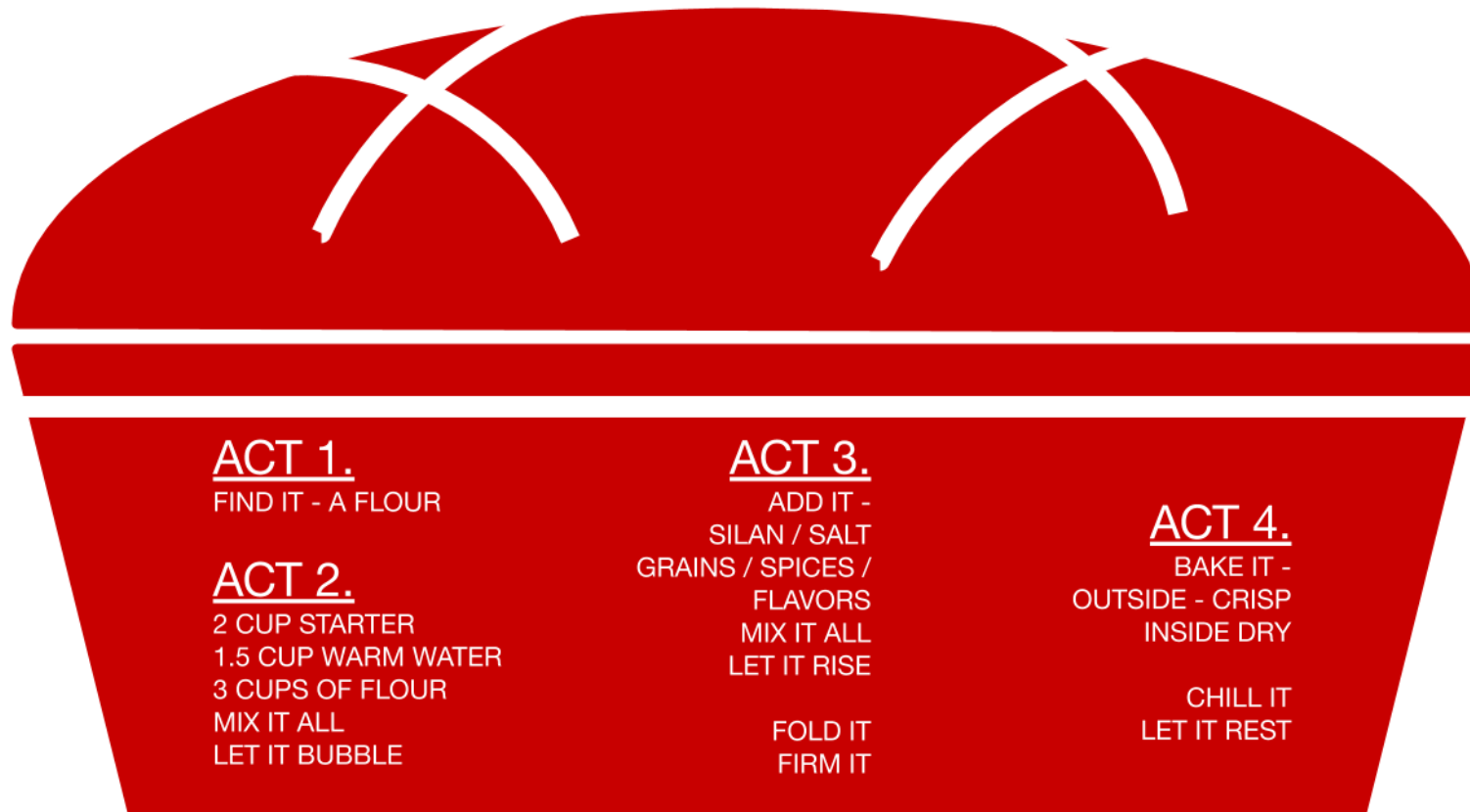
PREP IT -
KEEP IT BALANCED
FRESH & DRY INGREDIENTS

ACT 3.

LAYER IT - YOUR TOPPINGS
CHILL IT
GRILL IT
WRAP IT

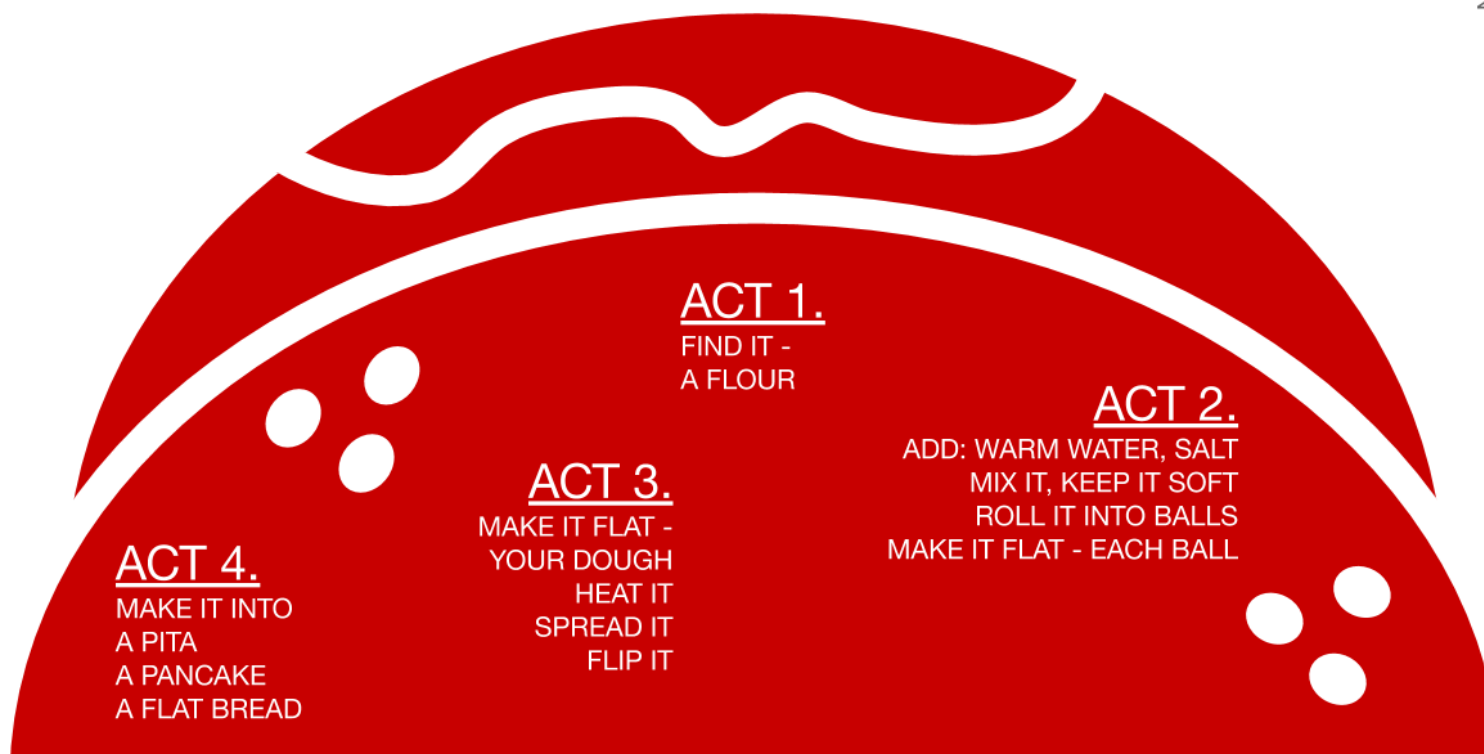
ACT 4.

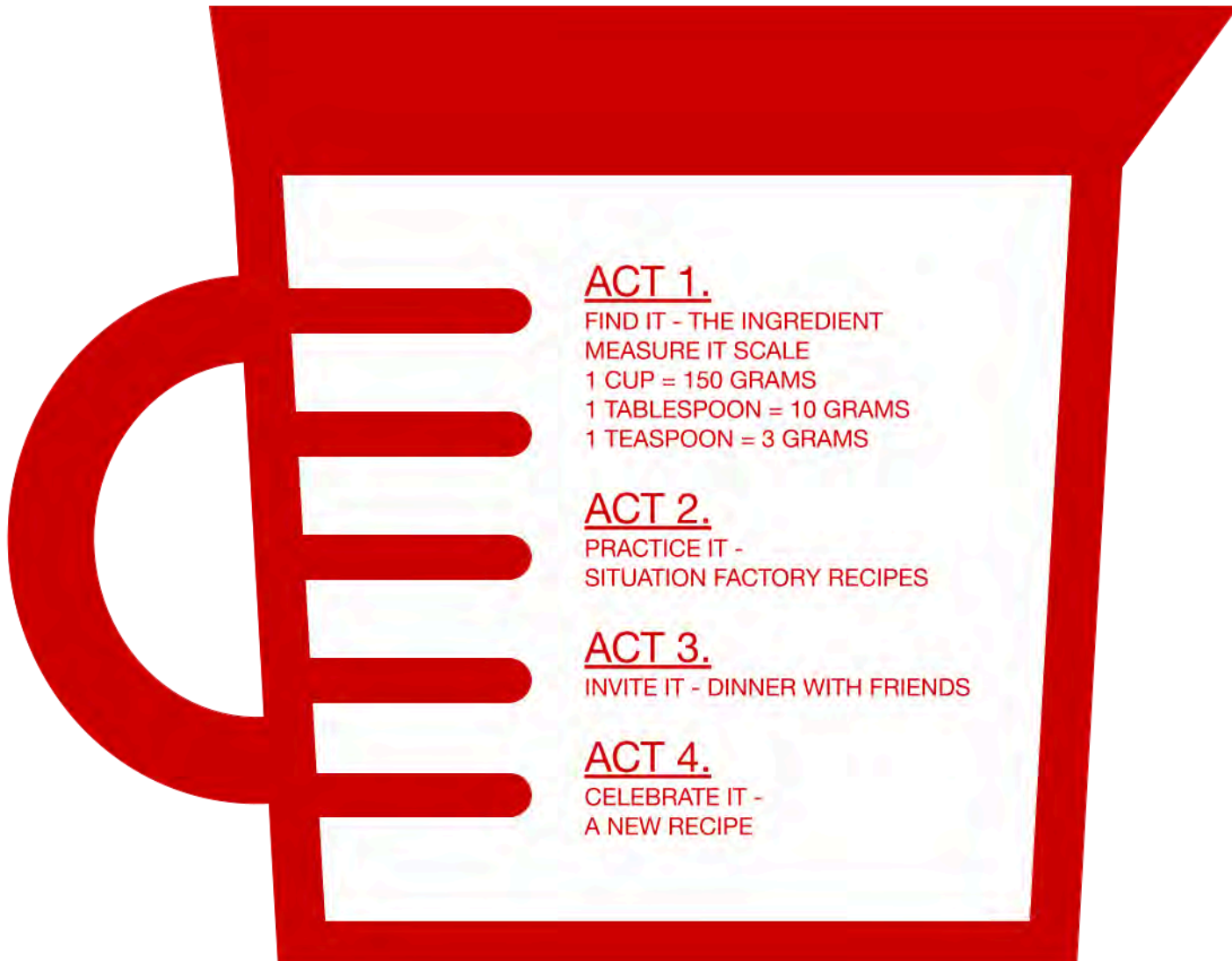
SERVE IT - ON THE GO



KEREN ROSENBAUM
WRAP IT

ZERO TO 100 / IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE





ACT 1.

FIND IT - THE INGREDIENT
MEASURE IT SCALE
1 CUP = 150 GRAMS
1 TABLESPOON = 10 GRAMS
1 TEASPOON = 3 GRAMS

ACT 2.

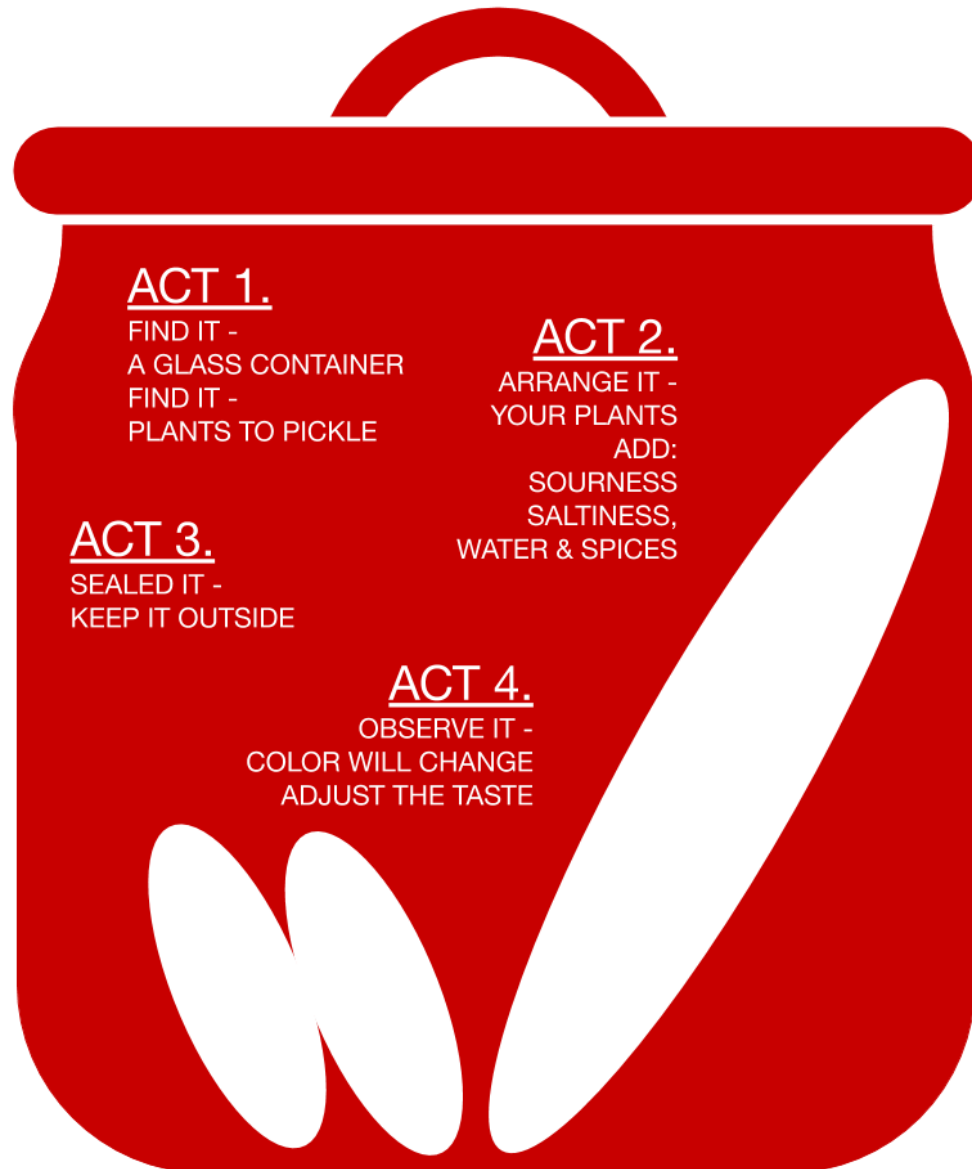
PRACTICE IT -
SITUATION FACTORY RECIPES

ACT 3.

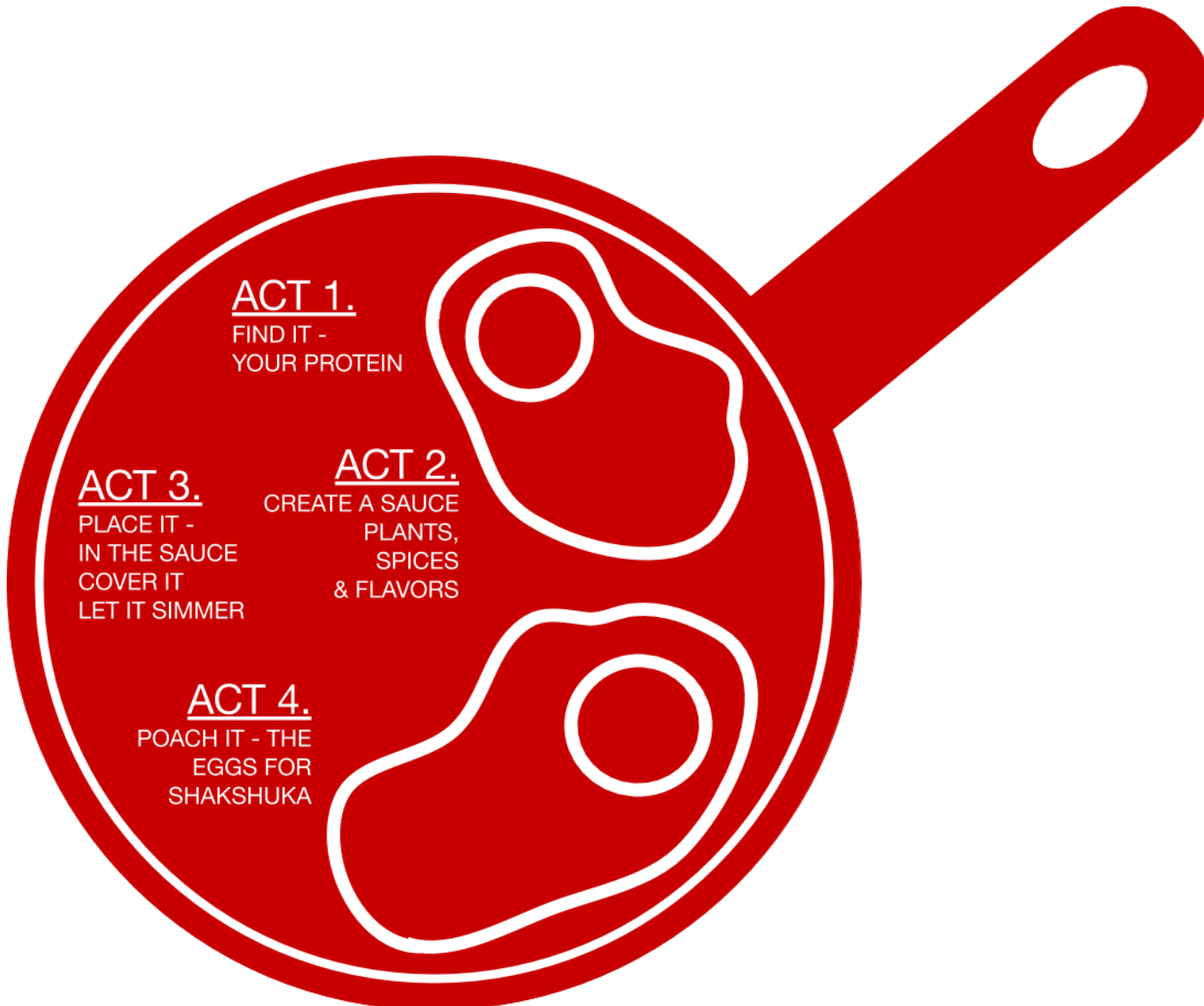
INVITE IT - DINNER WITH FRIENDS

ACT 4.

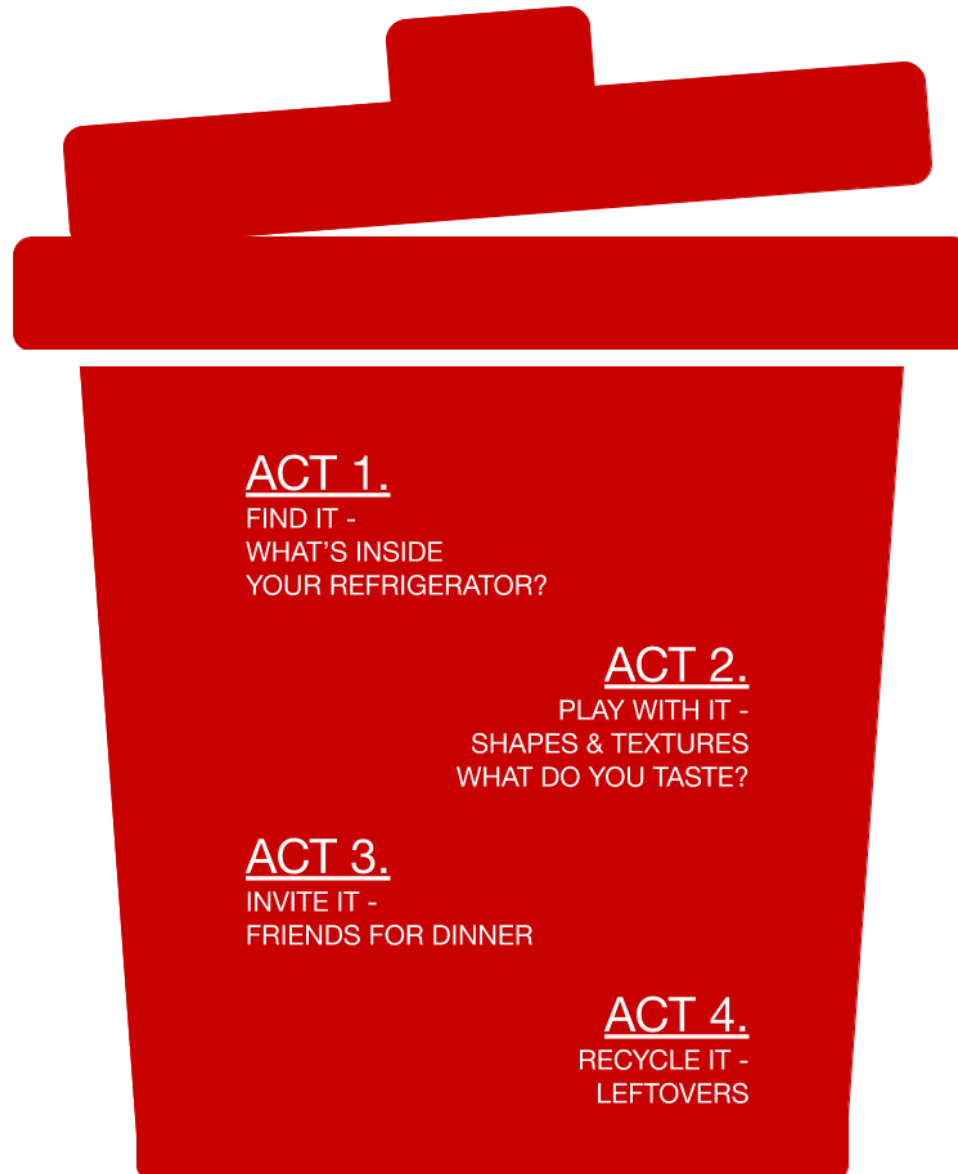
CELEBRATE IT -
A NEW RECIPE



KEREN ROSENBAUM
POACH IT - SHAKSHUKA
ZERO TO 100 / IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE







ACT 1.

FIND IT -
WHAT'S INSIDE
YOUR REFRIGERATOR?

ACT 2.

PLAY WITH IT -
SHAPES & TEXTURES
WHAT DO YOU TASTE?

ACT 3.

INVITE IT -
FRIENDS FOR DINNER

ACT 4.

RECYCLE IT -
LEFTOVERS

KEREN ROSENBAUM
ROAST IT

ZERO TO 100 / IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE

ACT 1.

FIND IT -
A VEGGIE

ACT2.

CLEAN IT
PREP IT - IF NEEDED
SPRAY IT WITH -
OLIVE OIL
SEA SALT

ACT3.

ROAST IT -
BROWN COLOR
SMOKY SMELL
CRISPY SOUND

ACT4.

EAT IT -
FINGERS ONLY



ACT 1.

FIND IT -
SUBSTANCE / PLANTS
FLAVORS / SPICES

ACT 2.

PLAY IT -
SITUATION FACTORY
TO COMPOSE A
SAUCE

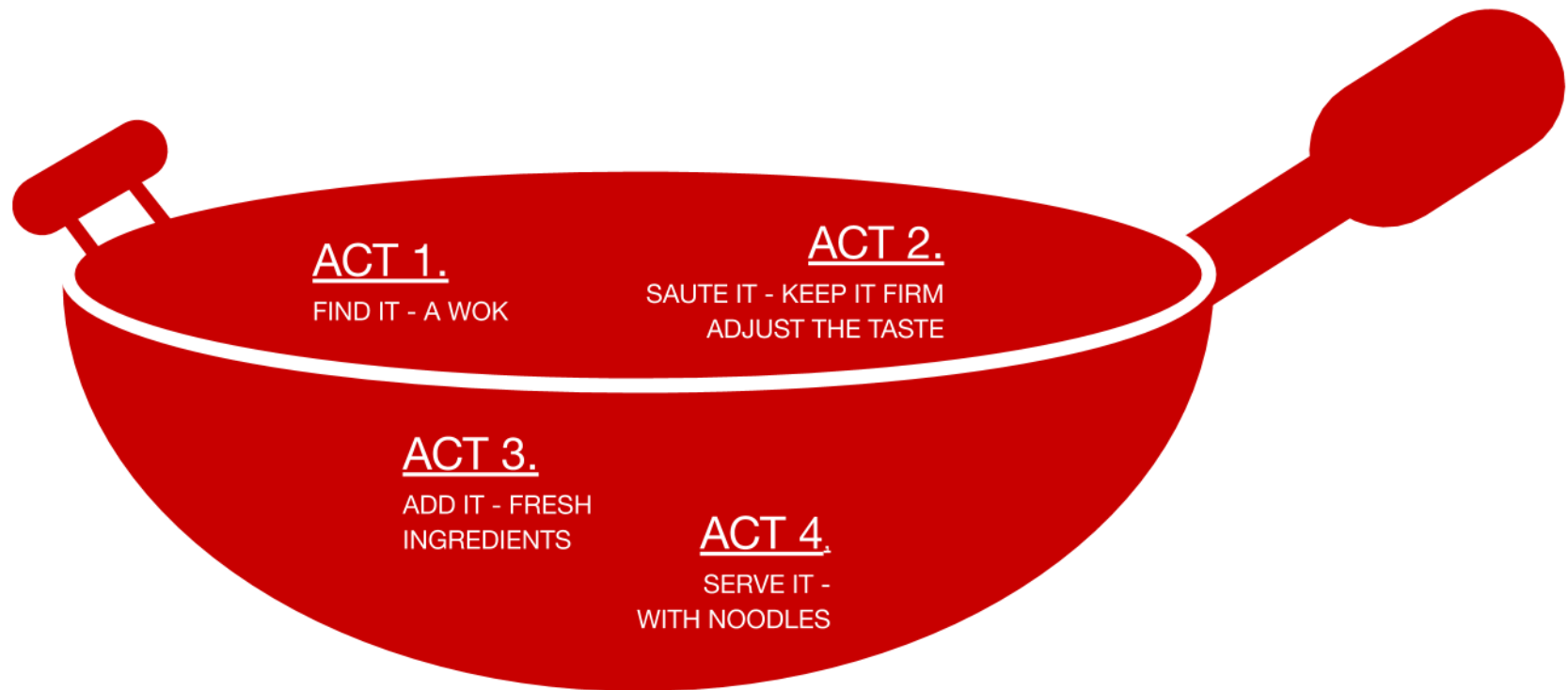
ACT 4.

SHARE IT -
YOUR CREATIONS

ACT3.

MATCH IT -
WITH
PASTA, RICE, GRAINS
OR COOKED VEGGIES

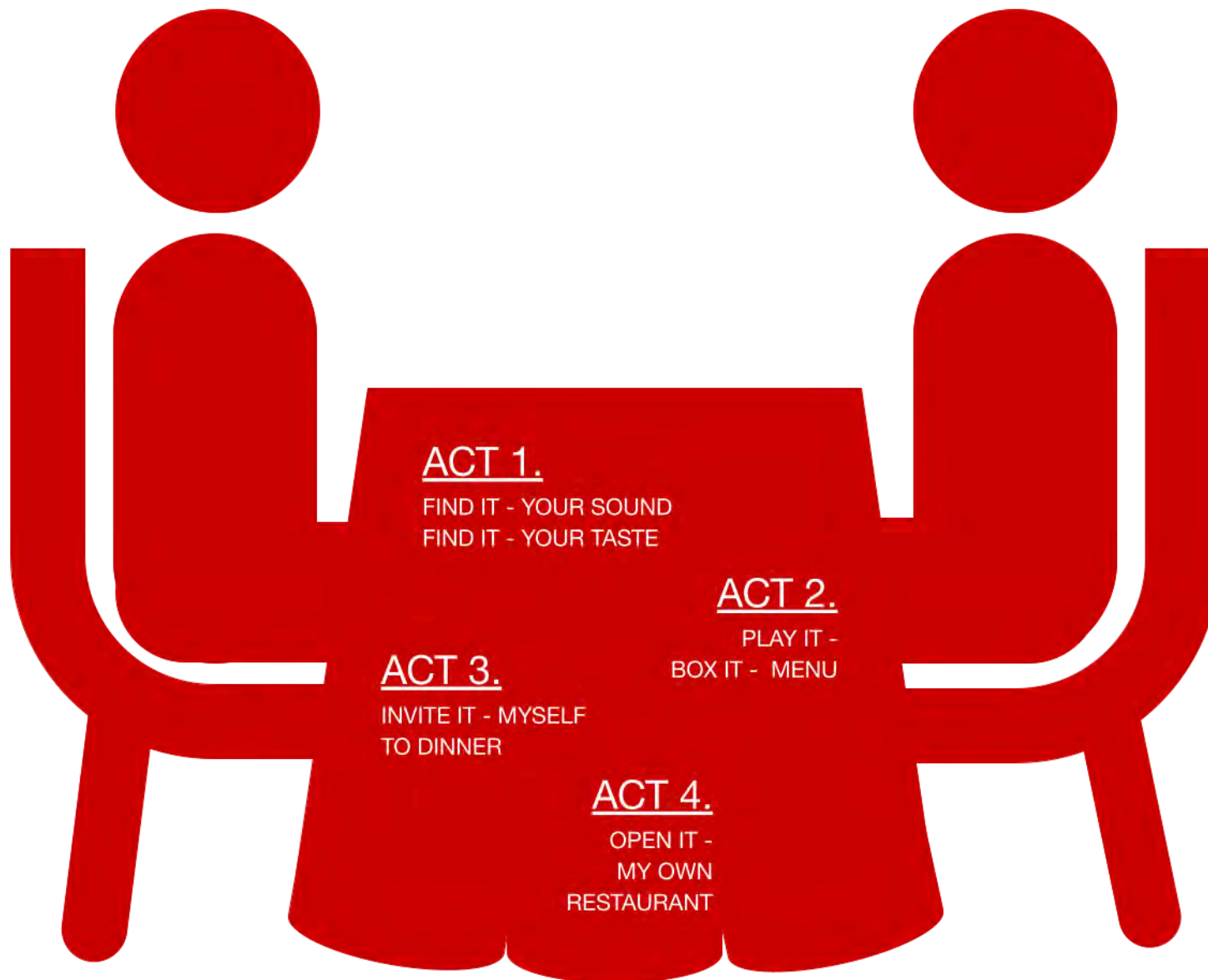




KEREN ROSENBAUM

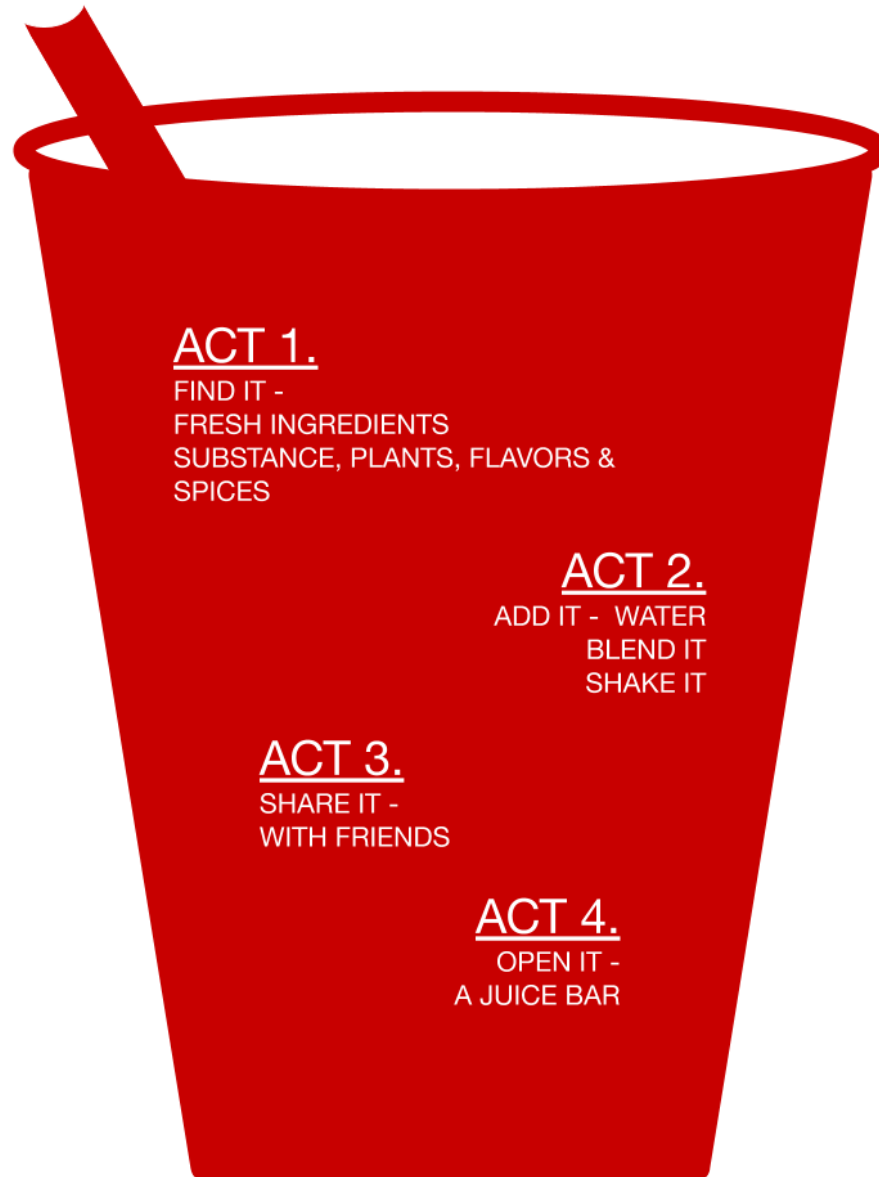
INVITE IT - MYSELF TO DINNER

ZERO TO 100 IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE 2018



KEREN ROSENBAUM
SHAKE IT

ZERO TO 100 / IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE



ACT 1.

FIND IT -
FRESH INGREDIENTS
SUBSTANCE, PLANTS, FLAVORS &
SPICES

ACT 2.

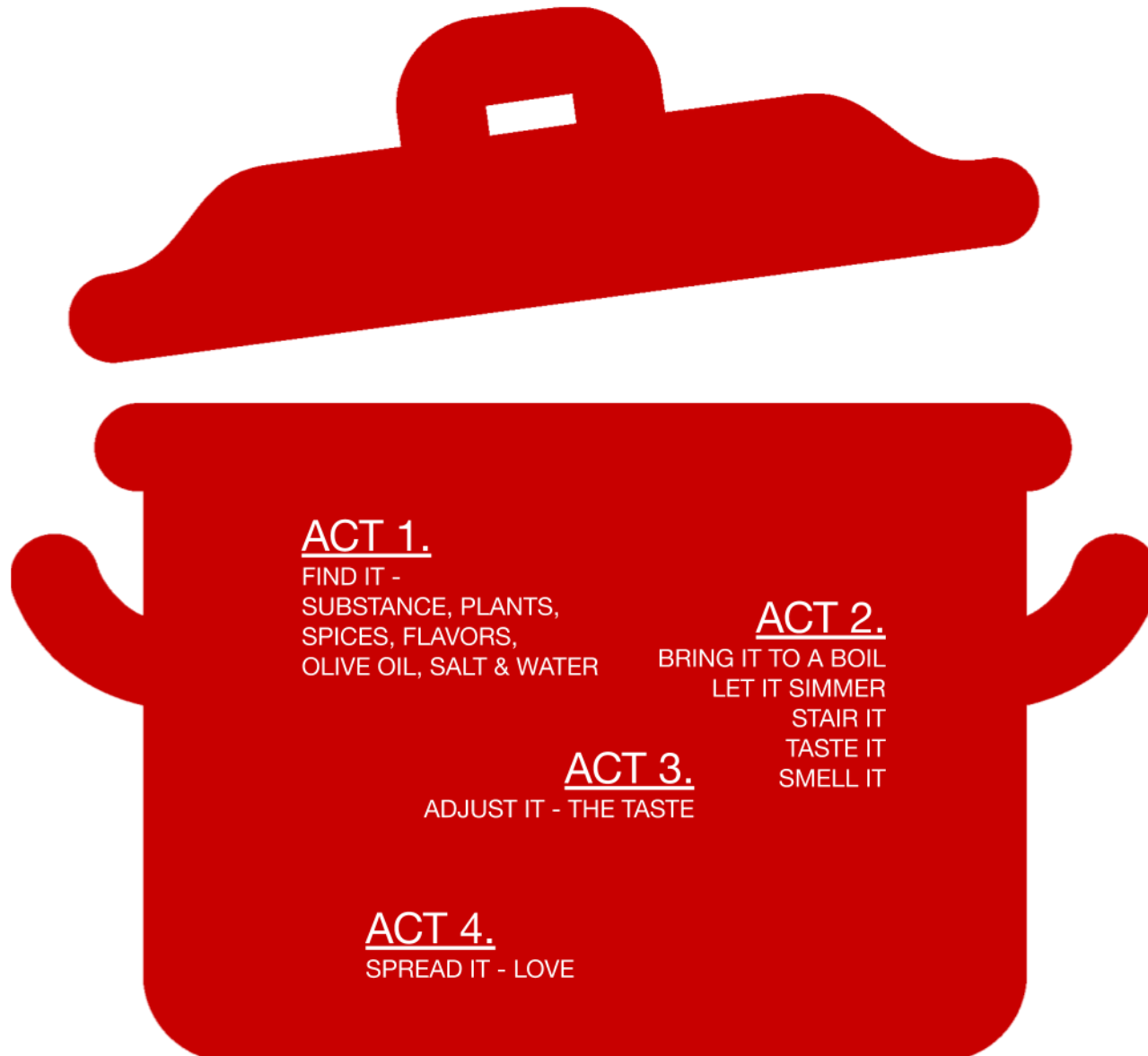
ADD IT - WATER
BLEND IT
SHAKE IT

ACT 3.

SHARE IT -
WITH FRIENDS

ACT 4.

OPEN IT -
A JUICE BAR



ACT 1.
FIND IT - SPICES

ACT 2.
PLAY IT -
PUSH THE BUTTON

ACT 3.
SHARE IT -
YOUR FINDING

WET SPICES

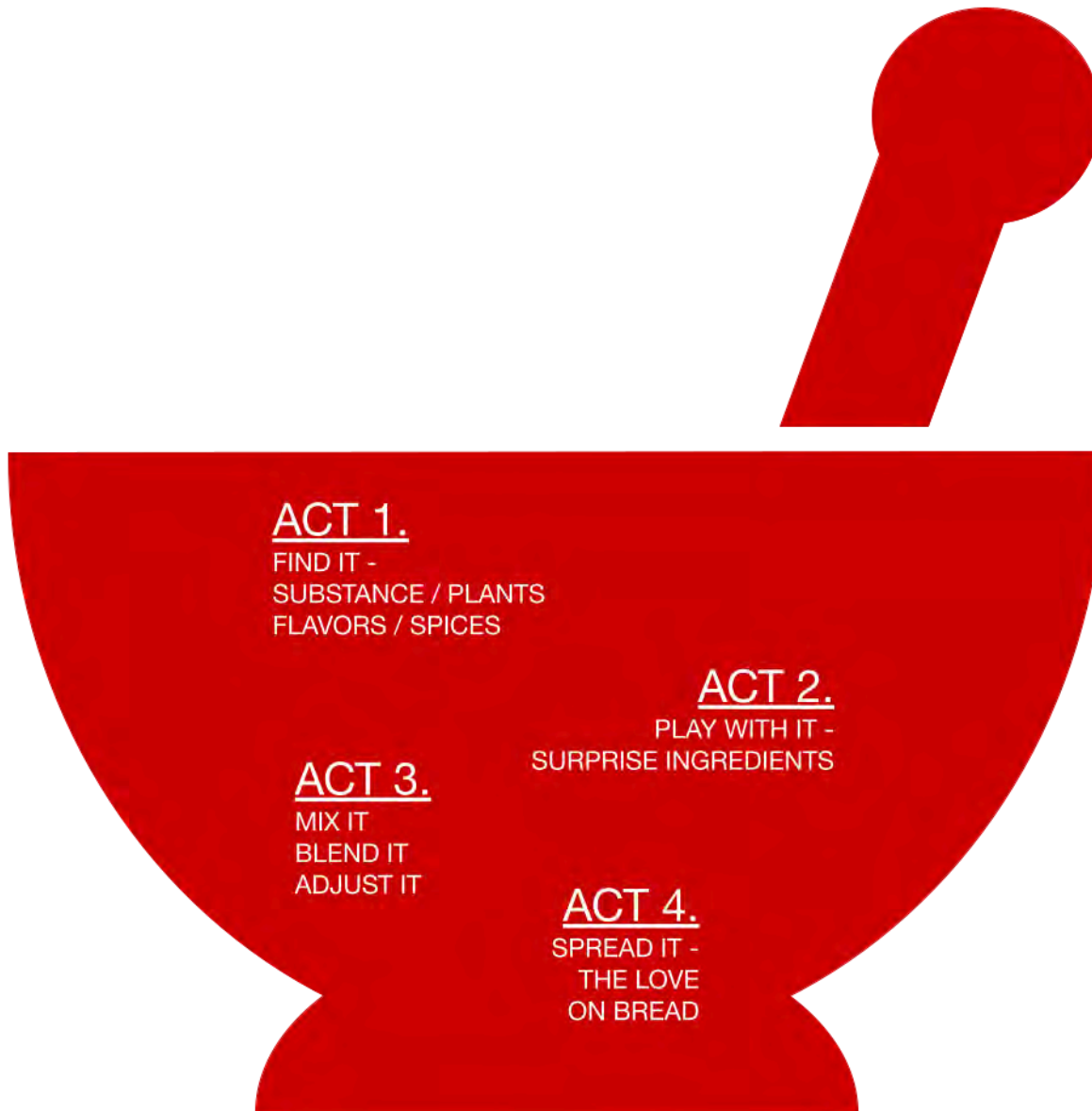
Olive Oil (Mediterranean)
Fresh Herbs (Parsley,
Cilantro...etc.)

DRY SPICES

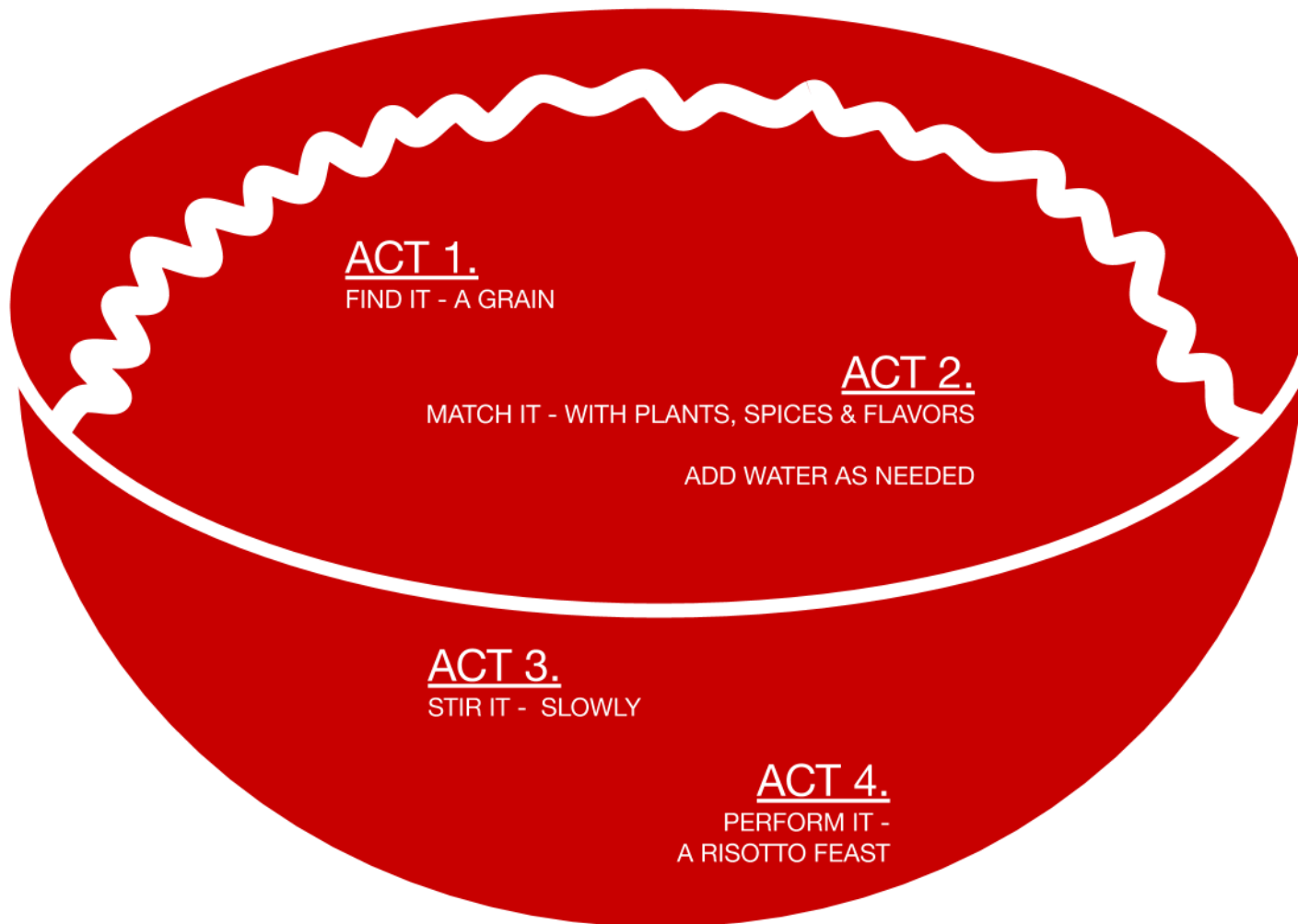
Salt (Portuguese)
Black Pepper
Turmeric
Cumin
Sweet Paprika

Garlic
Tomato paste
Tahini sauce
Fresh Lemon
Soy sauce
Tomato paste

ACT 4.
SURPRISE IT -
YOURSELF







ACT 1.

FIND IT -
 WHAT'S IN YOUR PANTRY?

ACT 2.

PLAY WITH IT -
 THE TASTE
 I WANT TO SENSE



ACT 3

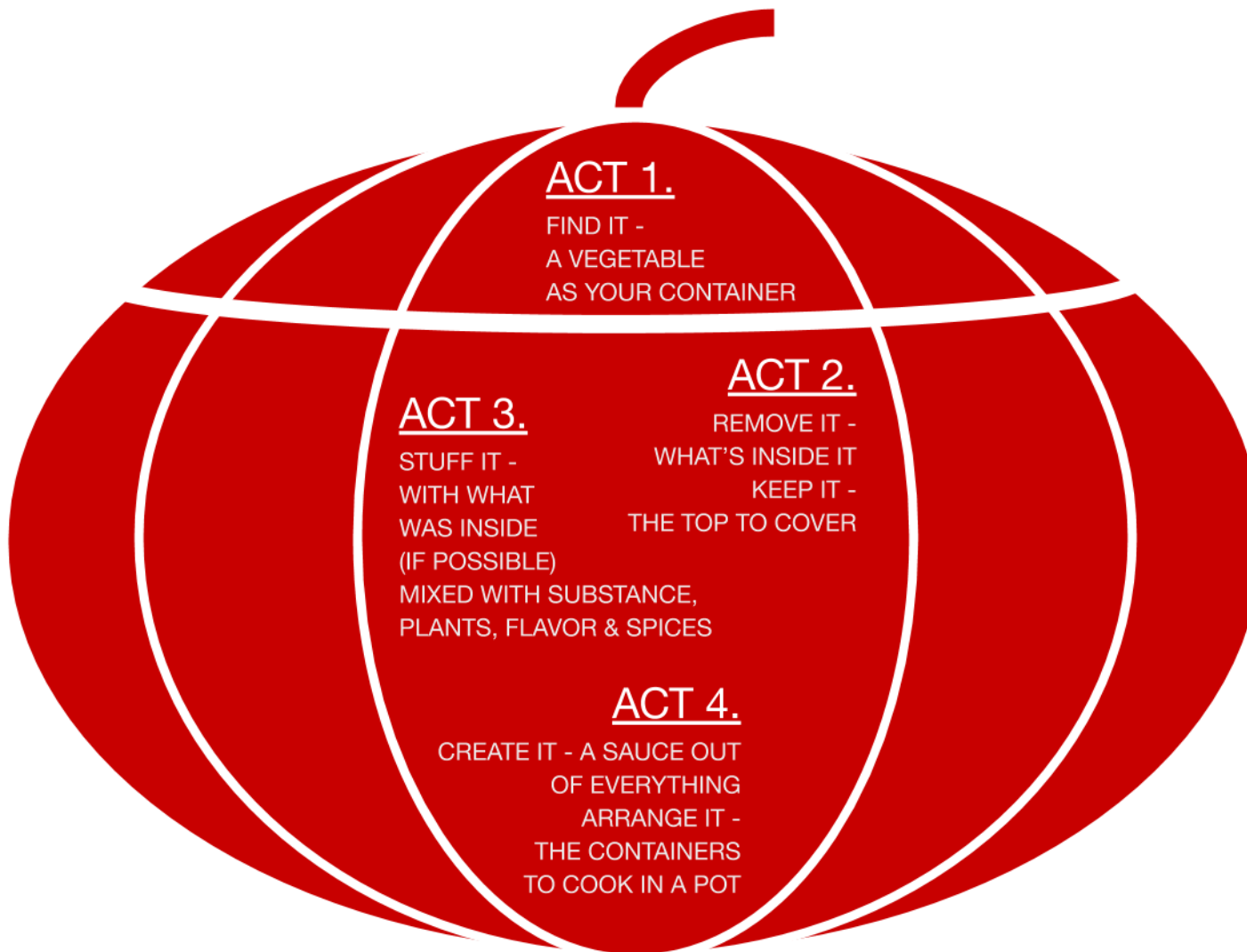
STORE IT -
 GOOD INGREDIENTS

MY PANTRY:

PORTUGUESE SALT
 MIDDLE EAST OLIVE OIL
 COCONUT BUTTER & SUGAR
 VINEGAR - VARY
 SILAN, HONEY
 DRY: TURMERIC, CUMIN,
 SWEET PAPRIKA,
 CINNAMON, PEPPER
 FRESH: PARSLEY, CILANTRO,
 LEMON, GARLIC,
 TOMATO PASTE
 EGGS, COCOA
 FLOUR; RYE, SPELT, ALMOND, CHICKPEAS,
 TAPIOCA,
 LENTILS, RICE, PASTA
 FRESH VEGETABLES

ACT 4.

CREATE IT -
 YOUR OWN VARIATION



KEREN ROSENBAUM
TART IT

ZERO TO 100 / IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE



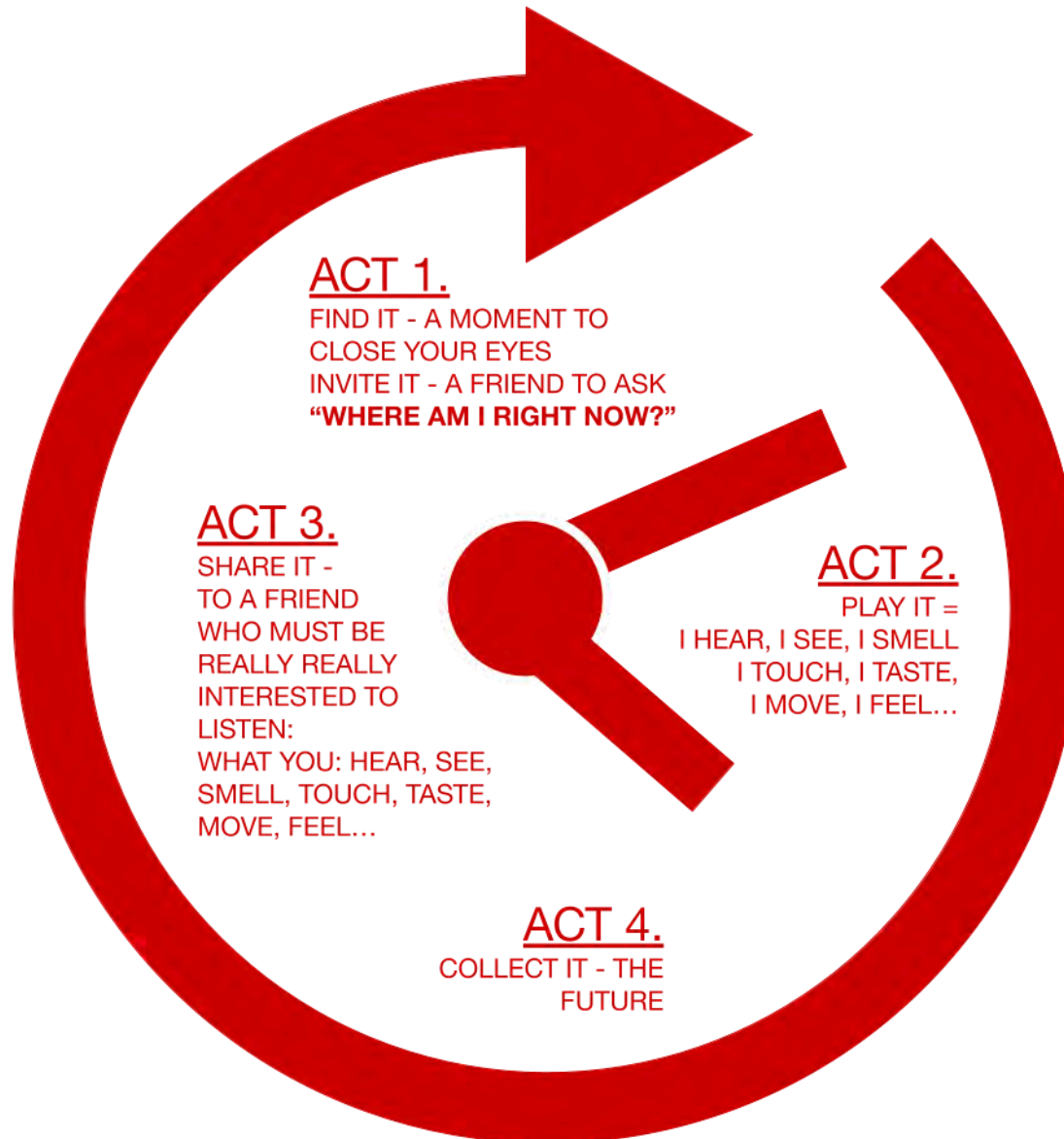


Reflexive Reality

: the actual state of things,
or the facts involved in such a state...

KEREN ROSENBAUM
REFLEX IT - YOUR REALITY
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE





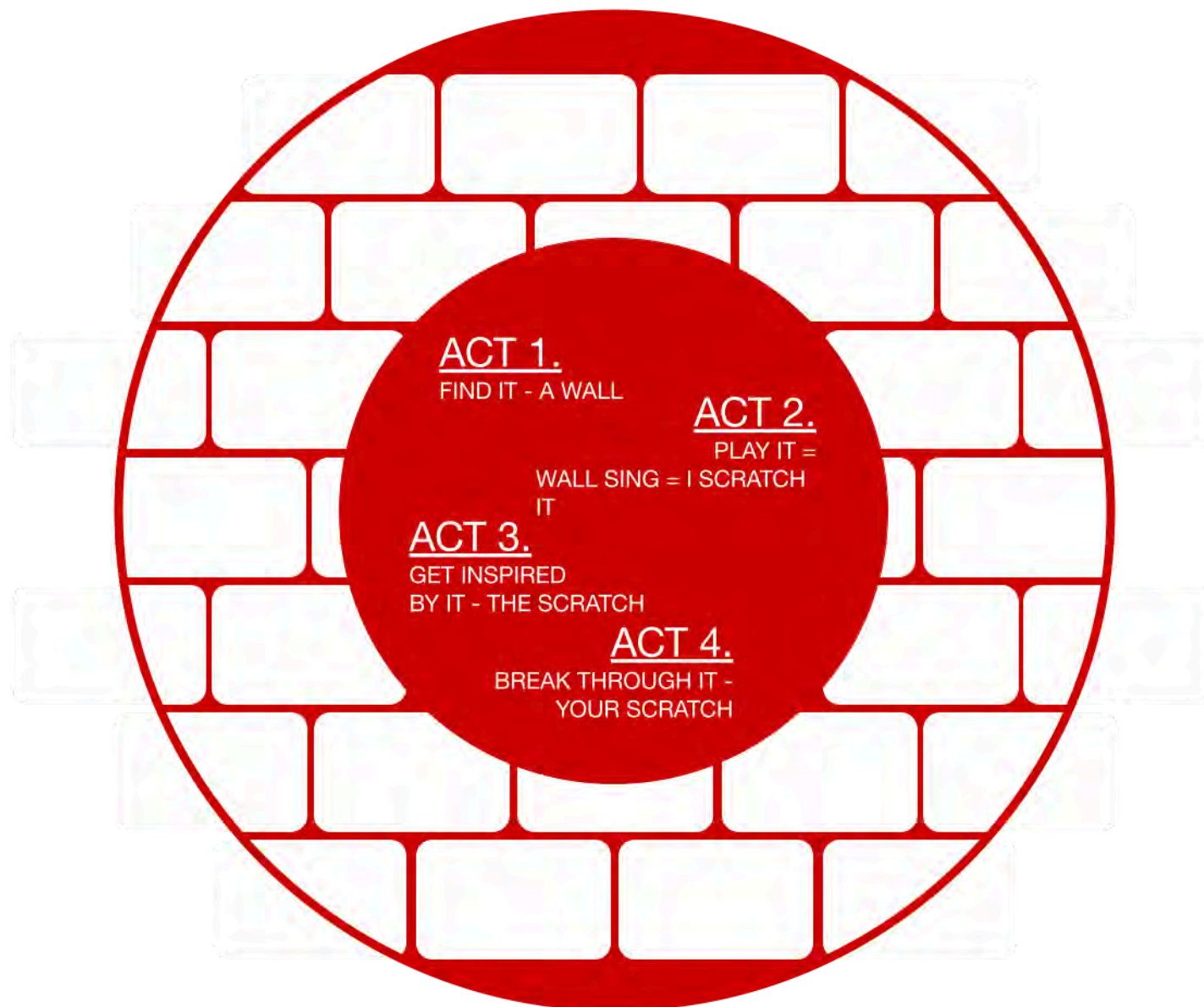
KEREN ROSENBAUM
HOLD IT - LOOSENESS
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM

BREAK IT - THE WALL

0-100 IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



225

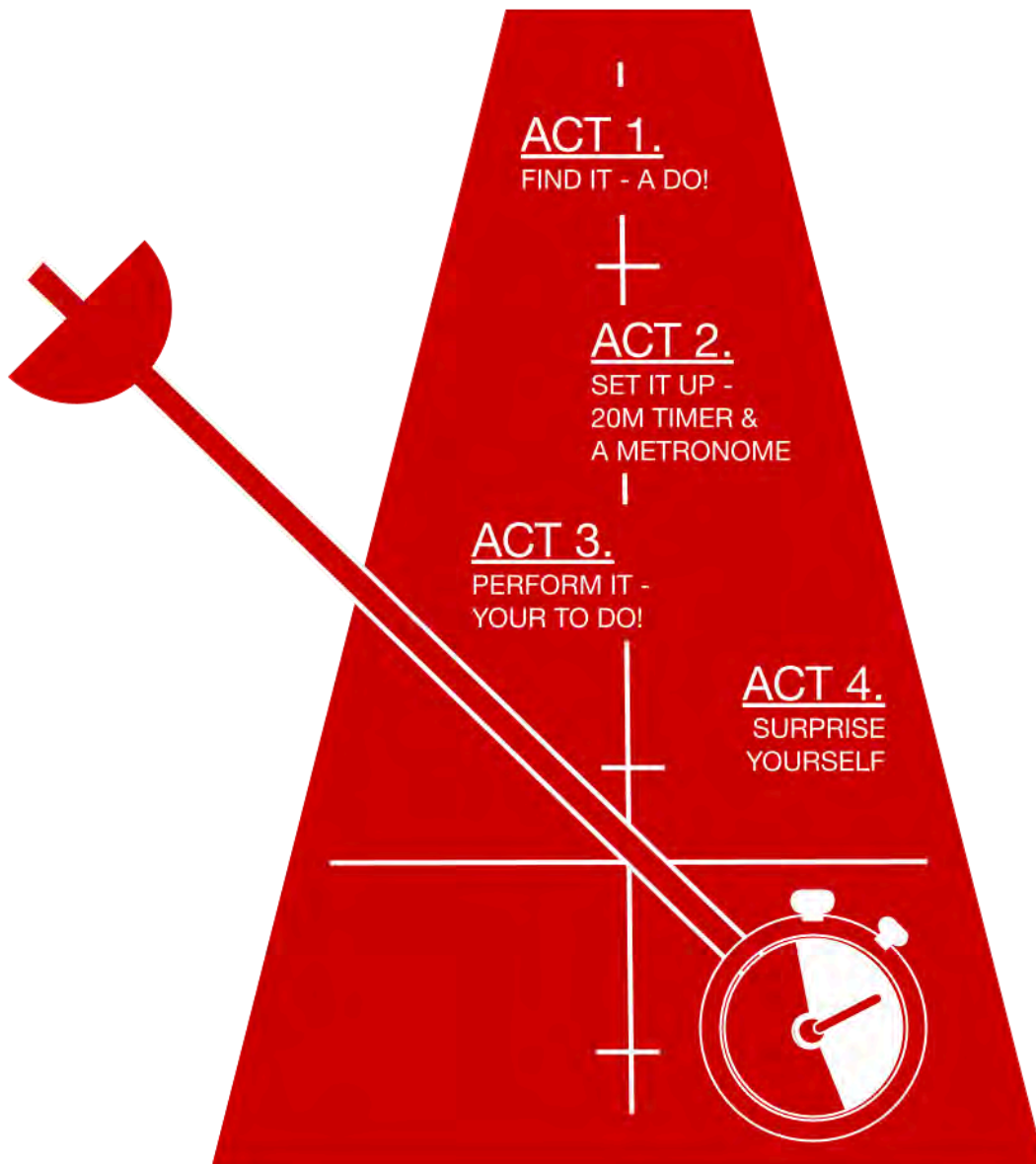
©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

[Index](#)

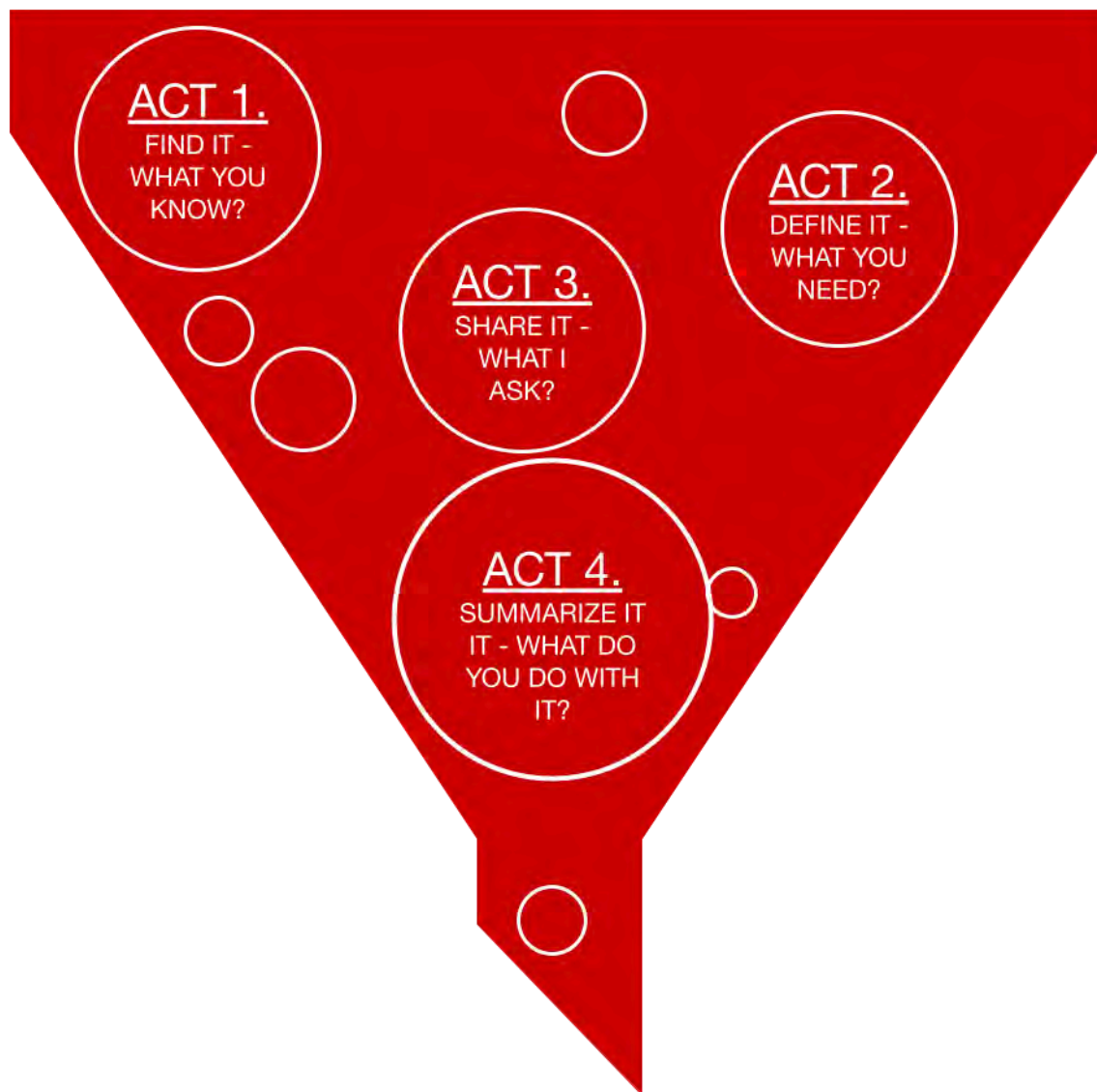
KEREN ROSENBAUM
SHAKE IT - YOUR HAND

(For Smadar)
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

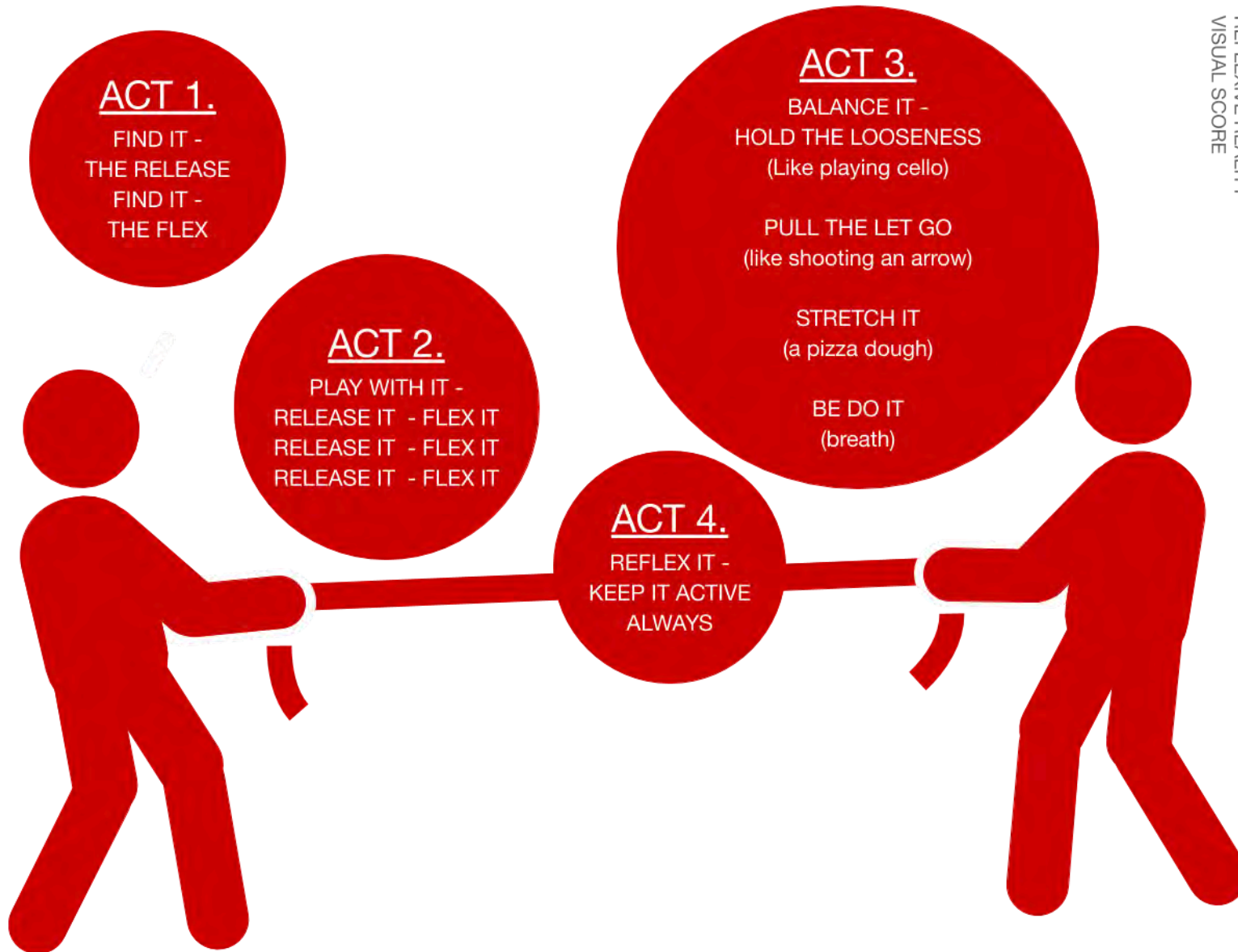


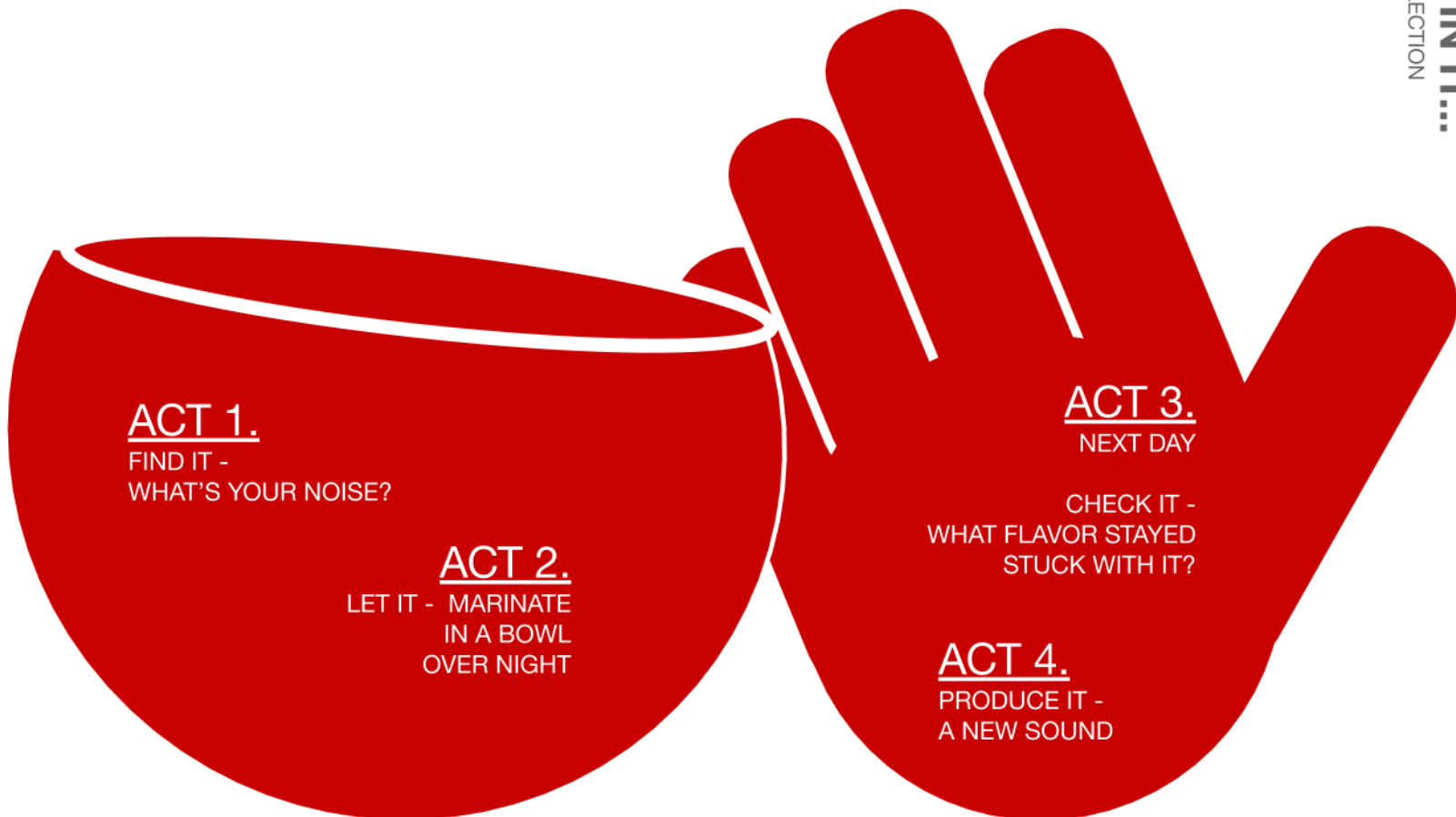


KEREN ROSENBAUM
DEFINE IT - KNOW NEED ASK & DO
ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



© copyright: Keren Rosenbaum /
www.composingcommunity.com

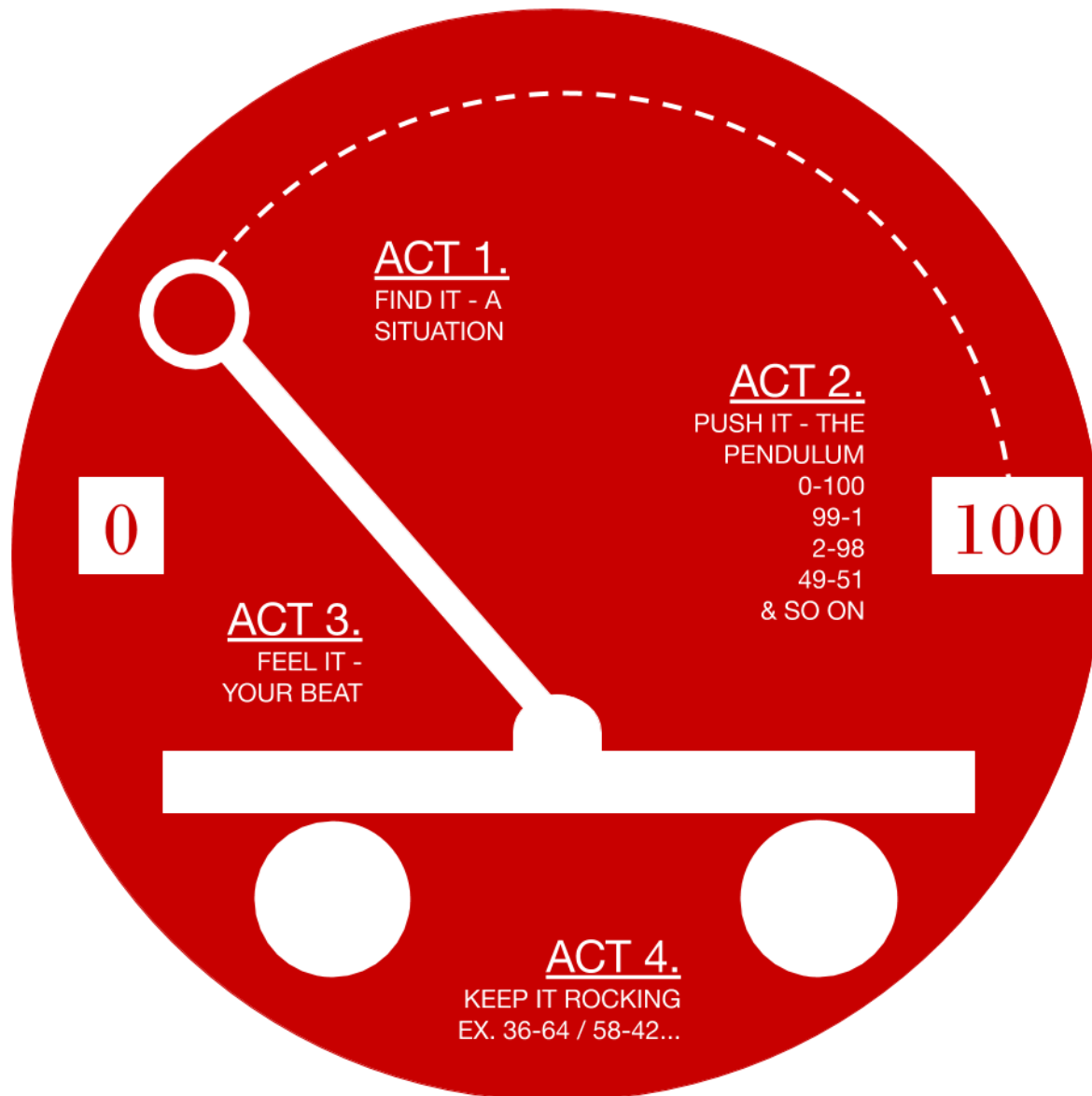




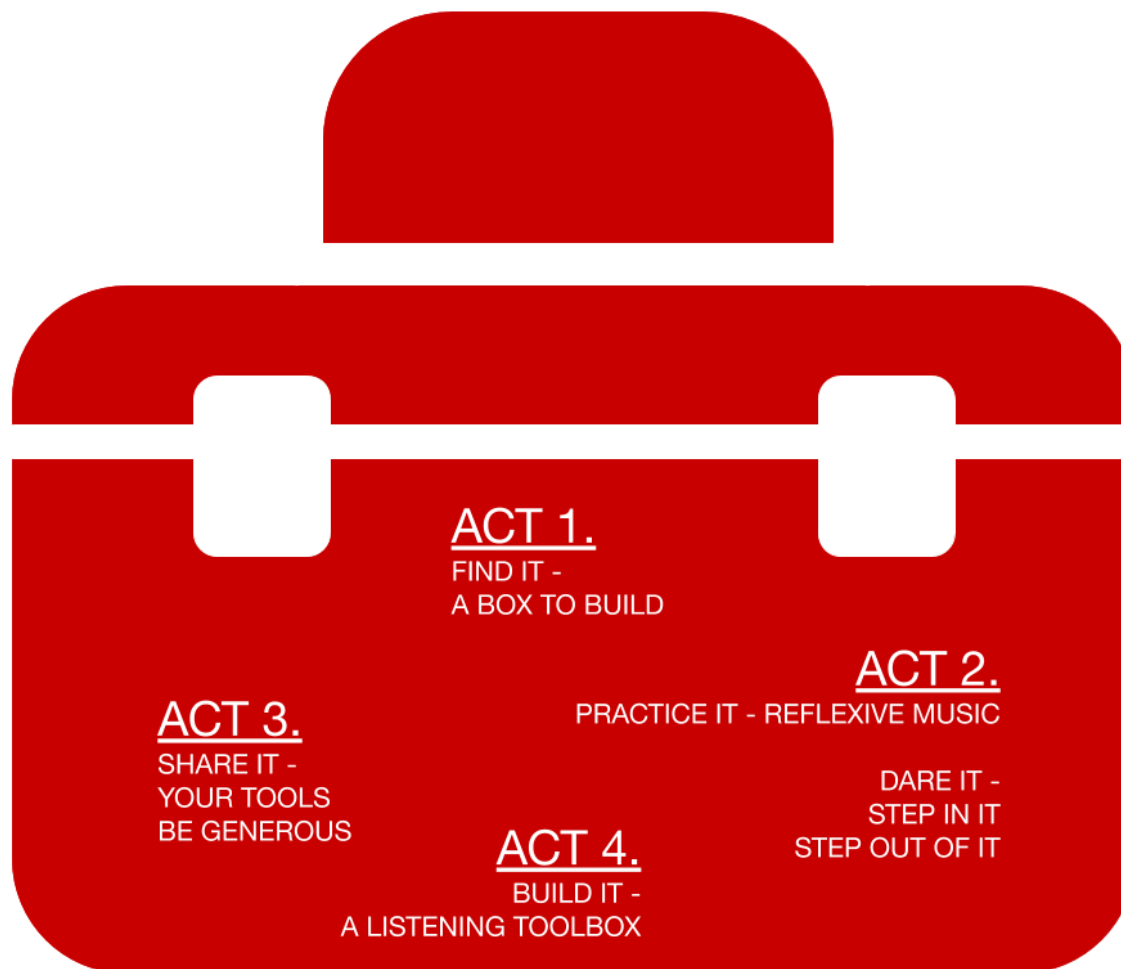




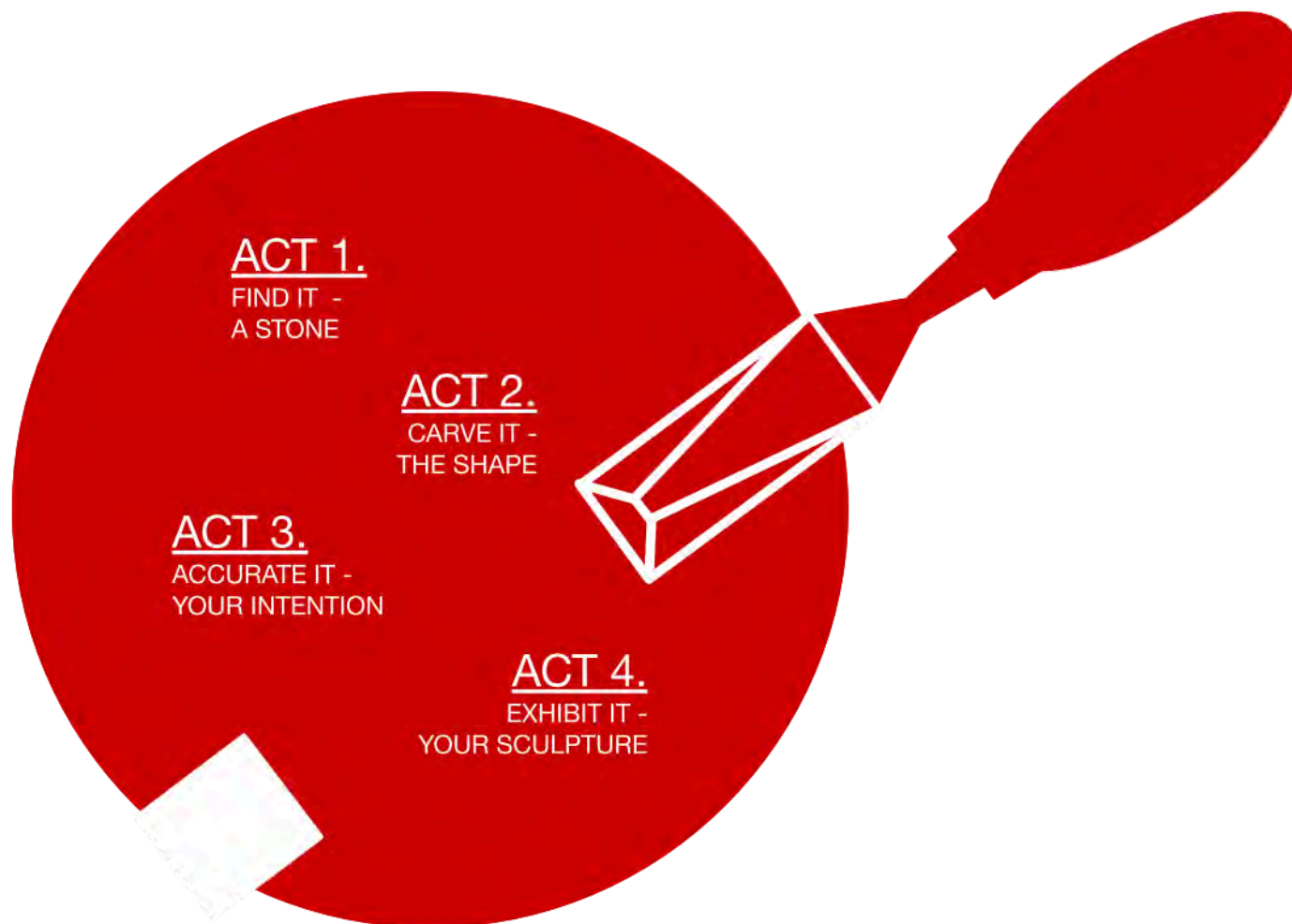
KEREN ROSENBAUM
BALANCE IT - ZERO TO 100
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
BUILD IT - A LISTENING TOOLBOX
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

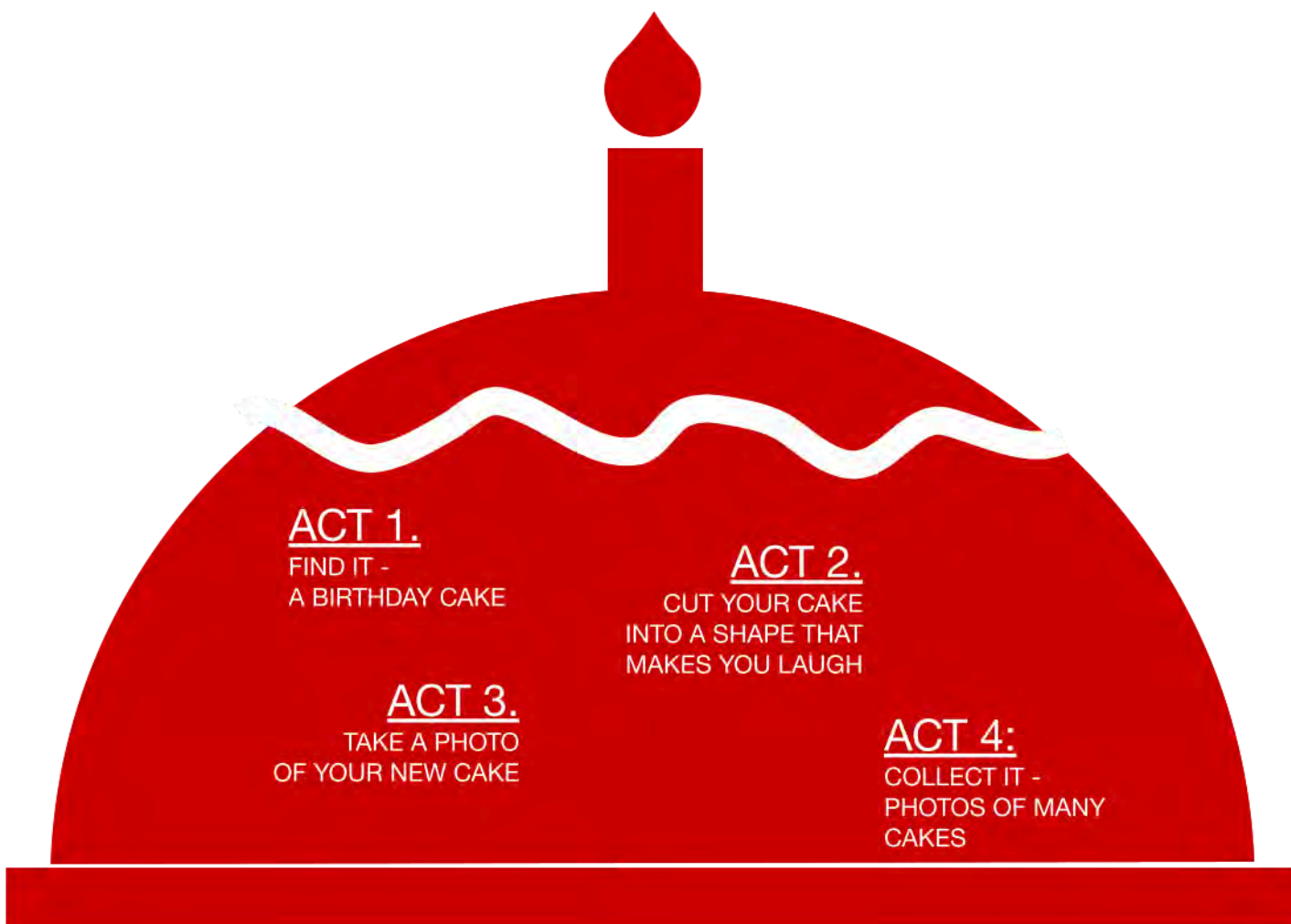


234



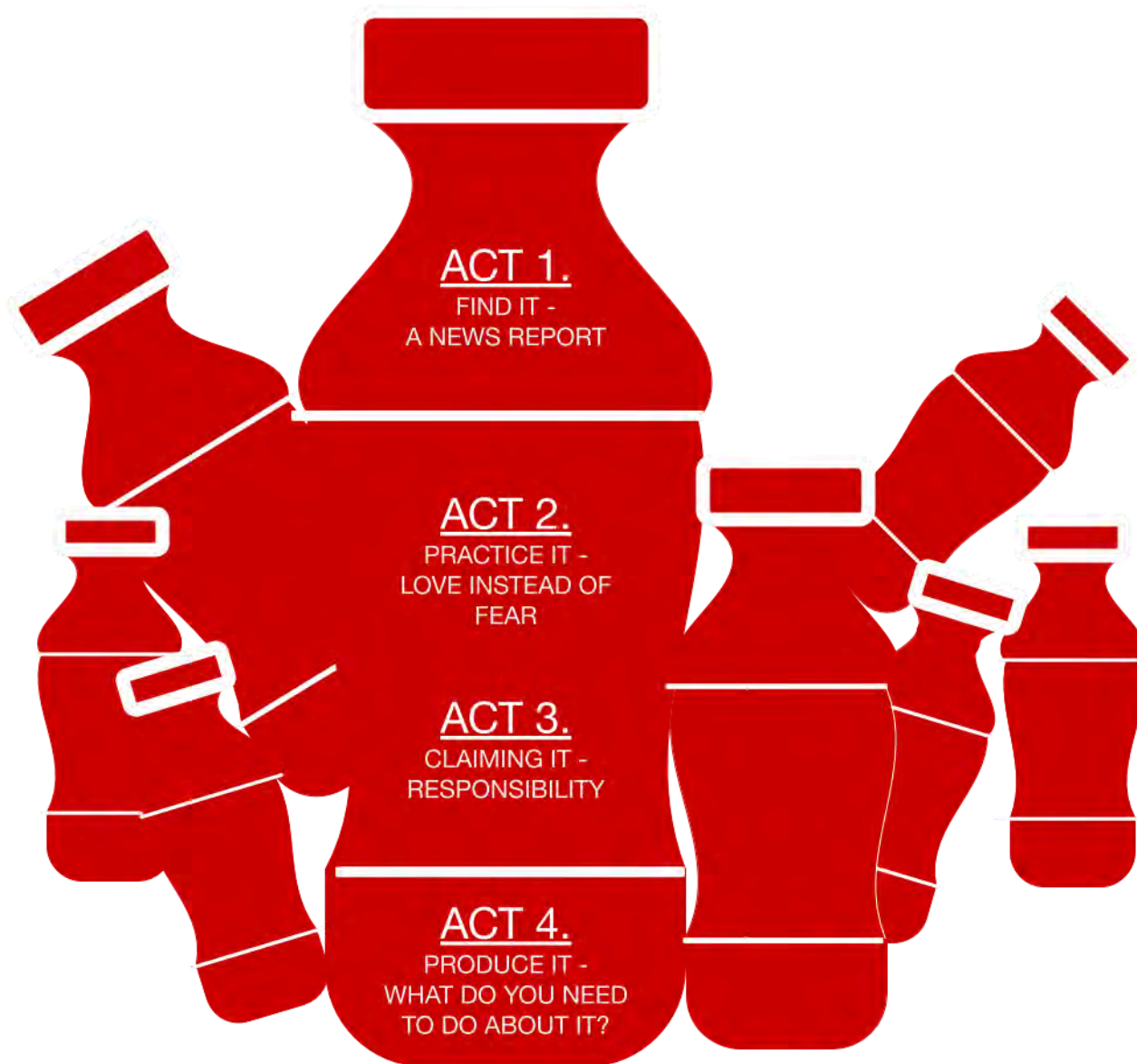
KEREN ROSENBAUM
CELEBRATE IT - BIRTHDAY

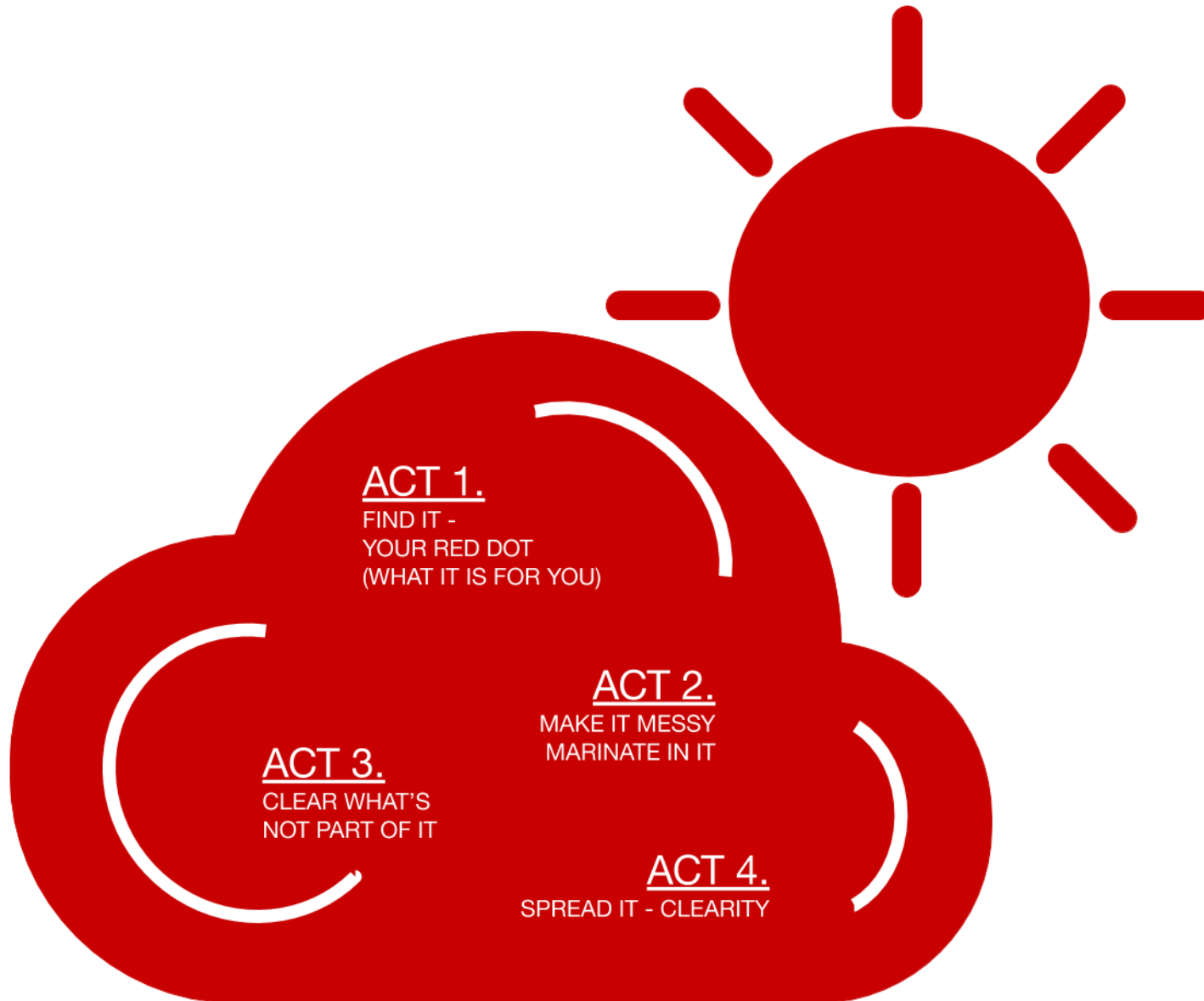
(For: MICHAL
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

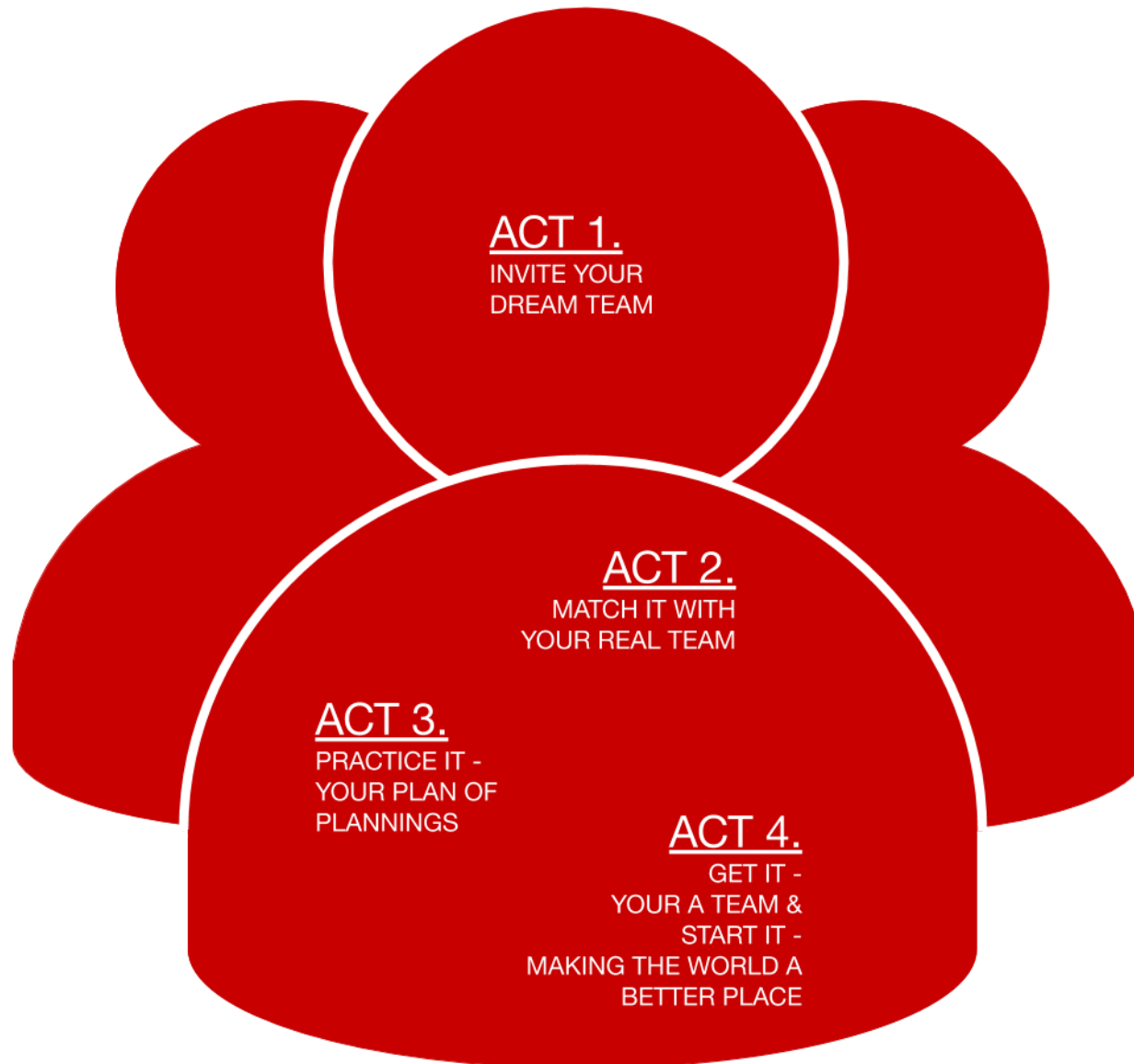


KEREN ROSENBAUM
CLAIMING IT - RESPONSIBILITY

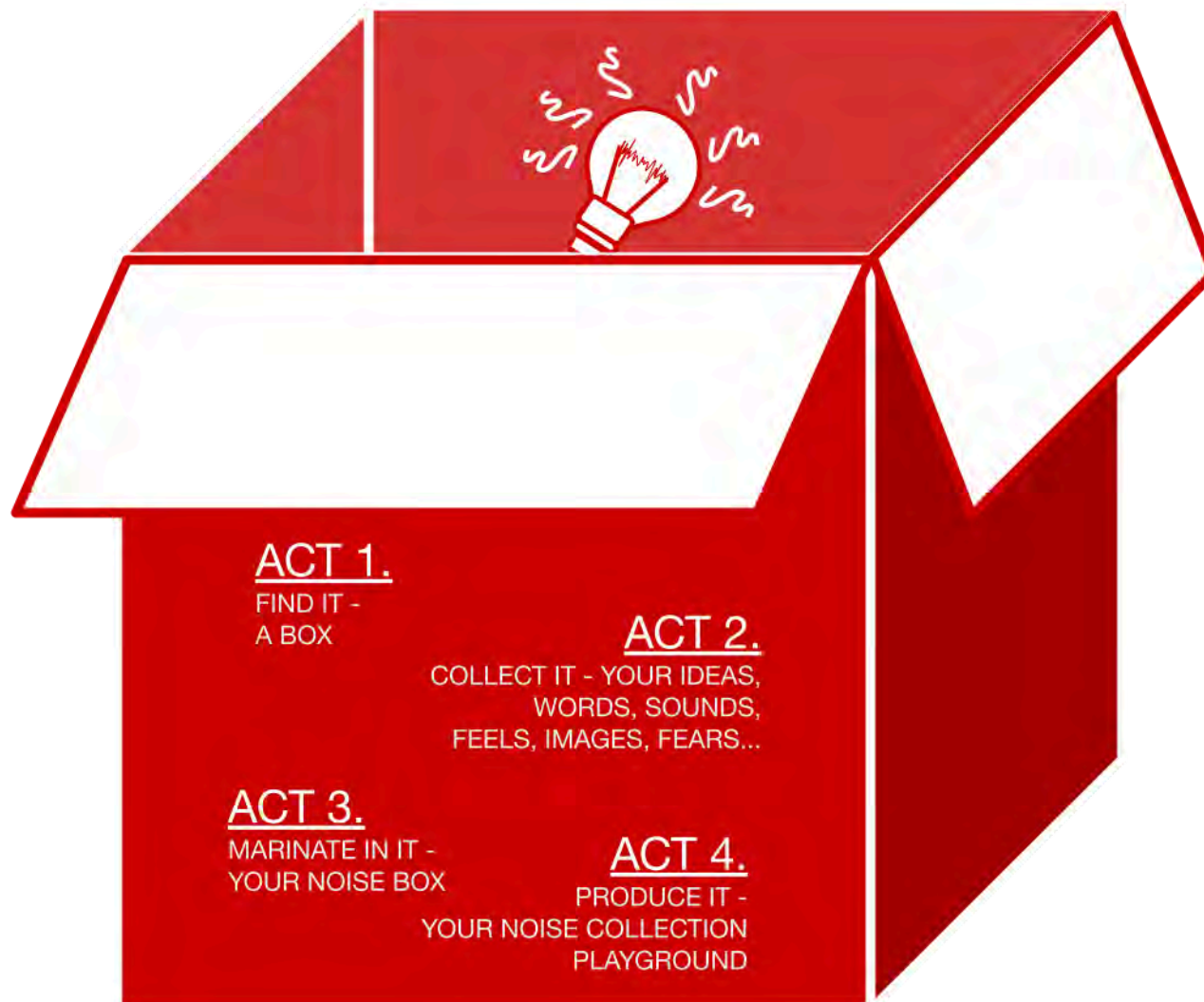
ZERO 00 IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE





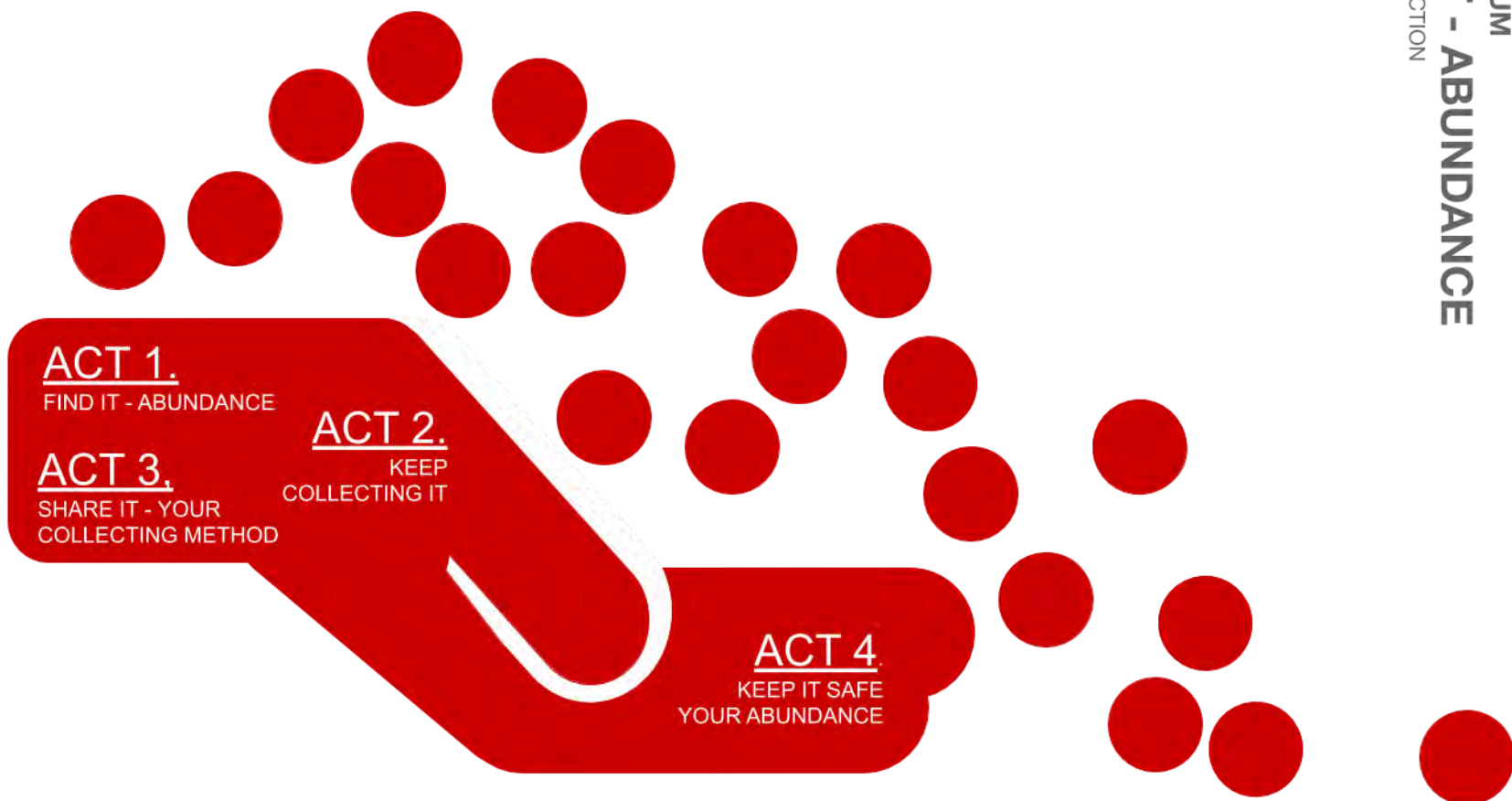


KEREN ROSENBAUM
COLLECT IT - A NOISE BOX
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



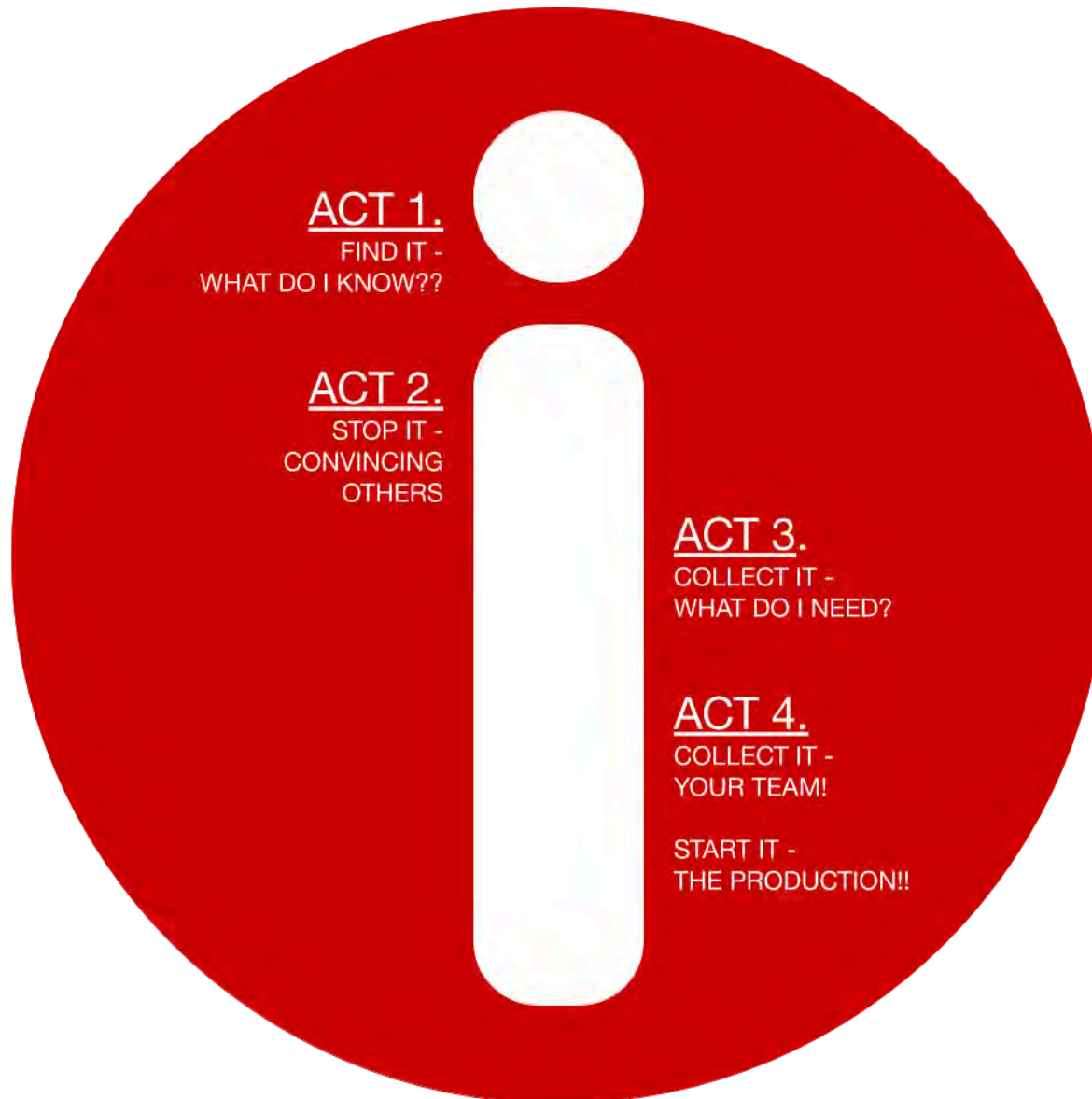
240

KEREN ROSENBAUM
COLLECT IT - ABUNDANCE
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
COLLECT IT - LIFE TREATS
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY / OPERAGAME
VISUAL SCORE







ACT 1.

FIND IT - A LIST OF YOUR
 FAVORITE NOUNS

ACT 2.

CONNECT IT -
 YOUR NOUNS INTO:

"I FEEL COMFORTABLE
 WITH MY...(NOUN)

My body
 My mind
 My feelings
 My self
 My family.
 My life
 My reality
 My boredom
 My love
 My happiness
 My judgment
 My confusion
 My mistakes
?

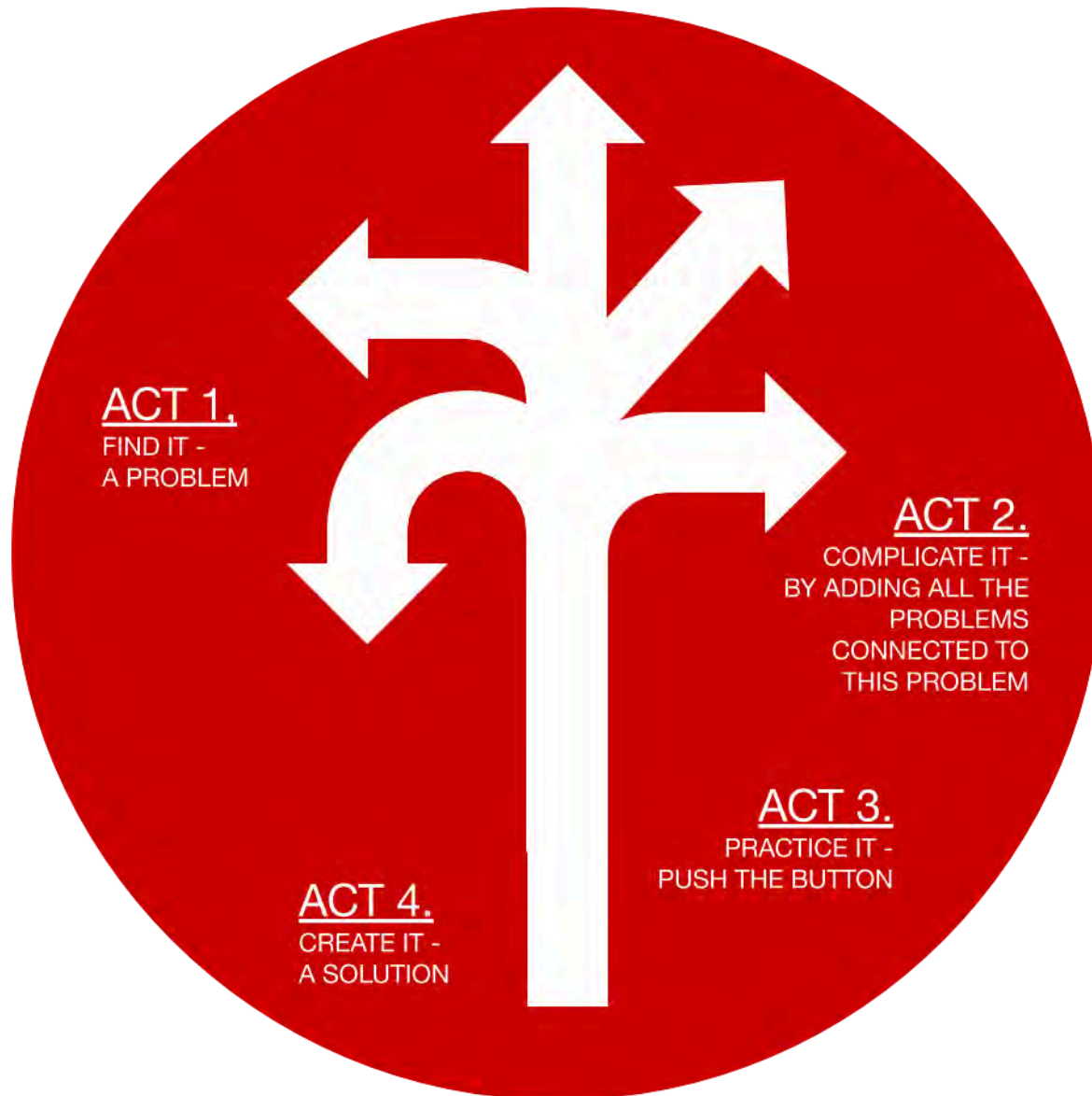
ACT 3.

PERFORM IT - YOUR LIST

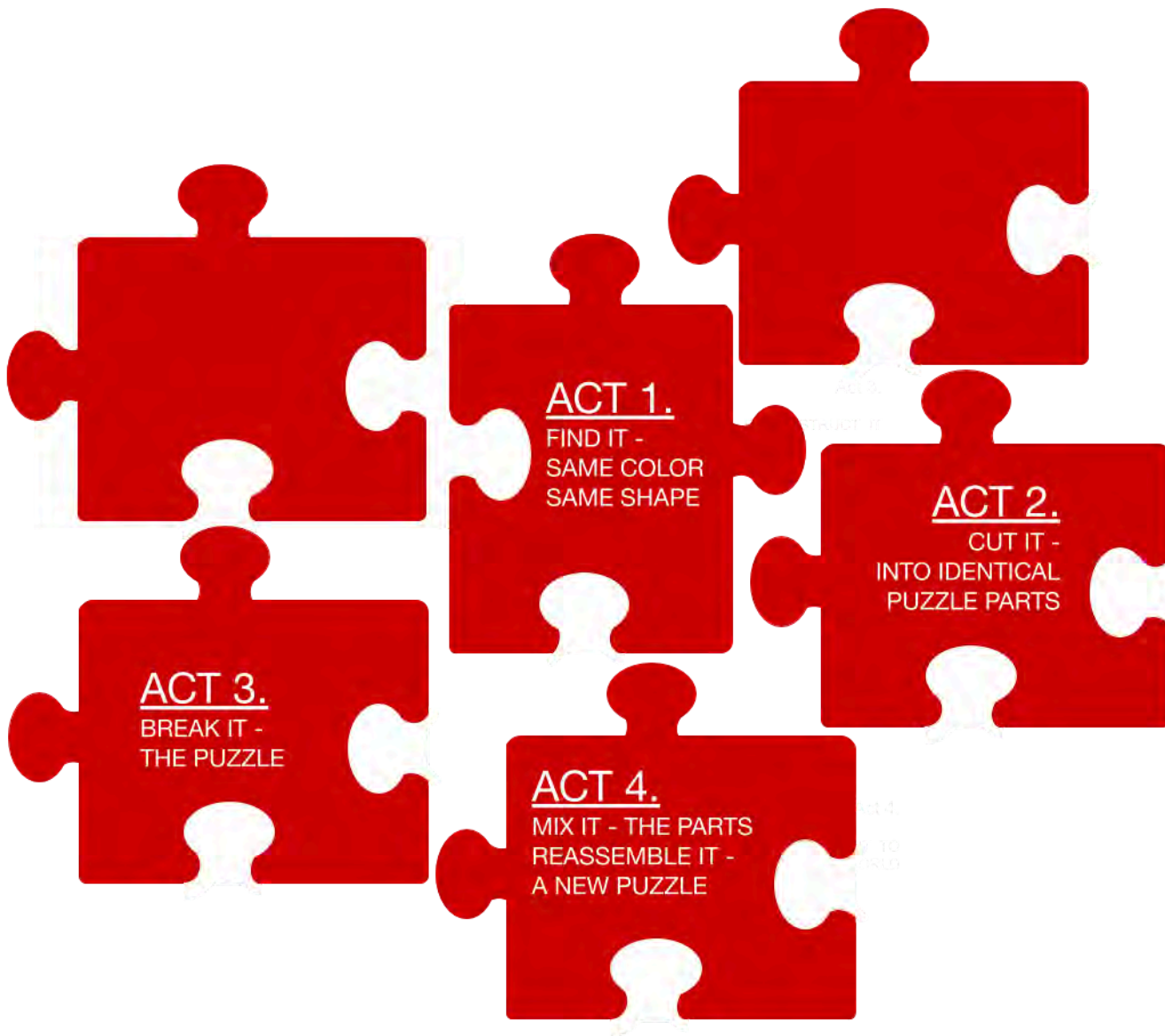
ACT 4.

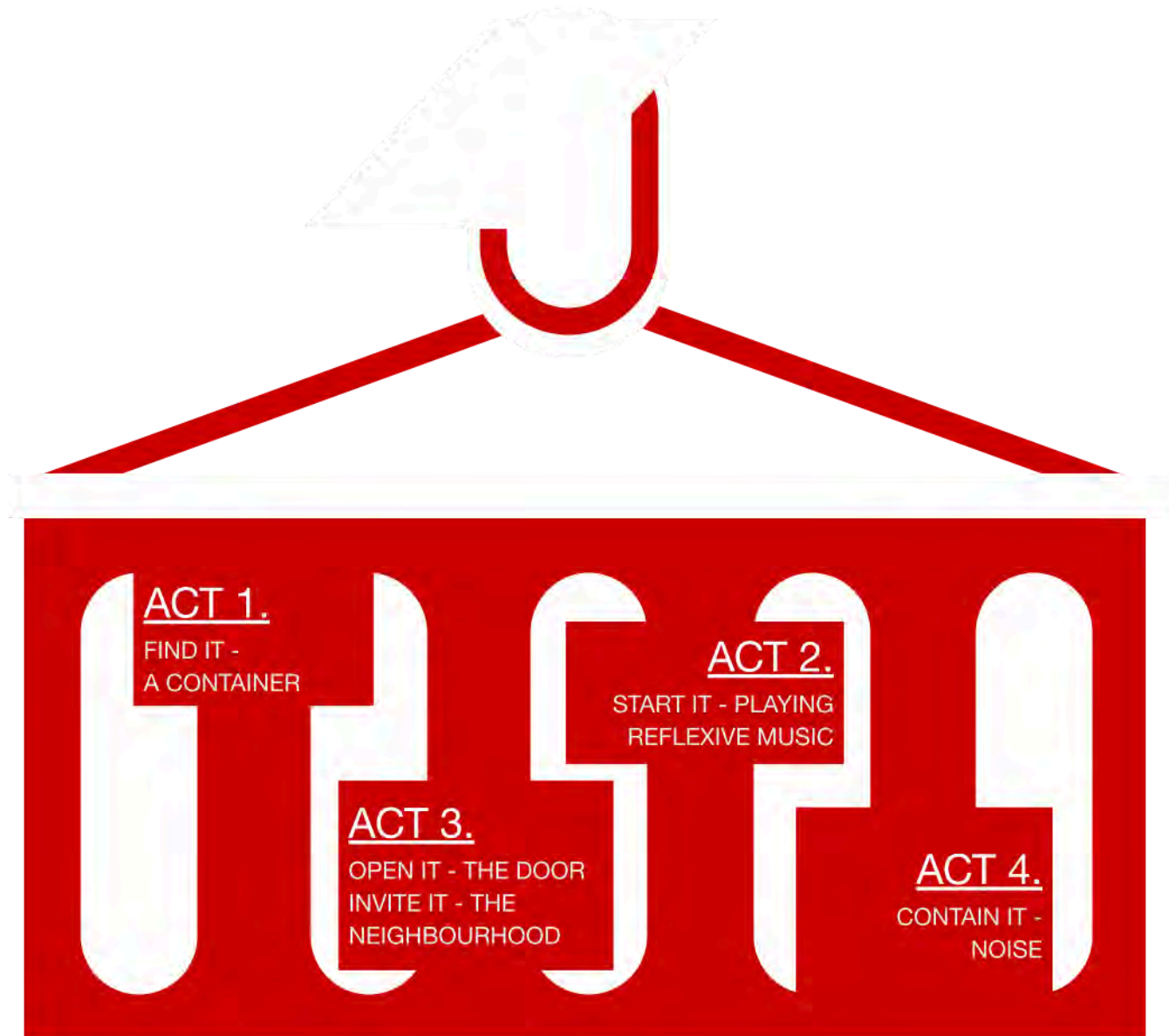
EMBODY IT - WHAT YOU ARE
 COMFORTABLE IN IT

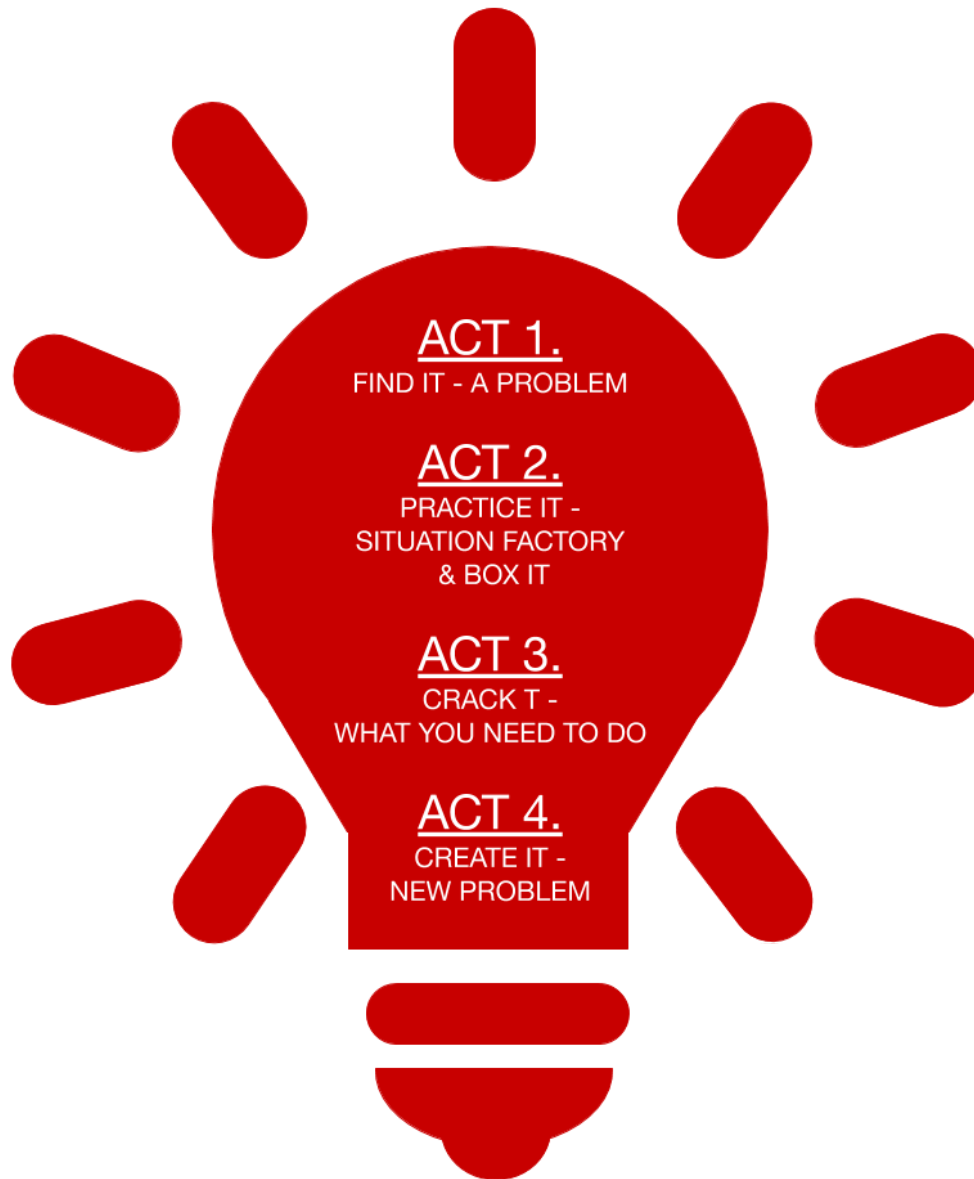




KEREN ROSENBAUM
REASSEMBLE IT - TO A NEW PUZZLE
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE







INTRO

Perspectives
Reflexive Cooking = Reflexive Music

CHAPTER 1 - I

Commitments
Time-Space-Conditions
Operagame

CHAPTER 2 - YOU

Etudes
Reflexive Music Compositions -
Recipes
Reflexive Music Practice -
Kuvangavanga

CHAPTER 3 - WE

Active Listening Playgrounds
Reflex Ensemble
Composing Communities

CHAPTER 4 - WORLD

Reflexive Reality / Democracy of
Dictators
What's your sound
Bring me back to my senses
Listening Revolution

INDEX - CODA

PREPT IT / MY PANTRY
INSPIRATION: Words, Images, Actions,
Movements,
sounds, smells and tastes
ACKNOWLEDGMENTS & LINKS

KEREN ROSENBAUM IMPROVISE IT

For: Cassie Tunick
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

ACT 1.

FIND IT -
AN EMPTY STAGE
STAGE = A CANVAS

ACT 2.

TASTE IT -
THE EMPTY
PLAY WITH IT -
THE EMPTY

ACT 3.

PERFORM IT -
ADDING COLORS
MADE OF
MOVEMENT & SOUND

ACT 4.

IMPROVISE IT -
EMPTINESS & COLOR
COMPOSE A MEANING

KEREN ROSENBAUM
DENOISE IT - THE SPIRIT
ZERO TO 100 / IT COLLECTION
REFLEXIVE MUSIC
VISUAL SCORE

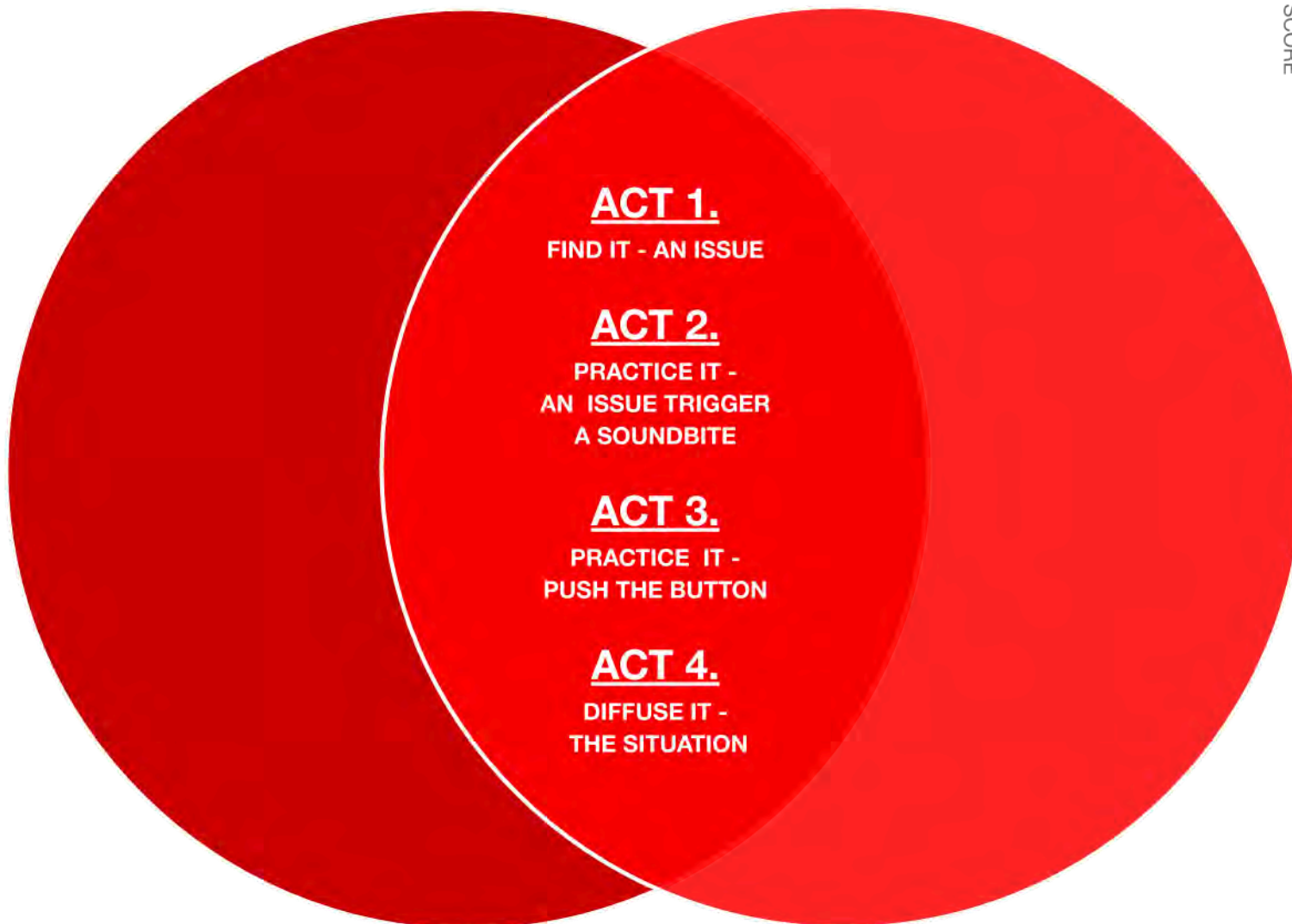


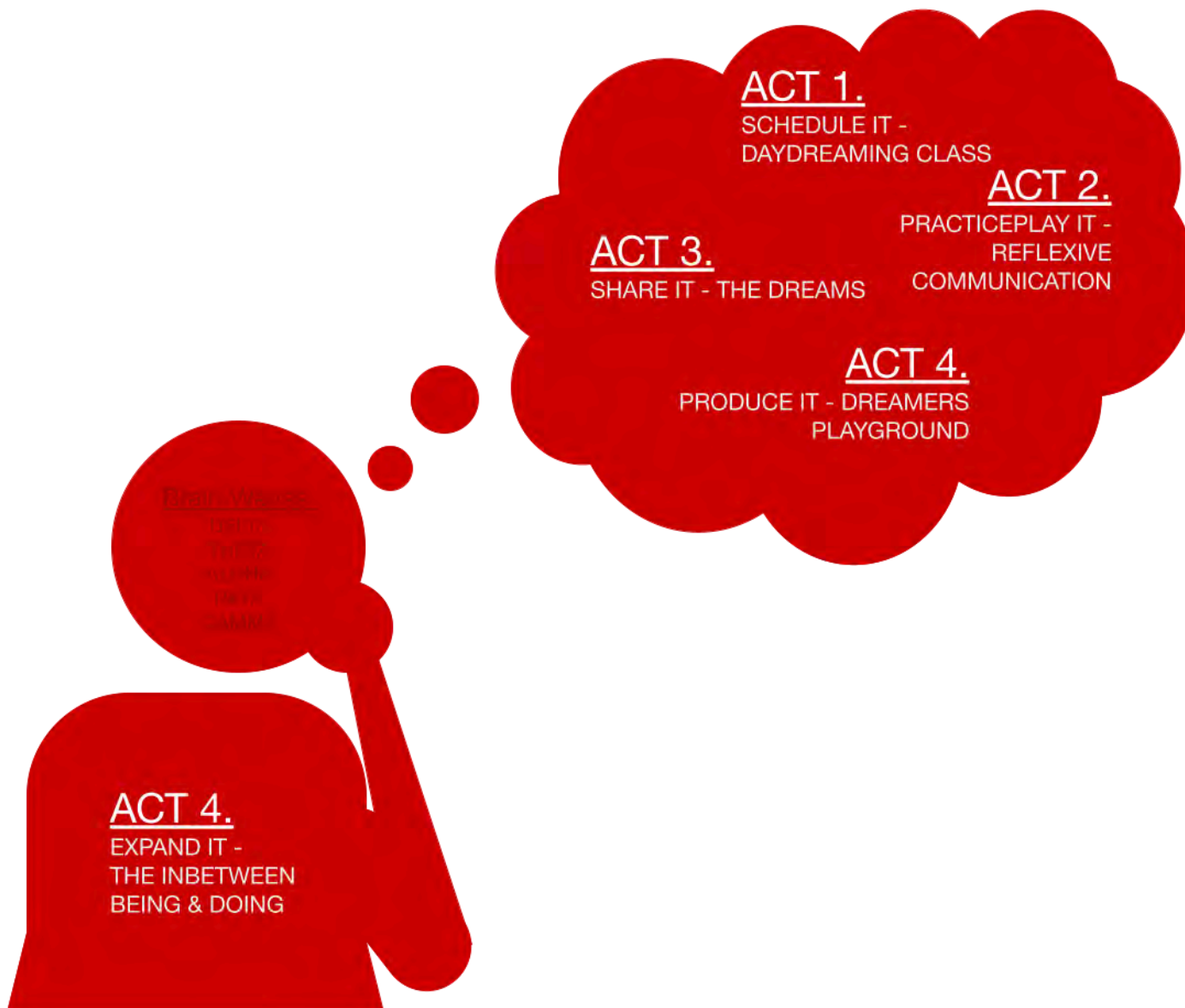
KEREN ROSENBAUM
DENOISE IT - TO A MELODY
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
DIFFUSE IT

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE





KEREN ROSENBAUM

EXIT IT

(For Kiki Yilmutka)

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

ACT 1.
FIND IT -
TIME SPACE
CONDITIONS

ACT 2.
PRACTICE IT -
YOUR RED DOT

EXIT

ACT 3.
PERFORM IT -
YOUR EXIT IT

ACT 4.
PRODUCE IT -
AN EX- IT
FESTIVAL



KEREN ROSENBAUM
FIGHT IT - ASSUMPTIONS
ZERO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



ACT 1.

FIND IT - A MORNING
WAKE UP - EYES CLOSED
MAKE YOUR WAY TO THE
FLOOR - ROLL OUT OF BED

ACT 2.

TAKE IT -
ONE BREATH IN
ONE BREATH OUT

OBSERVE YOUR INSIDE
OBSERVE YOUR OUTSIDE
REMEMBER YOUR THOUGHTS

ACT 3.

OPEN YOUR EYES
ROLL UP

PERFORM IT -
ONE ACTION
LIKE MAKING COFFEE
BRUSHING TEETH

ACT 4.

PRODUCE IT -
A GLORIOUS DAY

ACT 1.

FIND IT -
A TASK NEEDED TO BE DONE

ACT 2.

PREPARE IT -
A NEWSPAPER AD
WITH A DETAILED
DESCRIPTION OF THE MASTER
YOU NEED

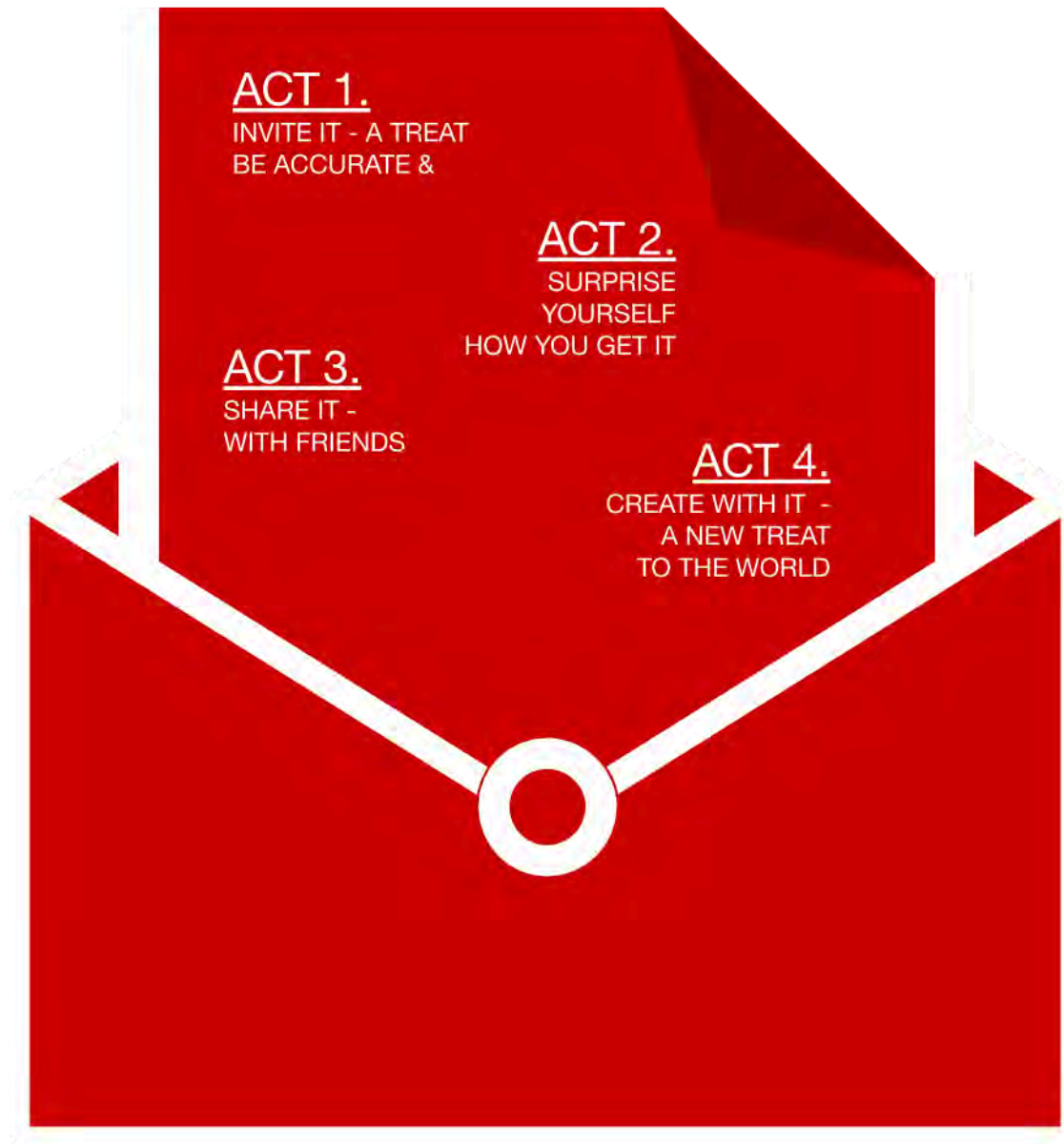
ACT 3.

HIRE IT -
A MASTER FOR THE JOB

ACT 4.

IF YOU ARE THE MASTER
HIRE YOURSELF FOR THE JOB
& PERFORM IT WELL

KEREN ROSENBAUM
INVITE IT - A TREAT
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



261

©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

[Index](#)

KEREN ROSENBAUM

LEAD IT

(For: Talia Ilan)
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM

COLLECT IT - INCREDIBLE

(For: Kiki Yilmutka)

ZERO IT 100 / IT COLLECTION

REFLEXIVE COMPOSITION
VISUAL SCORE

ACT 1.

FIND IT -
A LIST OF
ADJECTIVES

ACT 2.

IN FRONT OF A MIRROR SAY
(Like talking to yourself)

"I ARE INCREDIBLY this "

"I ARE INCREDIBLY that "

"I ARE INCREDIBLY this & that"

ACT 3.

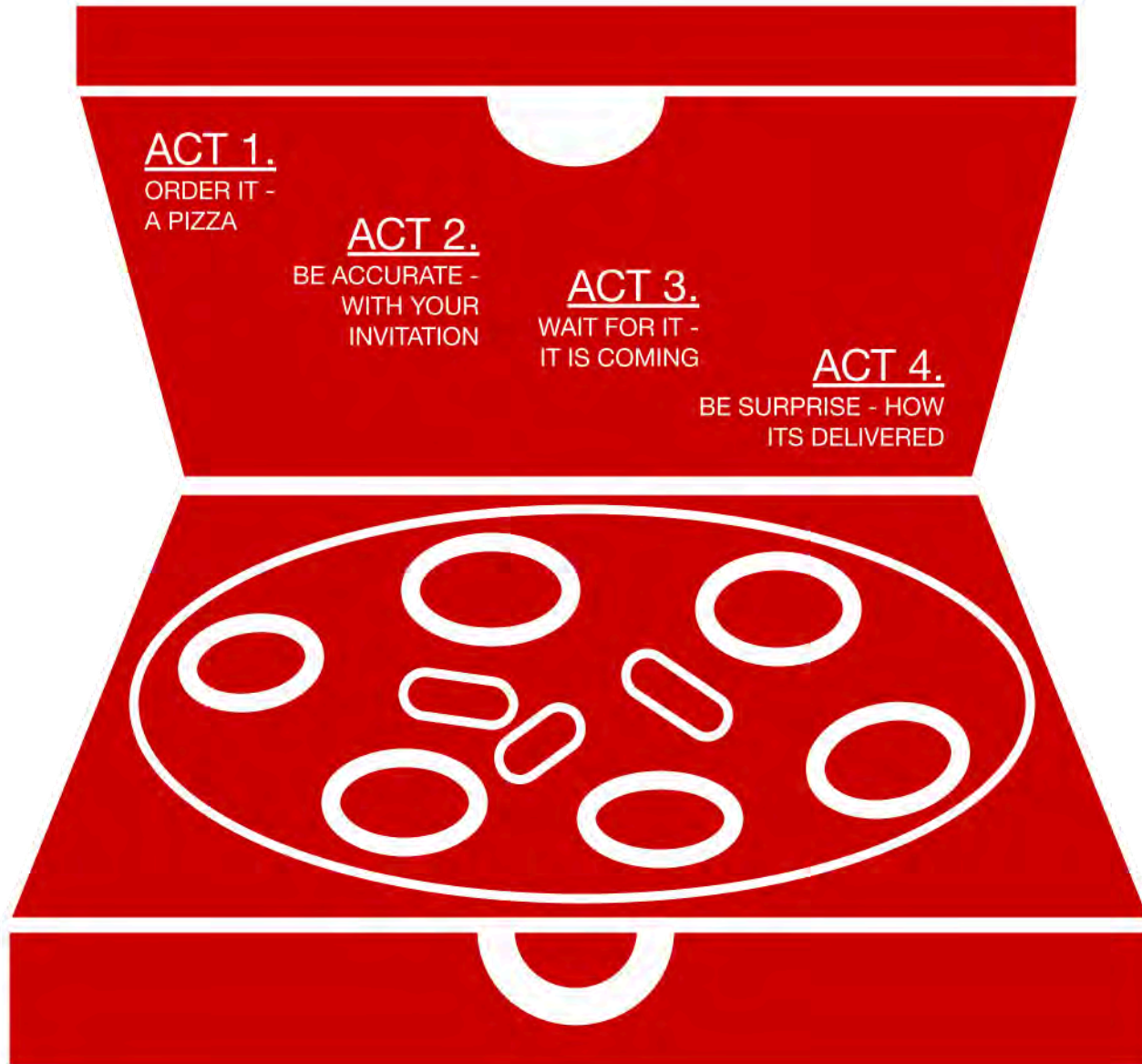
LISTEN TO
YOURSELF
LISTENING TO
YOURSELF
LISTENING TO

ACT 4.

PRODUCE IT -
A PERFORMANCE
OF "I AM INCREDIBLE"

© copyright: Keren Rosenbaum /
www.composingcommunity.com

KEREN ROSENBAUM
ORDER IT - PIZZA INVITATION
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



ACT 1.
ORDER IT -
A PIZZA

ACT 2.
BE ACCURATE -
WITH YOUR
INVITATION

ACT 3.
WAIT FOR IT -
IT IS COMING

ACT 4.
BE SURPRISE - HOW
ITS DELIVERED

KEREN ROSENBAUM

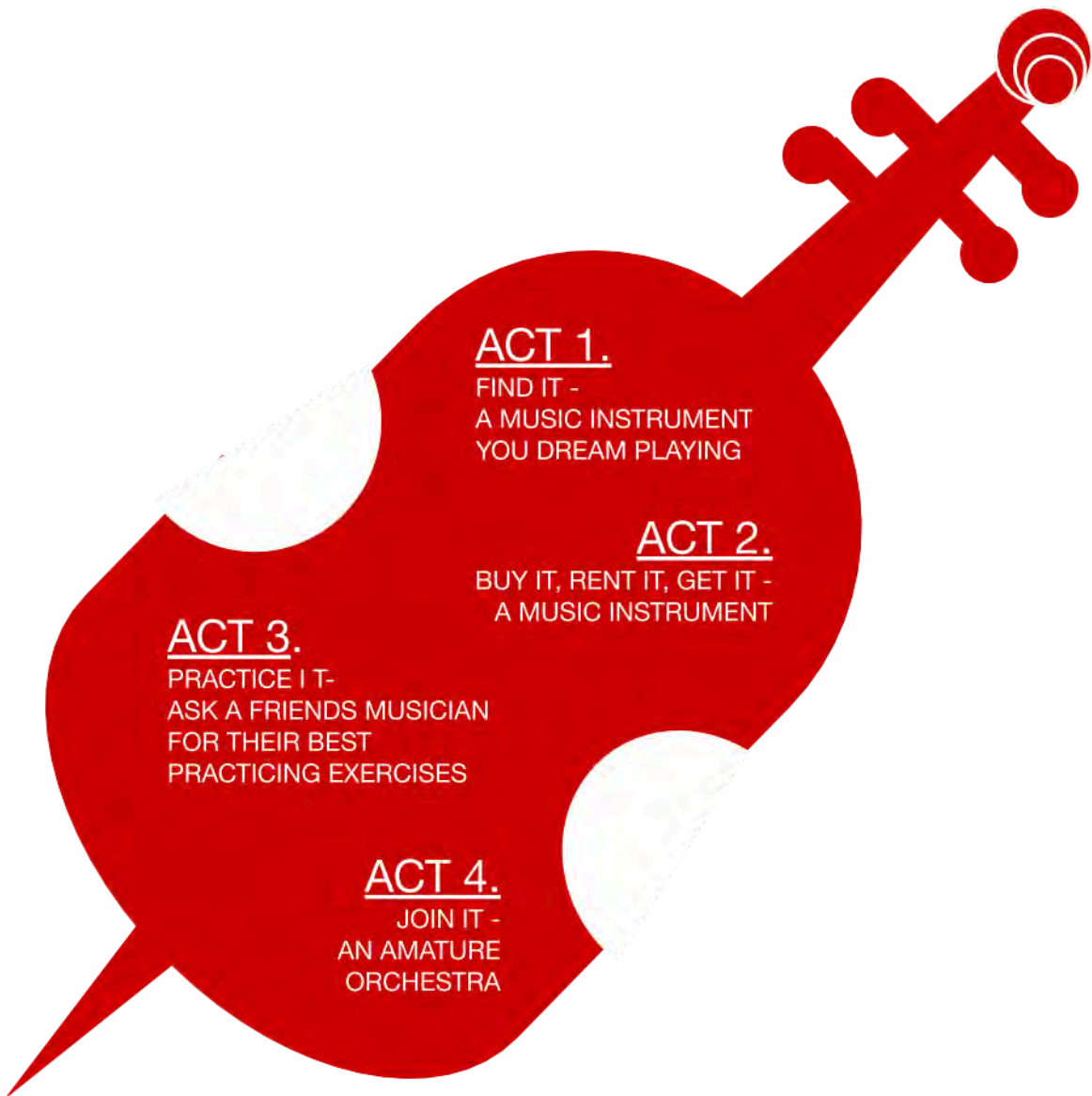
PRACTICE IT - A NEW INSTRUMENT

ZERO TO 100 / IT COLLECTION

(For Talia Ilan)

REFLEXIVE REALITY

VISUAL SCORE



ACT 1.

FIND IT -
A MUSIC INSTRUMENT
YOU DREAM PLAYING

ACT 2.

BUY IT, RENT IT, GET IT -
A MUSIC INSTRUMENT

ACT 3.

PRACTICE IT -
ASK A FRIENDS MUSICIAN
FOR THEIR BEST
PRACTICING EXERCISES

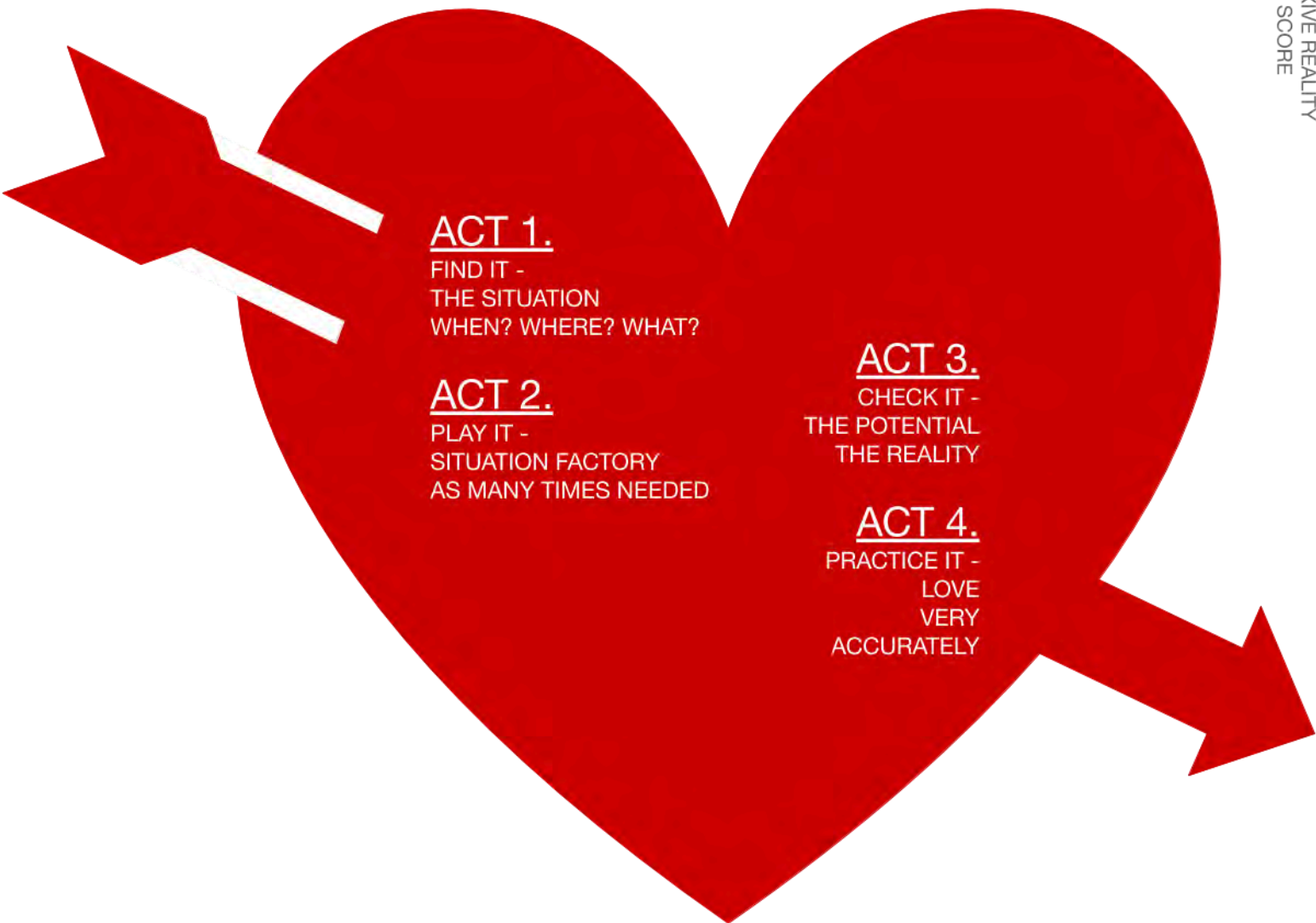
ACT 4.

JOIN IT -
AN AMATEUR
ORCHESTRA

KEREN ROSENBAUM

PRACTICE IT - LOVE ACCURATELY

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



ACT 1.

FIND IT -
THE SITUATION
WHEN? WHERE? WHAT?

ACT 2.

PLAY IT -
SITUATION FACTORY
AS MANY TIMES NEEDED

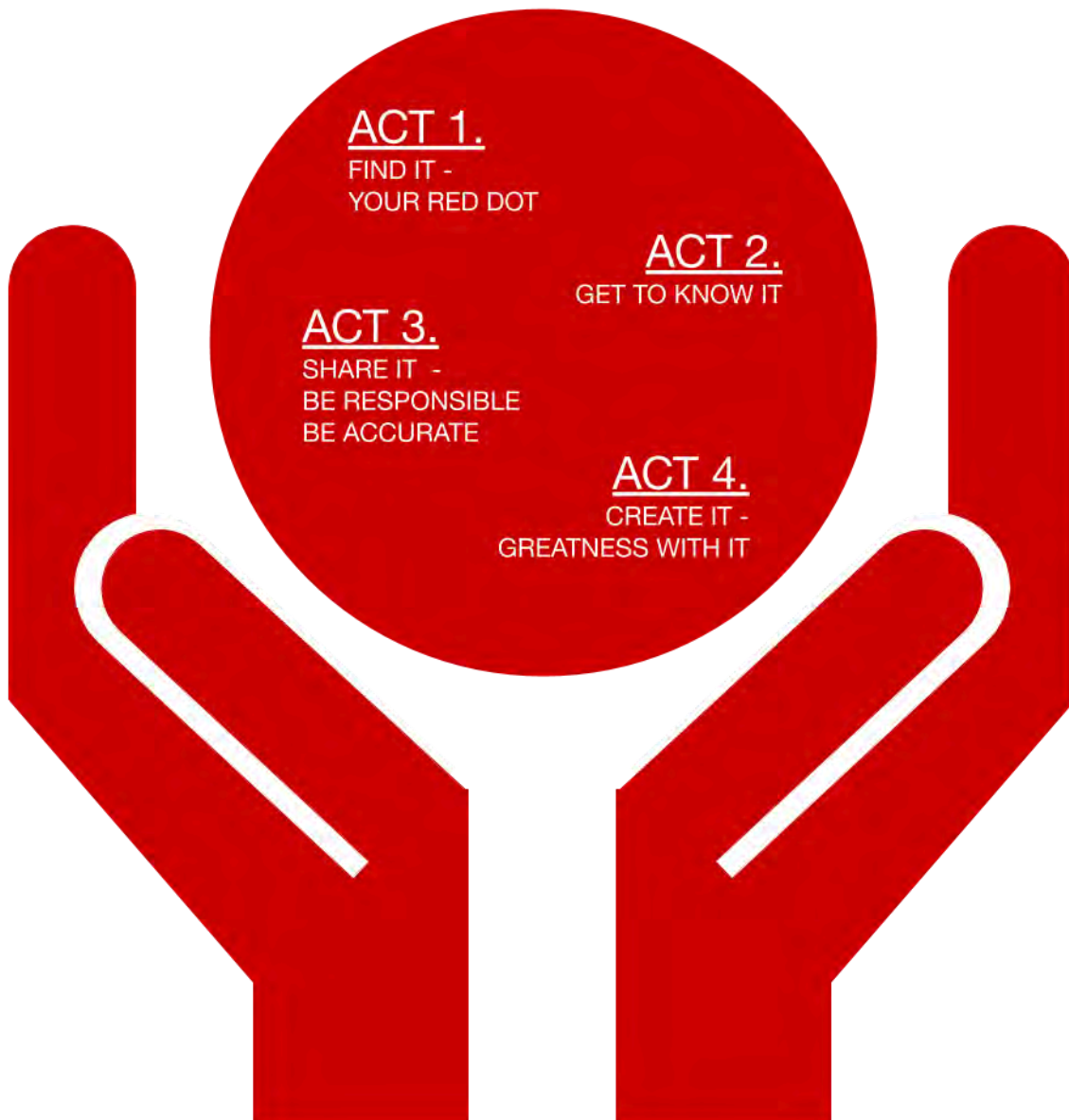
ACT 3.

CHECK IT -
THE POTENTIAL
THE REALITY

ACT 4.

PRACTICE IT -
LOVE
VERY
ACCURATELY





ACT 1.

— FIND IT - A VERB
— (EXAMPLE: JUMP)
—
—

ACT 2.

— COMBINE IT -
— VERB + IT = YOUR NEW SCORE
— (EXAMPLE: JUMP IT)
—

ACT 3.

— PRACTICE IT -
— A NEW COMPOSITION
— (EXAMPLE: JUMP IT IN 4 ACTS)
—

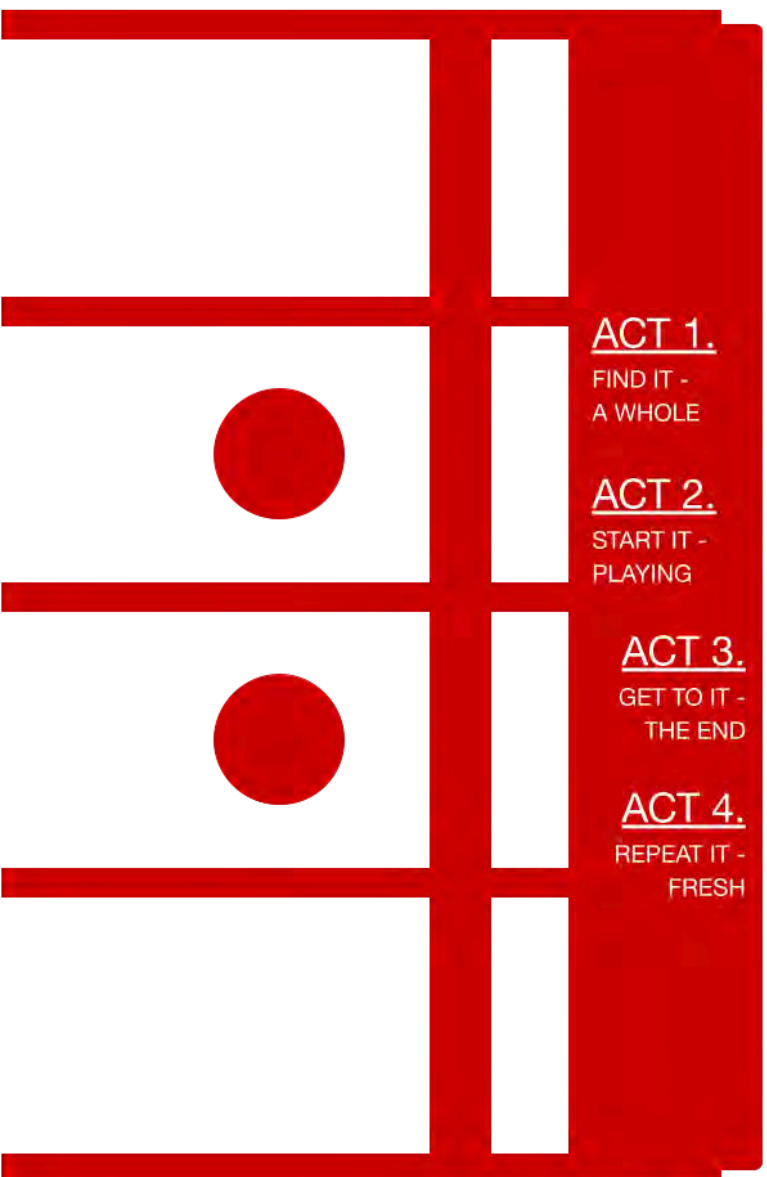
ACT 4.

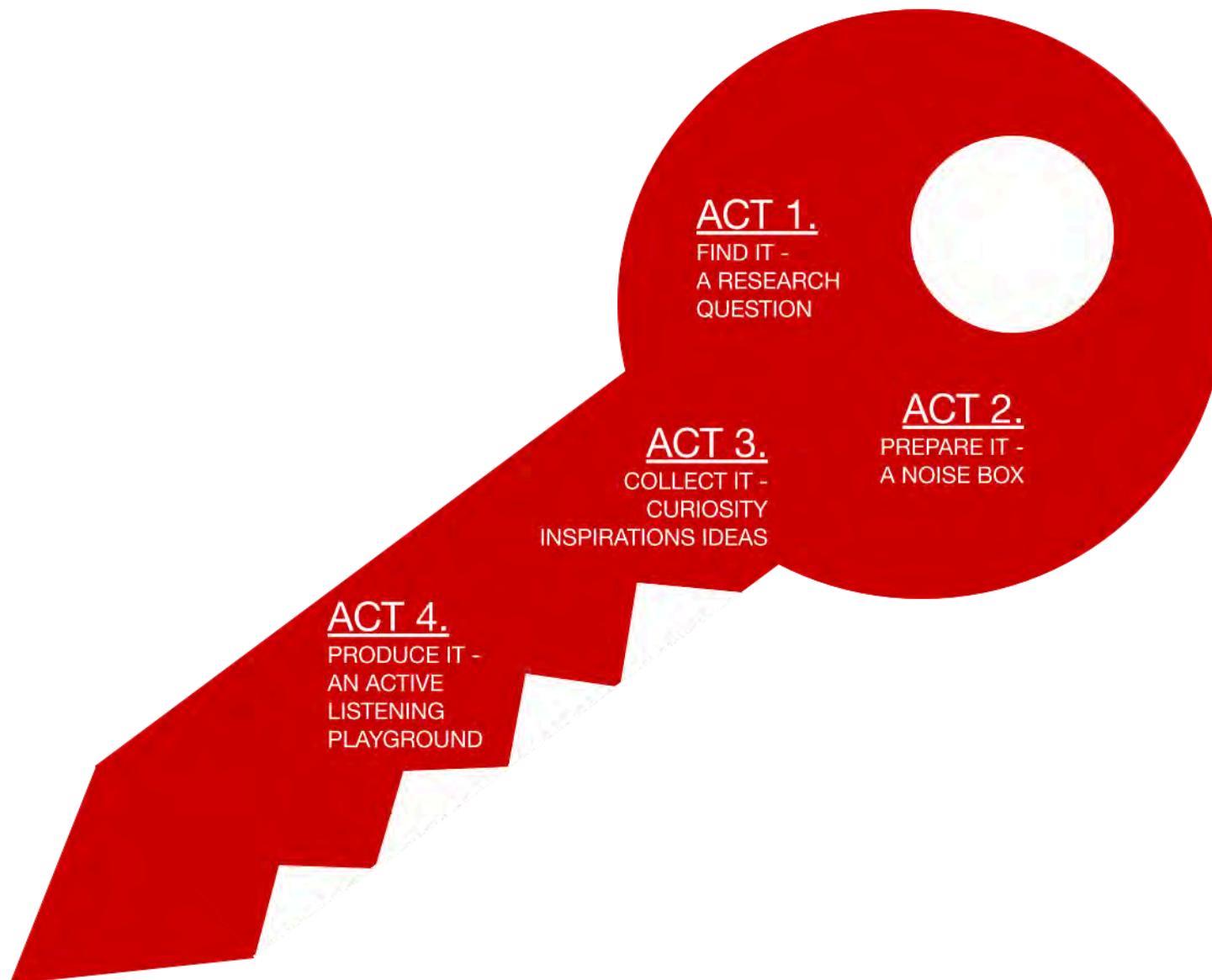
— PUBLISH IT
—

KEREN ROSENBAUM

REPEAT IT - A NEW VARIATION

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



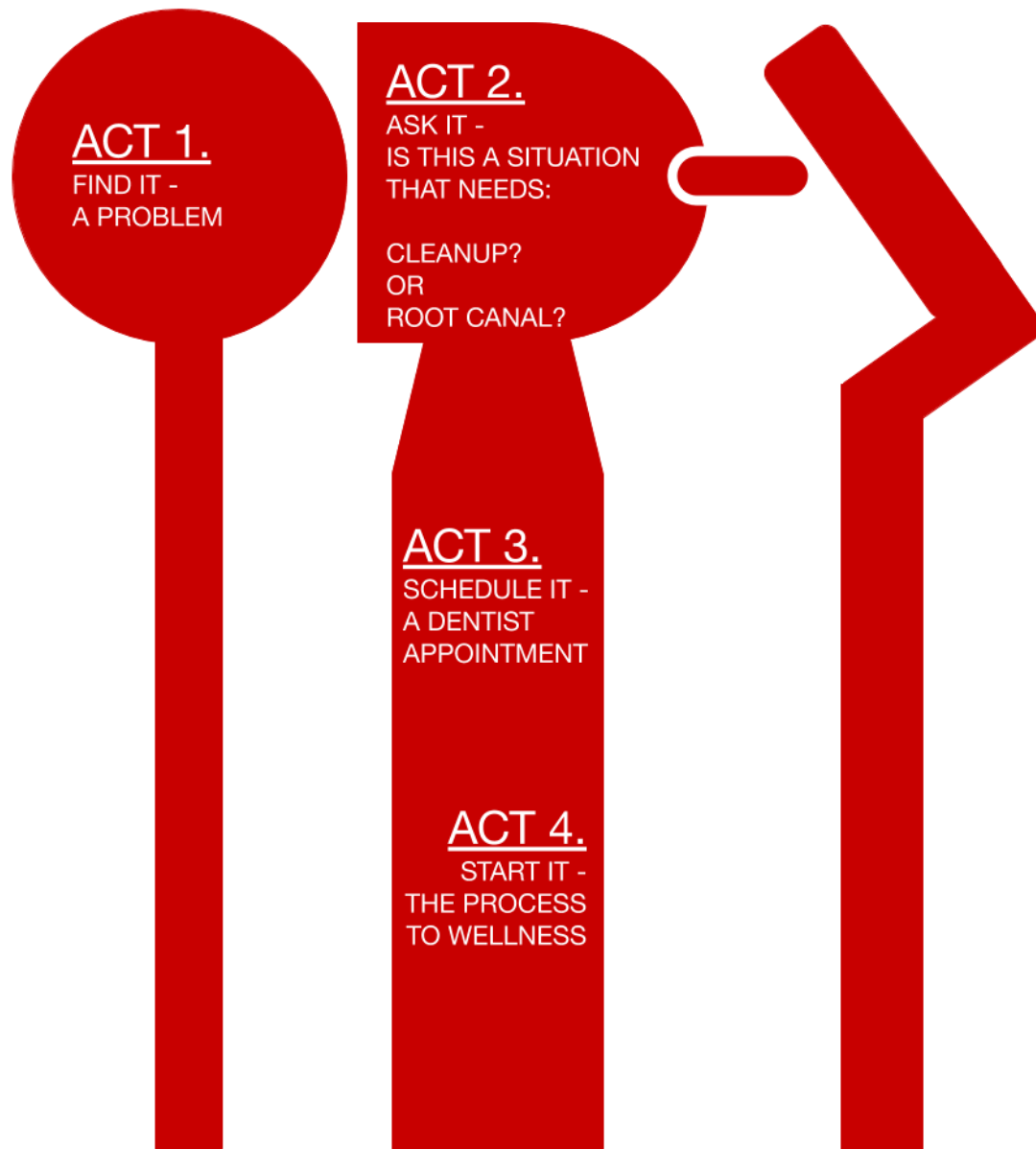


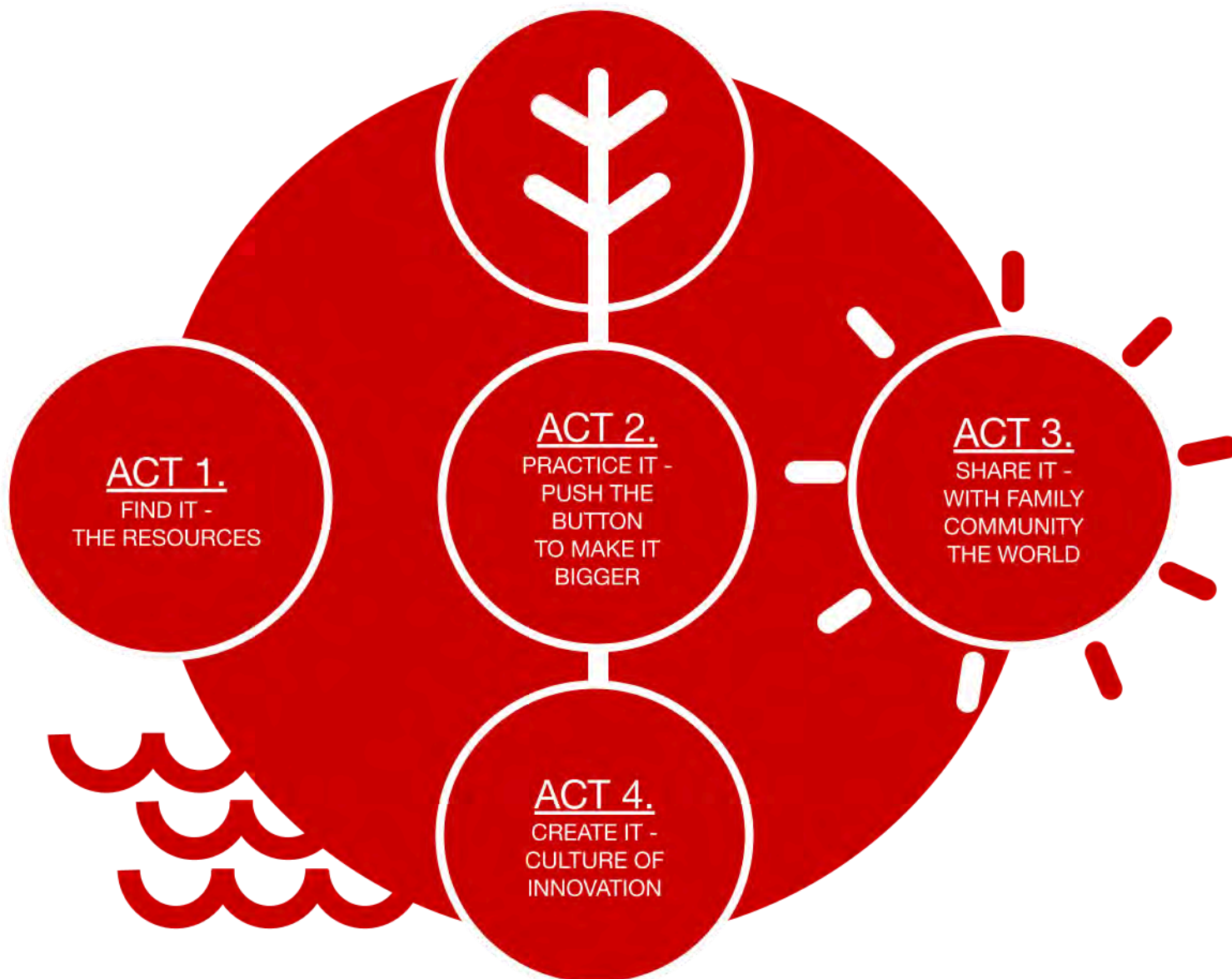
KEREN ROSENBAUM

SCHEDULE IT -

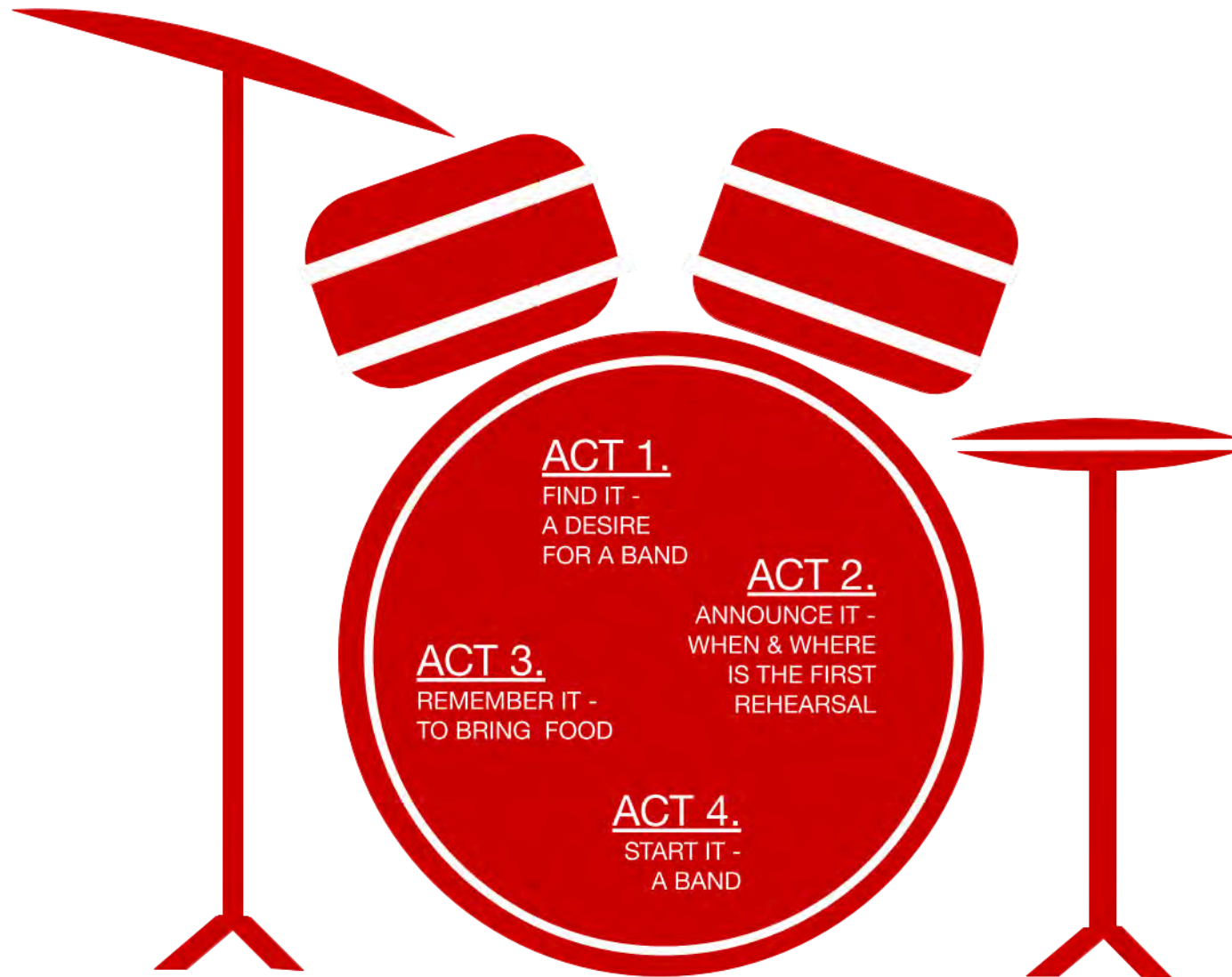
A DENTIST APPOINTMENT

ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE











ACT 1.

FIND IT -
A DESIRE FOR PRODUCING
AN ACTIVE LISTENING PLAYGROUND

ACT 2.

START IT - A RUMOR
"THERE'S GOING TO
BE THIS & THAT"

ASK IT -
"ARE YOU IN?"

ACT 3.

COLLECT IT -
YOUR BAND
SHARE IT -
THE TIME-SPACE-CONDITIONS
INVITE IT -
EVERYONE TO BE PART OF IT

ACT 4.

PRODUCE IT
SUMMARIZE IT

DON'T FORGET
TO
DOCUMENT IT

TIP -

WHEN YOU START A RUMOR,
ALWAYS MAKE SURE YOU ARE
FULLY COMMITTED TO
PERFORM IT EVEN
IF YOU ARE THE ONLY ONE
SHOWING UP

KEREN ROSENBAUM

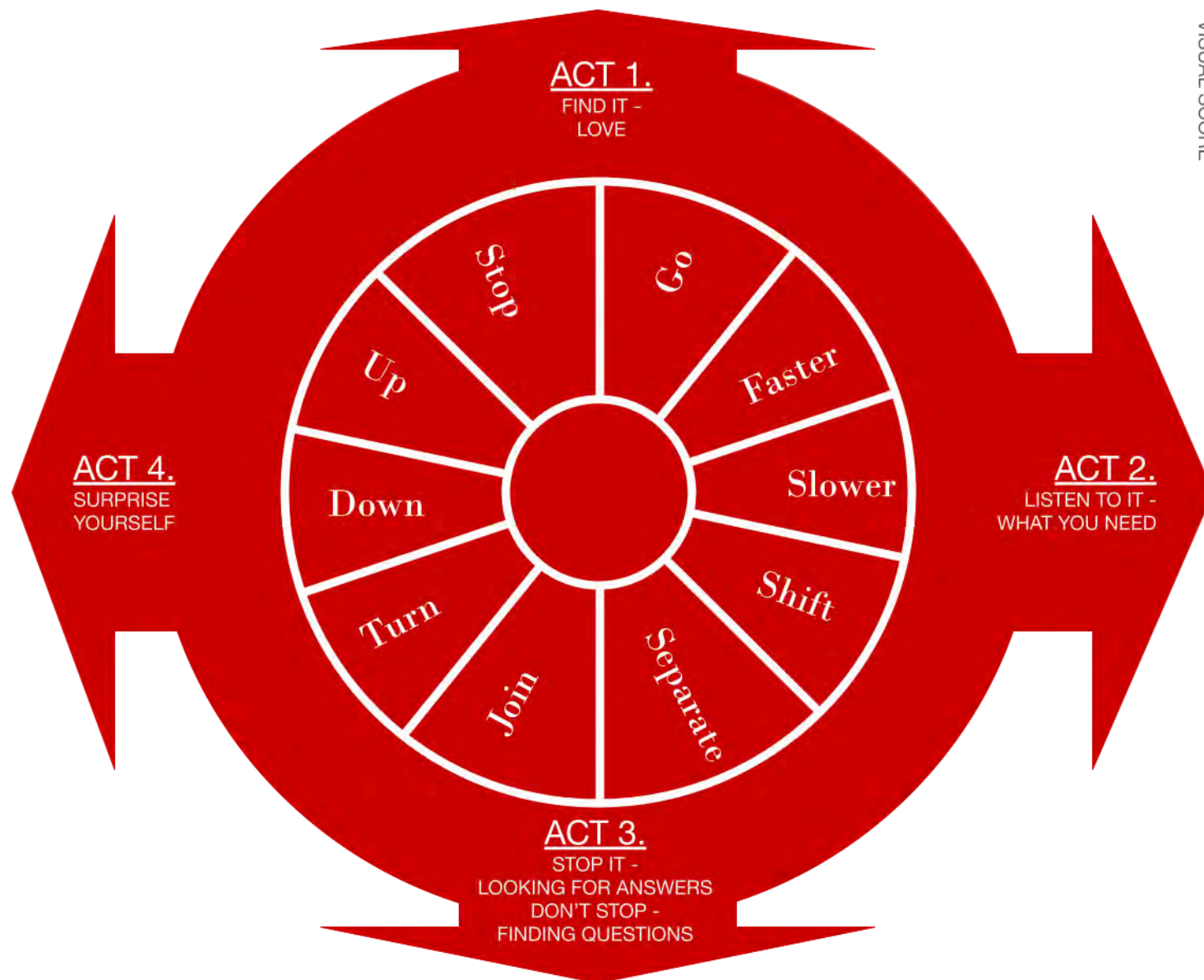
STOP / DON'T STOP IT

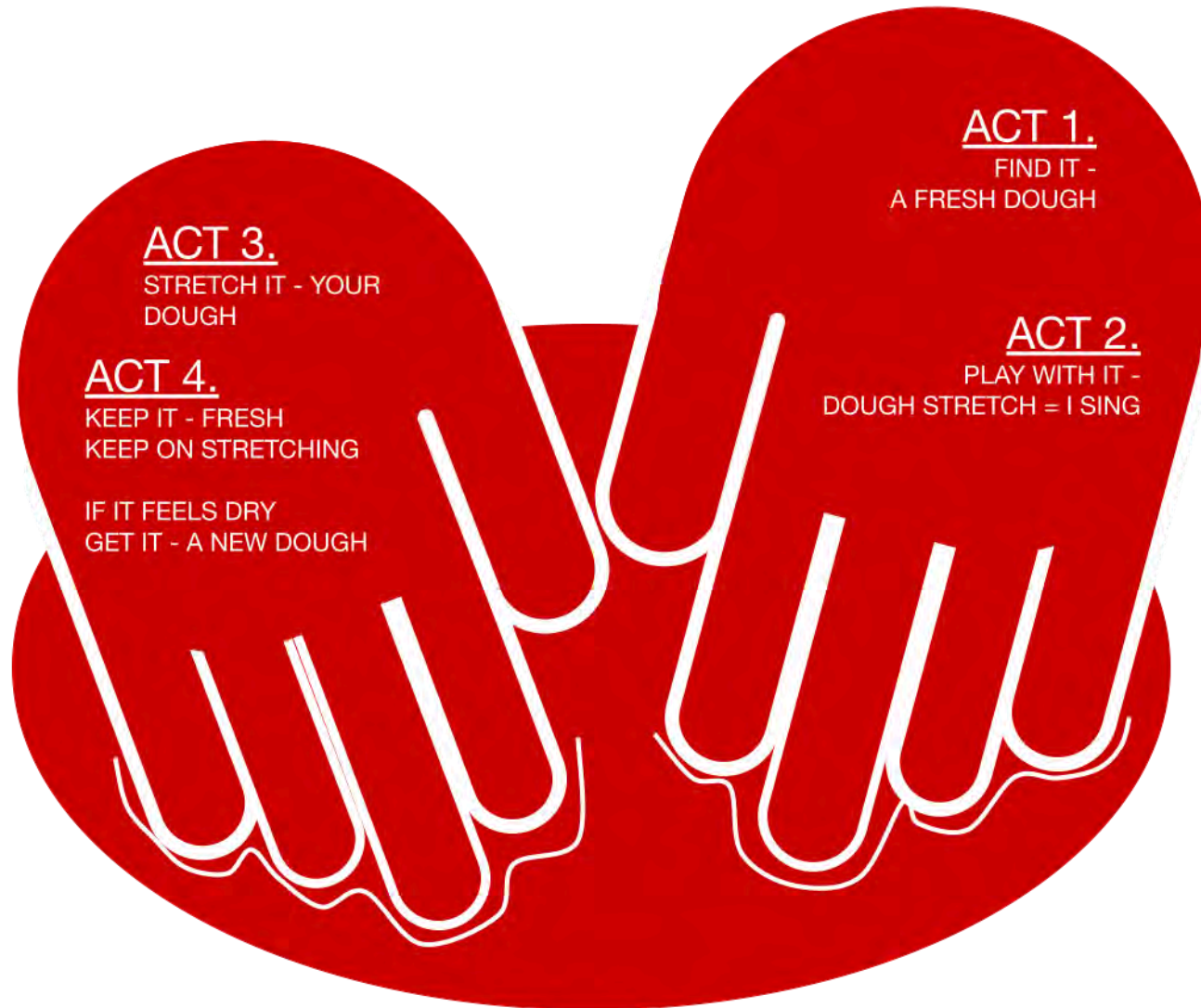
ZERO TO 100 / IT COLLECTION

(For Hadar Sobo)

REFLEXIVE REALITY

VISUAL SCORE





KEREN ROSENBAUM
STRETCH IT - THE FEEL
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

ACT 1.
FIND IT -
A FEEL

ACT 3.
FEEL IT - IF IT'S DRY
LET IT GO AND
GO BACK TO #1

ACT 2.
STRETCH IT -
THE FEEL
(Not the emotions)

ACT 4.
PRODUCE IT -
ACT OUT OF LOVE
INSTEAD OF FEAR

KEREN ROSENBAUM

STRETCH IT - THE POSE

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



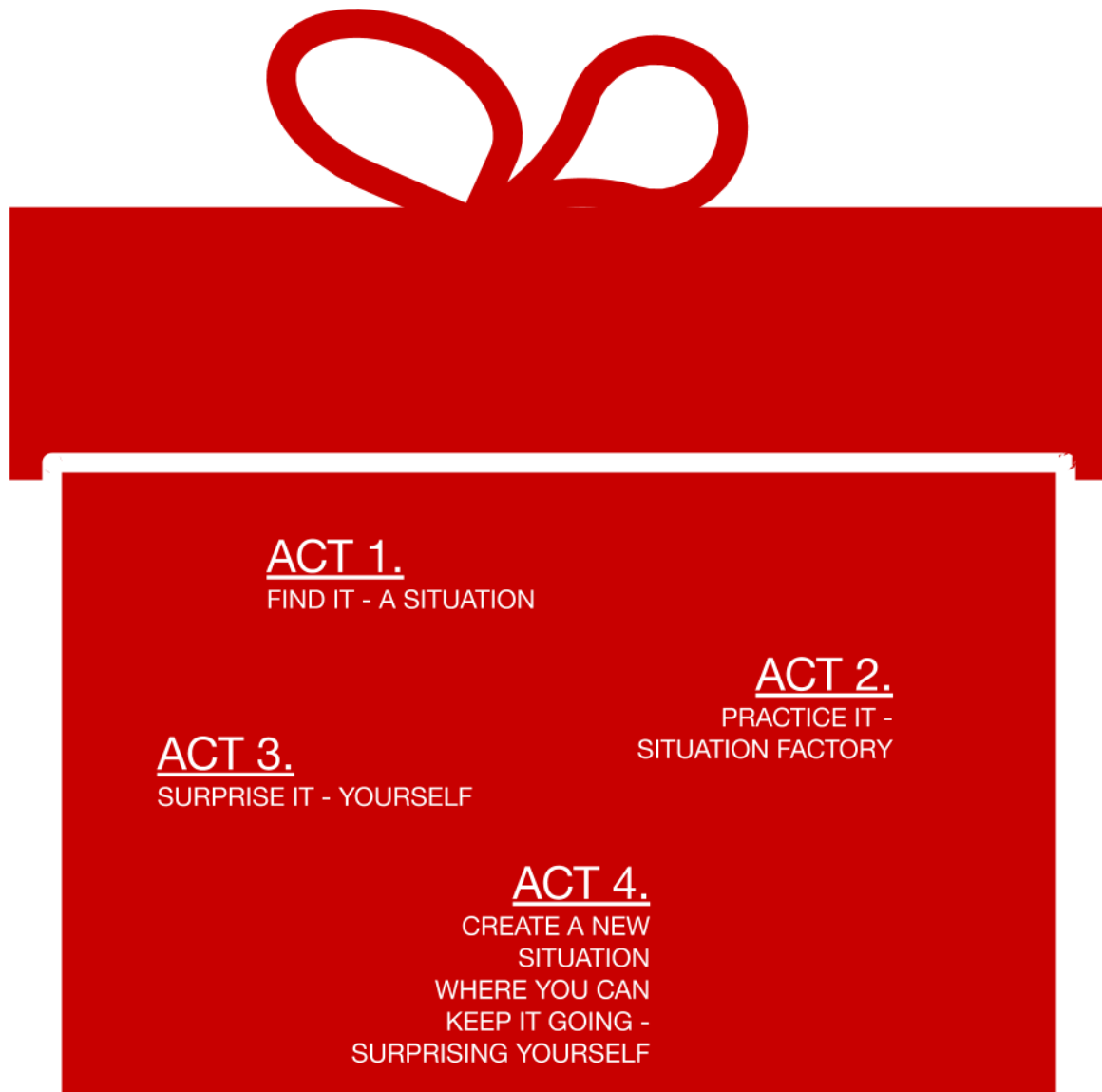
☒ ☐ ☐ ☐ ☐

ACT 1.
FIND IT - A LOT OF NOISE

ACT 2.
PLAY IT - MANY "POND IT"

ACT 3.
COLLECT IT -
ALL THE PONDS

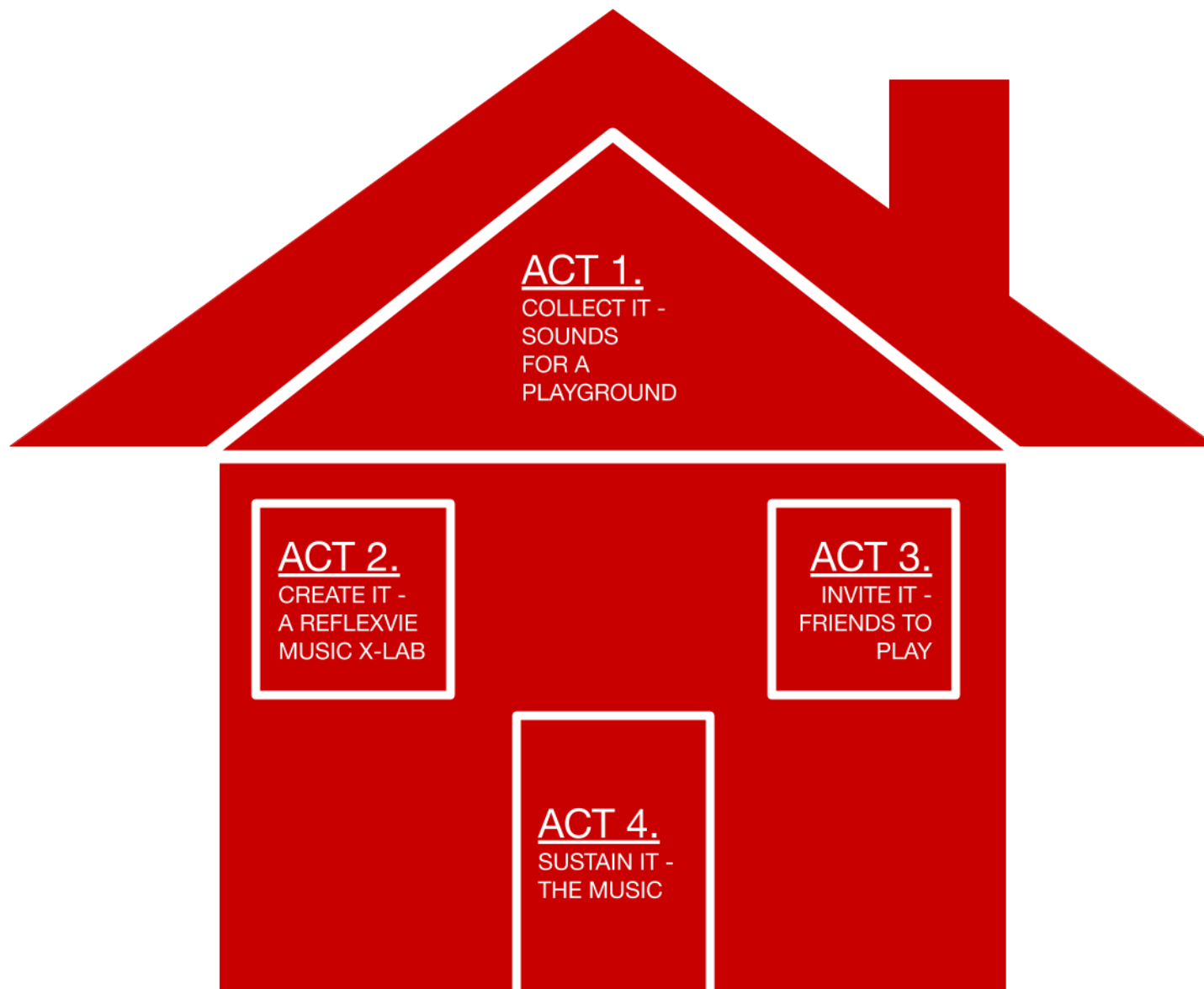
ACT 4.
SUMMARIZE IT - ALL THE PONDS
CREATE IT - A SCORE FOR AN
ACTIVE LISTENING PLAYGROUND



KEREN ROSENBAUM

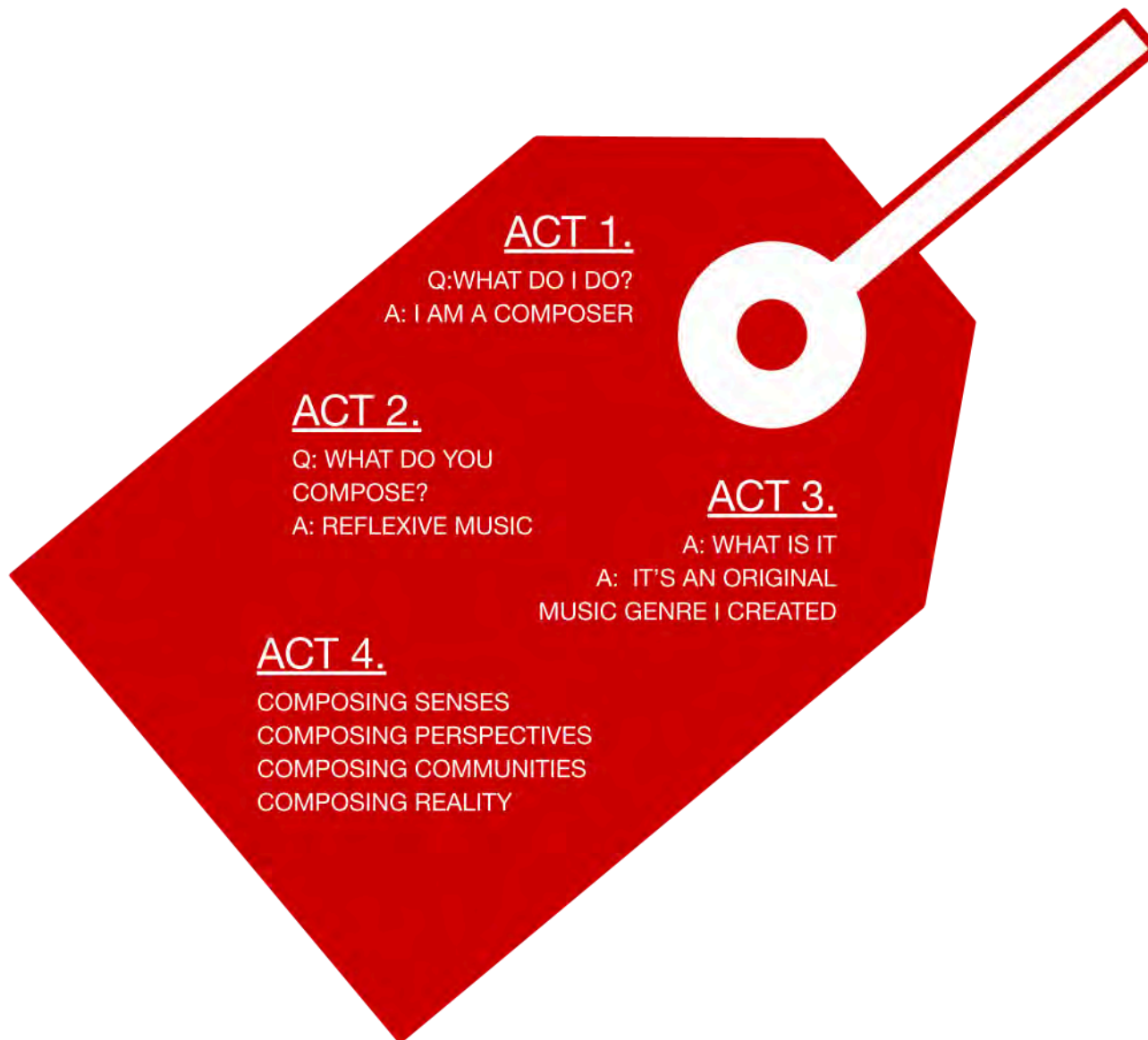
SUSTAIN IT

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
TAG IT

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



ACT. 1.

START IT - TALKING
START IT - BREATHING
CONNECT IT
TALKING / BREATHING

ACT 2.

PLAY WALK DON'T WALK
STOP / GO
HIGH / LOW
FAST / SLOW
JOIN / SEPARATE

ACT 3.

SURPRISE YOURSELF
SHARE IT - YOUR TRUTH

ACT 4.

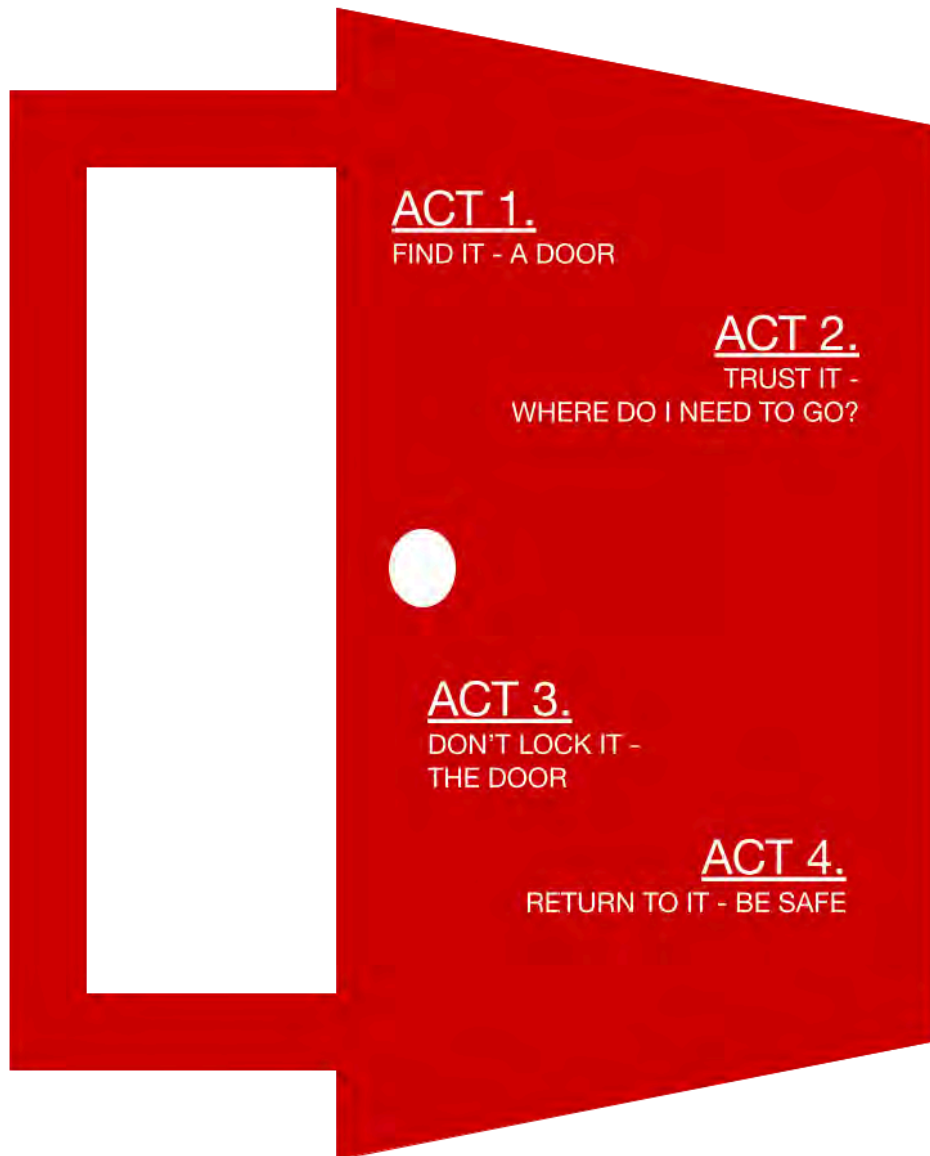
PRODUCE IT -
A CONFERENCE

KEREN ROSENBAUM
TRAVEL WITH IT

ZERO TO 100 / IT COLLECTION
(For Kiki Yilmutka)
REFLEXIVE REALITY
VISUAL SCORE

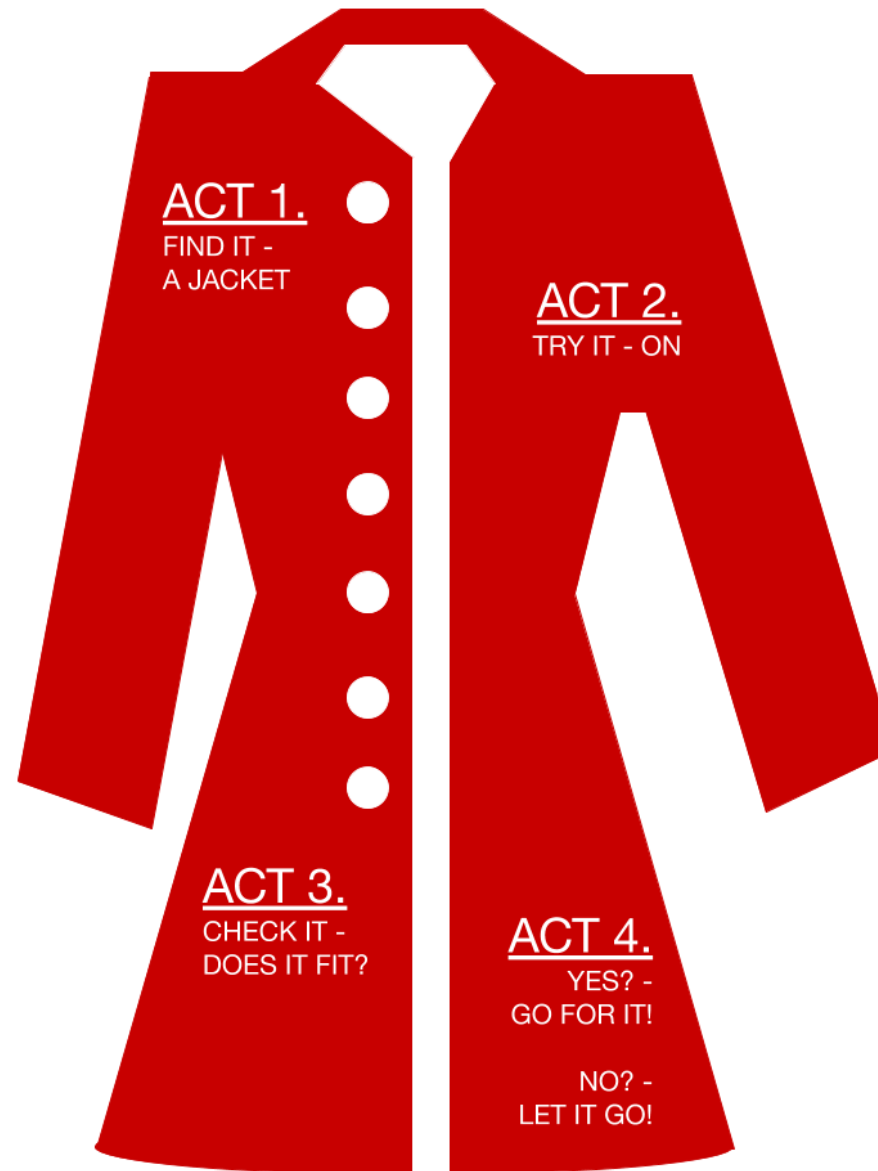


KEREN ROSENBAUM
TRUST IT - WHERE TO GO
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



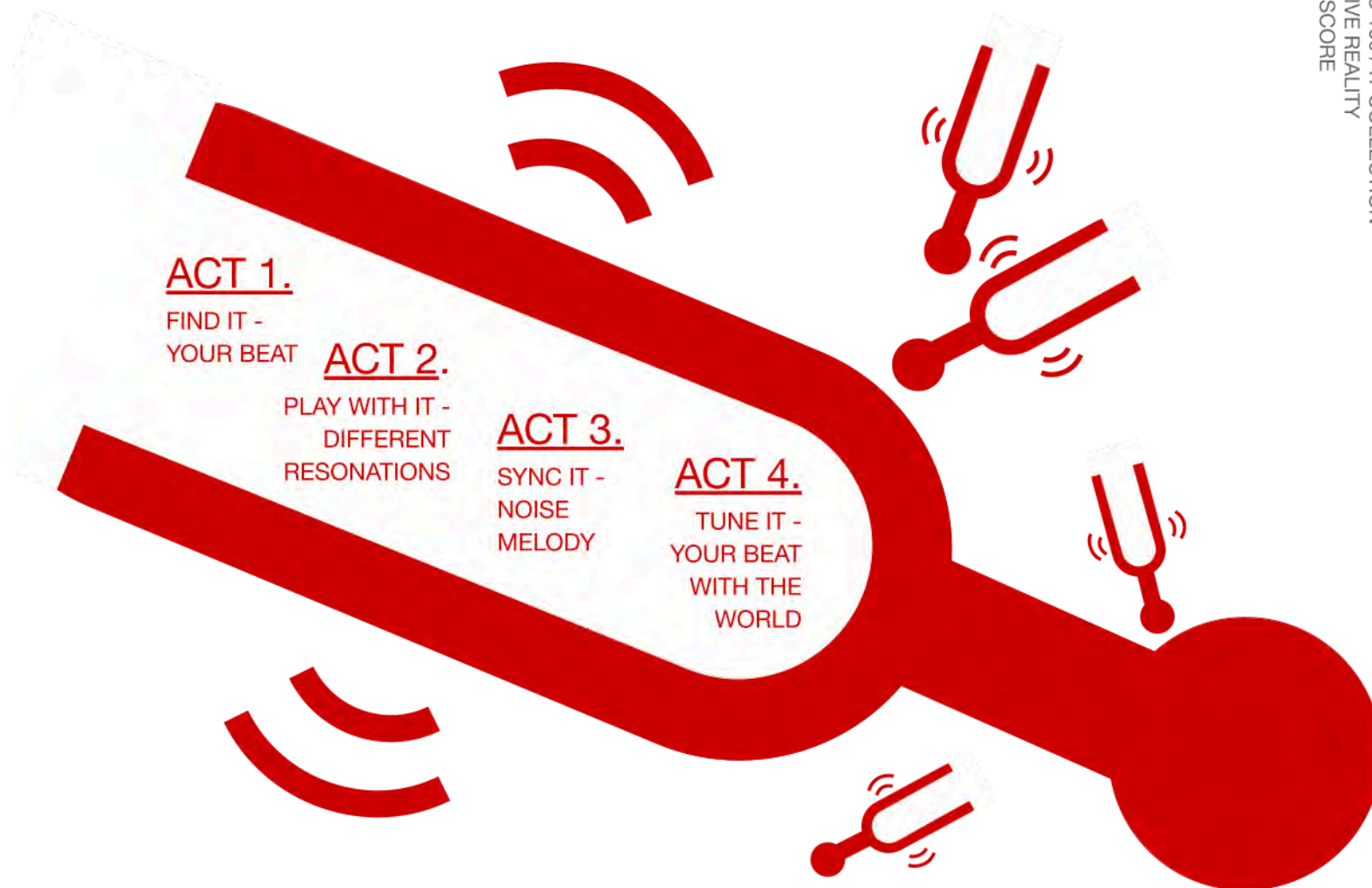
KEREN ROSENBAUM
TRY IT - ON

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

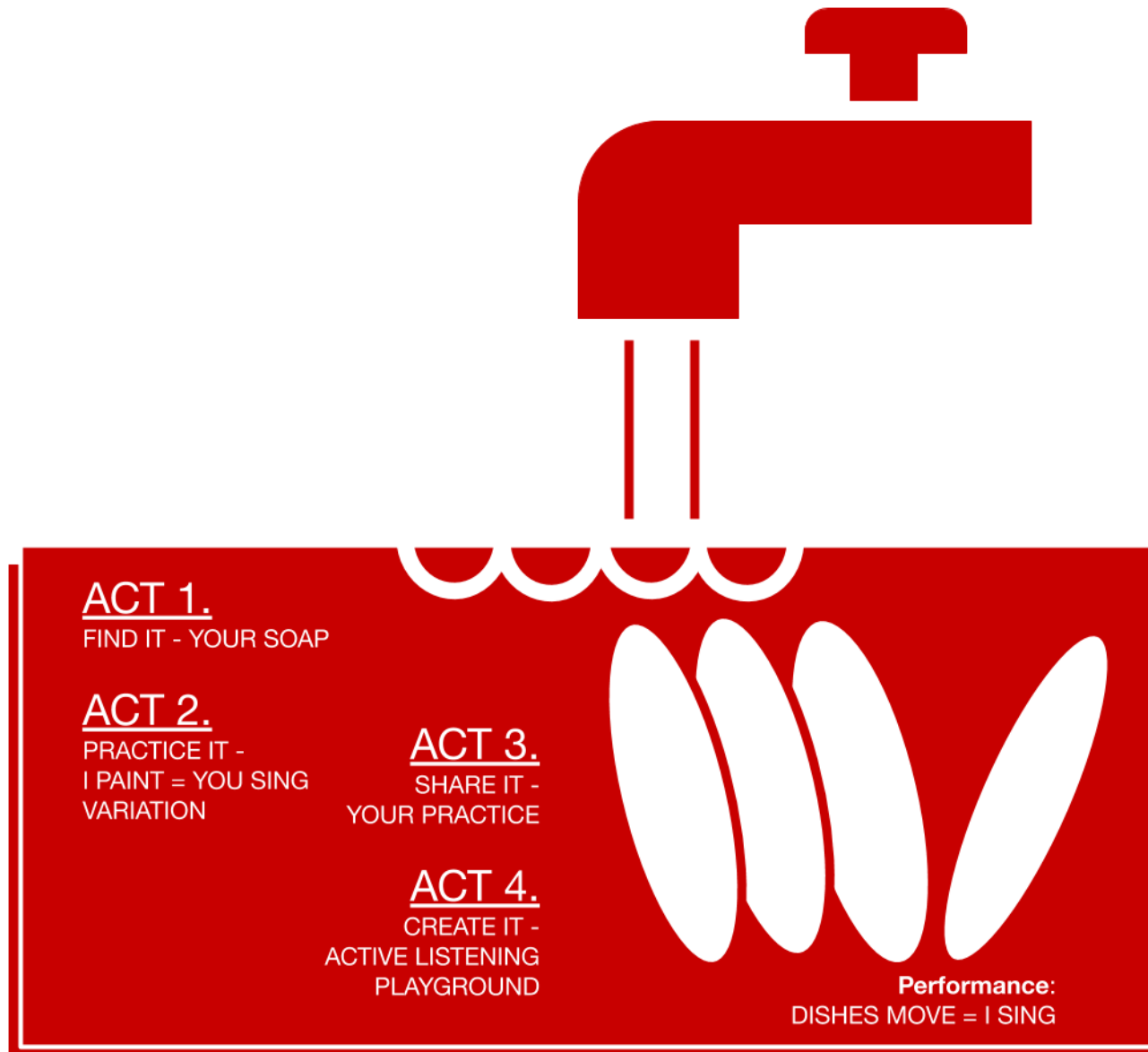


KEREN ROSENBAUM
TUNE IT - YOUR BEAT

(For Kiki Yilmutka)
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
WASH IT - THE DISHES
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
WASH IT - THE FLOOR
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE





ACT 1.
FIND IT - A THINK TANK

ACT 2.
PERFORM IT -
PUSH THE BUTTON

ACT 3.
ASK IT -
WHAT'S IN IT FOR YOU?
FOR REAL!
FOR YOURSELF?
FOR EVERYONE?

ACT 4.
CREATE IT -
A PLAN OF PLANNING

KEREN ROSENBAUM
PERFORM IT - A YAWN PLAYGROUND
ZERO TO 100 / IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



294

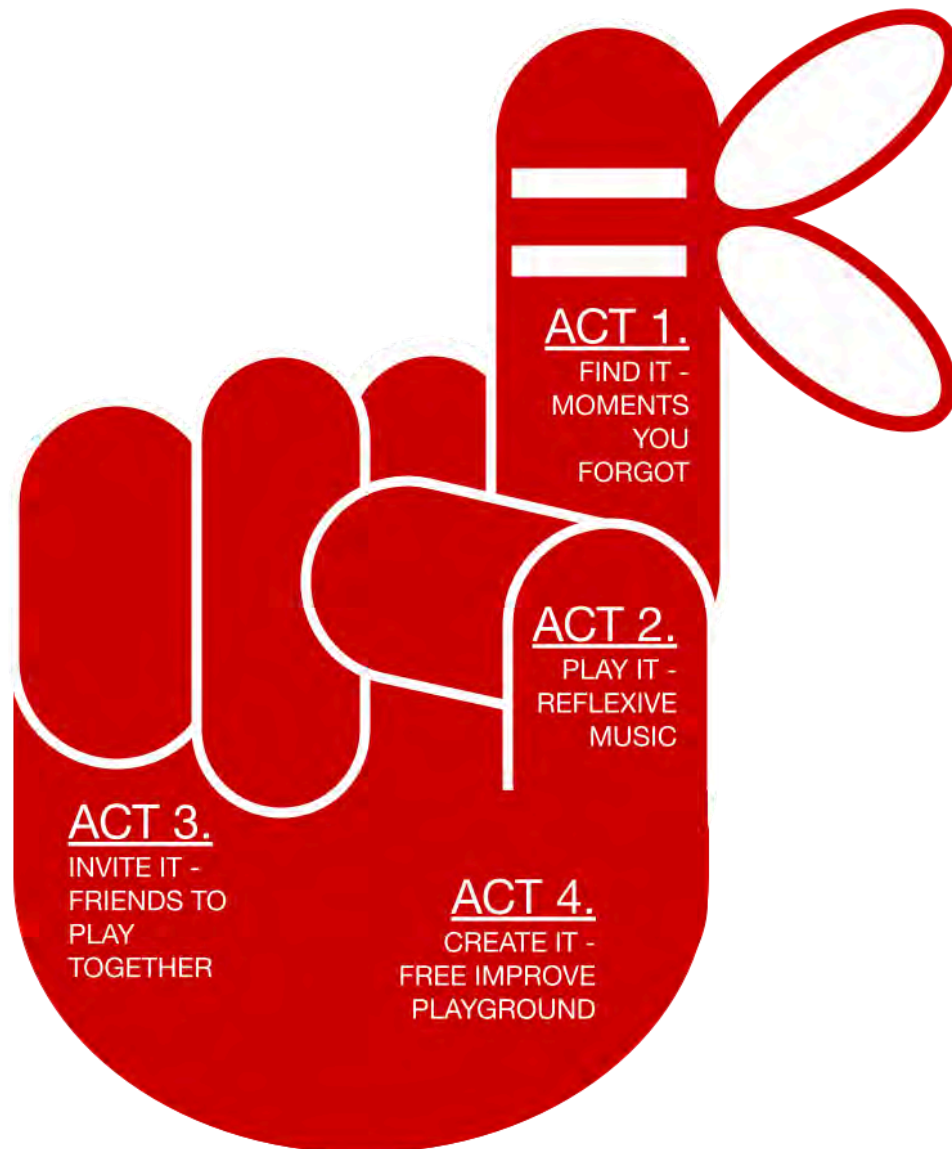
©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

[Index](#)

KEREN ROSENBAUM
CONNECT IT - A YARN BALL
ZERO TO 100 IT COLLECTION
REFLEXIVE COMPOSITION
VISUAL SCORE



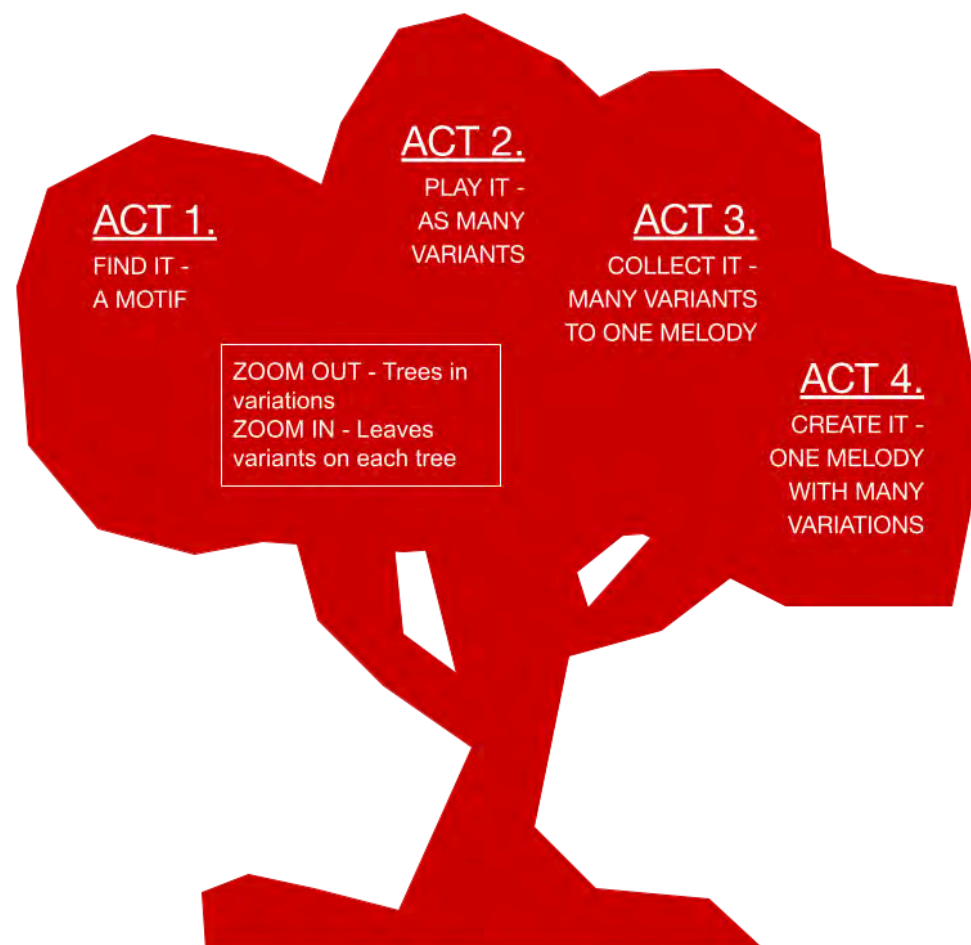
KEREN ROSENBAUM
PRACTICE IT - YOUR MEMORY
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



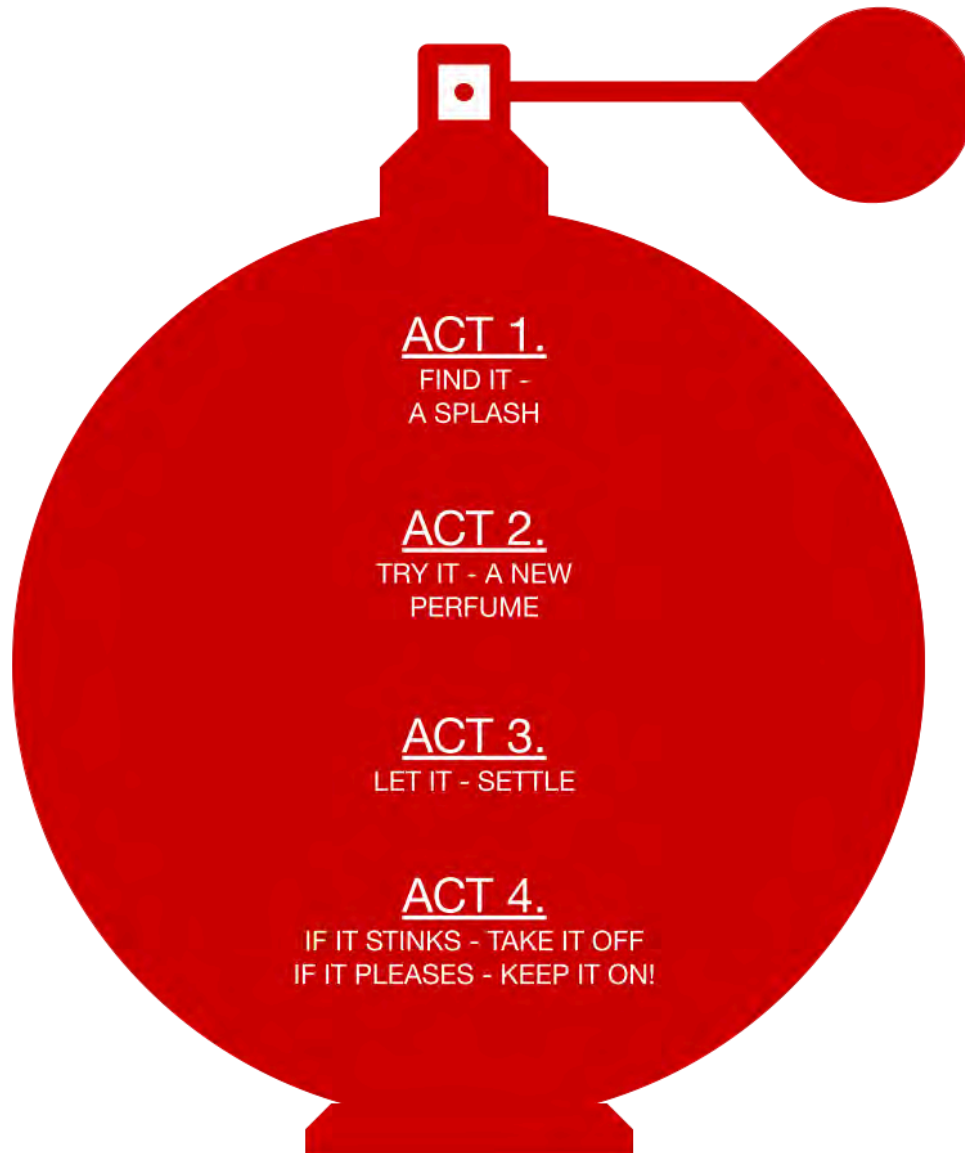
KEREN ROSENBAUM

ZOOM IN/OUT OF IT - VARIANTS & VARIATION

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
TRY IT - A NEW PERFUME
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



ACT 1.

FIND IT -
A SPLASH

ACT 2.

TRY IT - A NEW
PERFUME

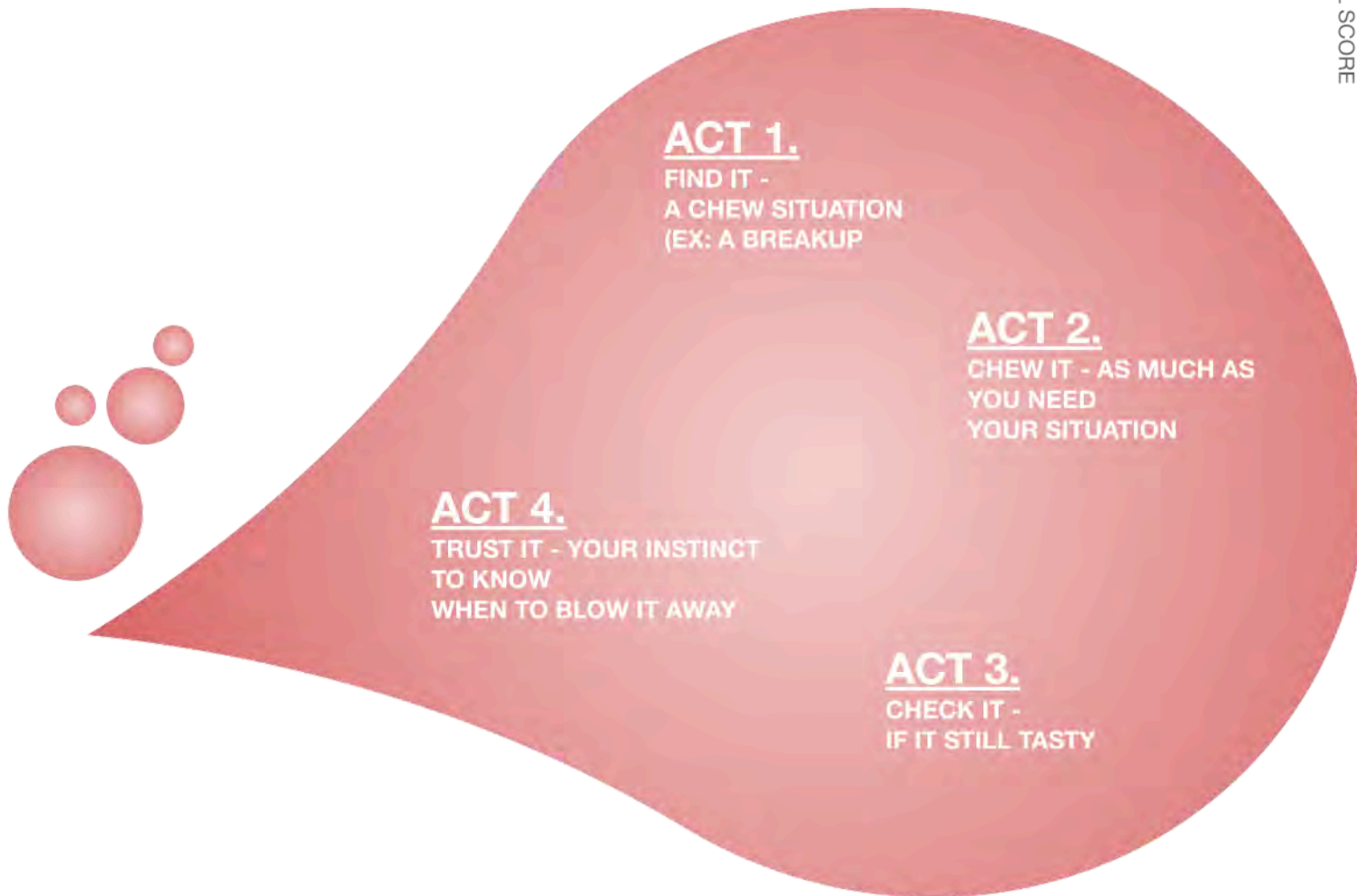
ACT 3.

LET IT - SETTLE

ACT 4.

IF IT STINKS - TAKE IT OFF
IF IT PLEASES - KEEP IT ON!

KEREN ROSENBAUM
BLOW IT - BUBBLEGUM
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



Reflexive Story

: a description, either true or imagined,
of a connected series of events:

KEREN ROSENBAUM

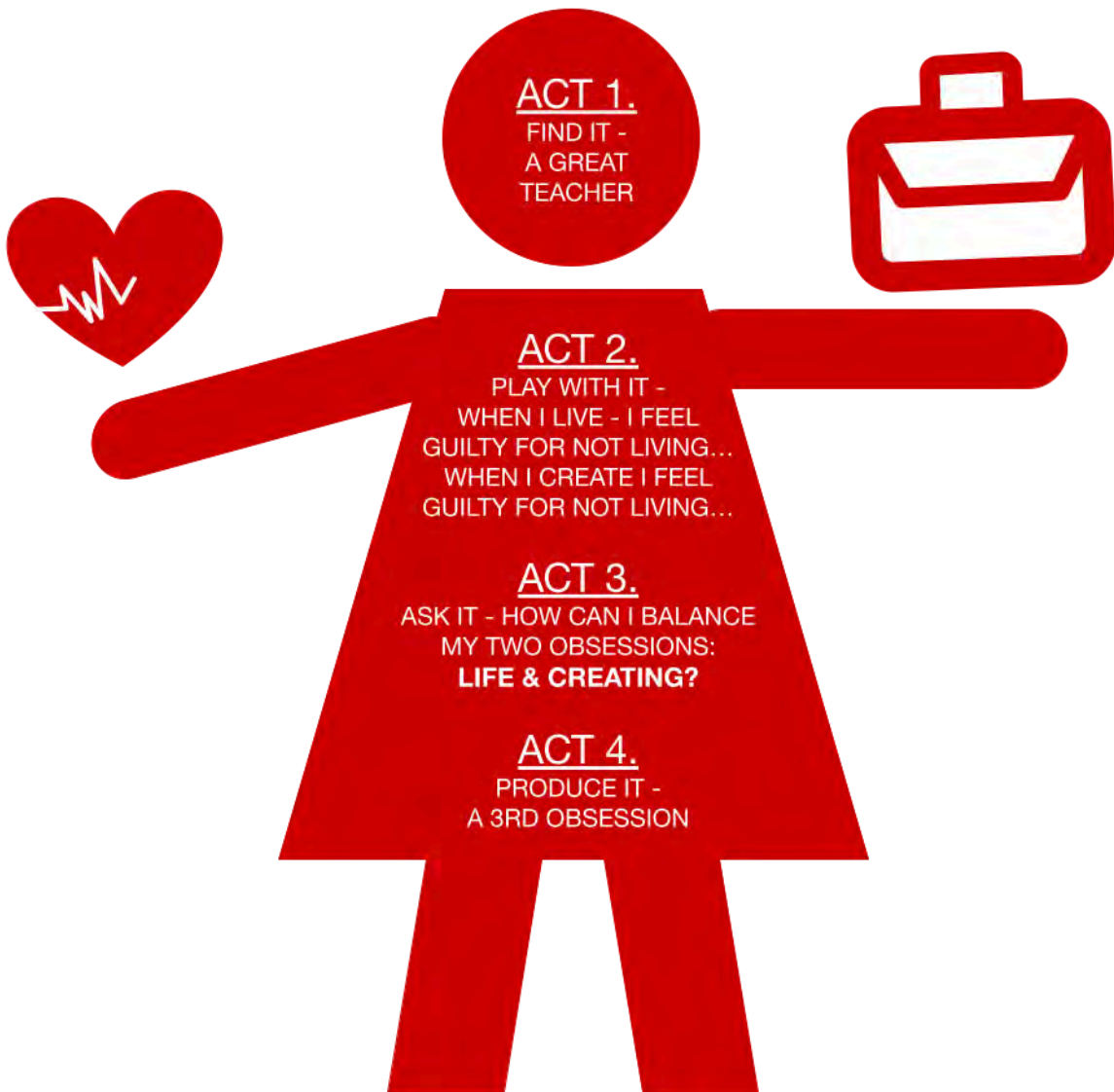
COLLECT IT - A 3RD OBSESSION

(For: my teacher Gilius van Bergeijk)

ZERO TO 100 / IT COLLECTION

REFLEXIVE REALITY

VISUAL SCORE



KEREN ROSENBAUM

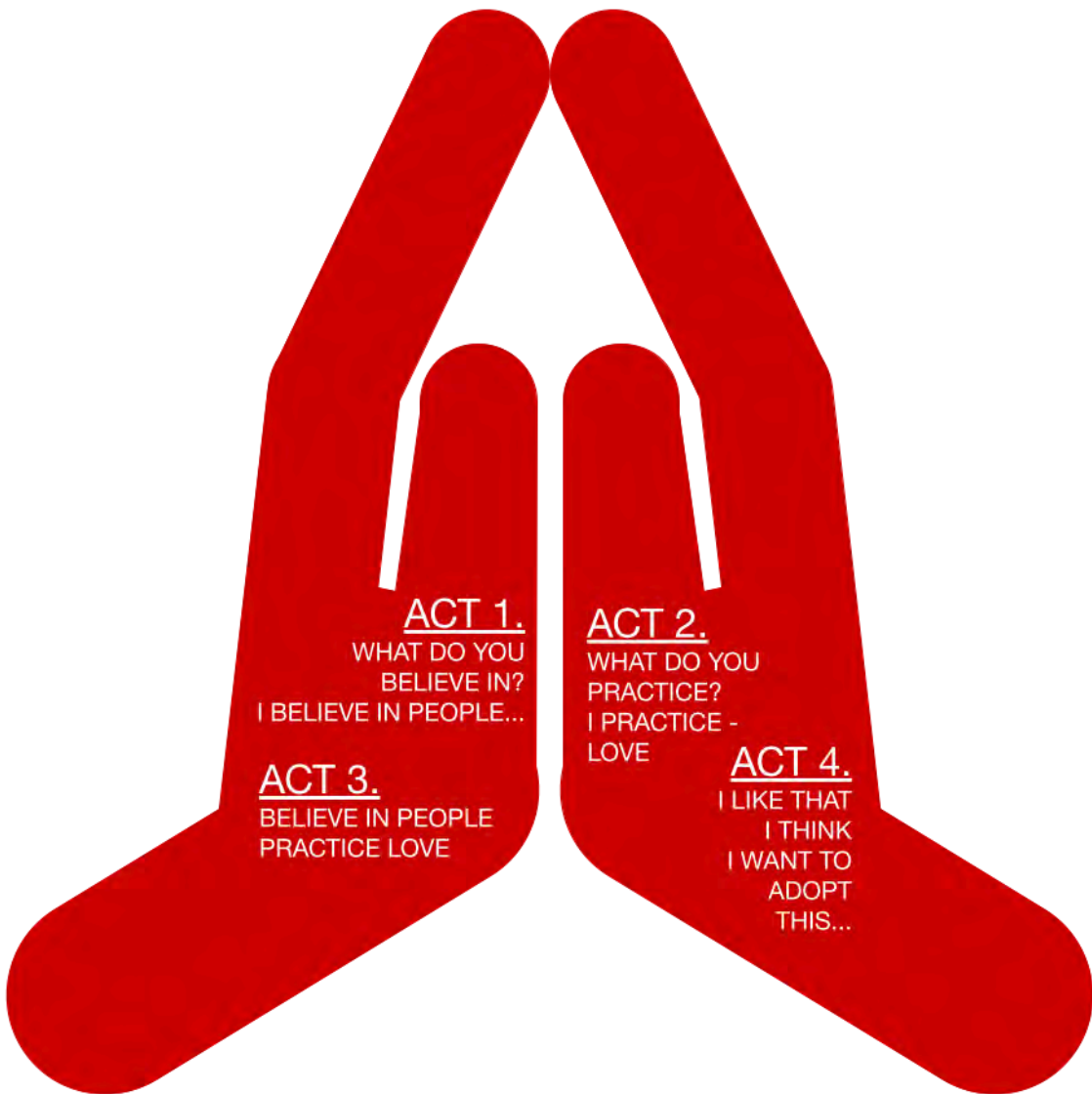
BELIEVE IT - PRACTICE IT

(For: Danny Felsteiner)

ZERO TO 100 / IT COLLECTION

REFLEXIVE REALITY

VISUAL SCORE



ACT 3.

SHARE IT -

HE PIANO & THE LAZY KID

Once upon a time there was a very very.....very lazy kid

Who felt lazy doing EVERYTHING

The only thing he liked to do was to play

DO-RE-ME-FA-SOL-LA-SEE-DO on his piano

One day the kid woke up and thought "I am lazy so maybe I shouldn't be playing all the notes...

And he decided to skip some

He played: DO-RE-ME (cause those were the first ones he learned so it was easy to remember)

He skipped FA (it reminded him failing on so many things that he wanted to put away)

He played: SOL-LA cause they felt safe ,the were located just

inside a protected area of two black keys F-sharp & B-flat

Then he moved on to skipping SEE - cause he could already see DO and felt he wanted to rest.

...here's what he got:

DO-RE-ME SOL-LA DO

Funny thought the kid

It sounds a big Japanese

And since he did like Sushi very much

He thought having Japanese song

Is actually a very good idea

He started playing them over and over and over

He even repeated DO with his left hand while playing all the others

Sometime he repeated the same note twice or three times

Sometime he paused!

Sometime he switch hands and hight hand was playing DO and the left playing all

BUT

Most importantly he was having so much fun playing he forgot he was lazy

And that's the end!

ACT 1.

FIND IT -

A FIRST TIME

PIANO LESSON

ACT 2.

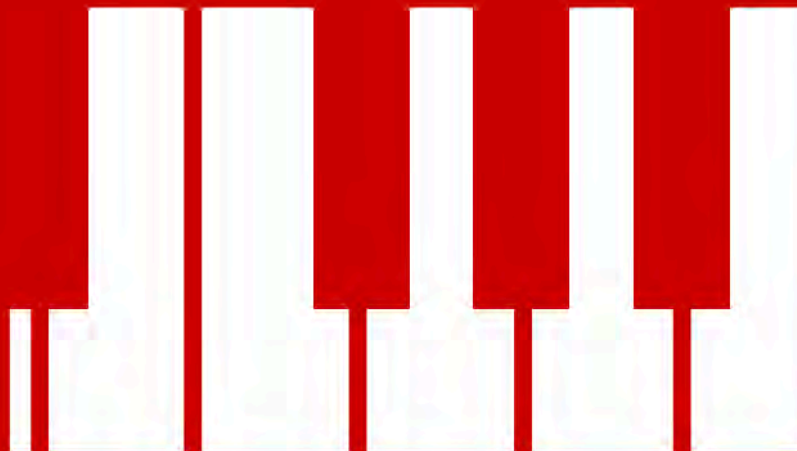
PLAY IT - REFLEXIVE MUSIC

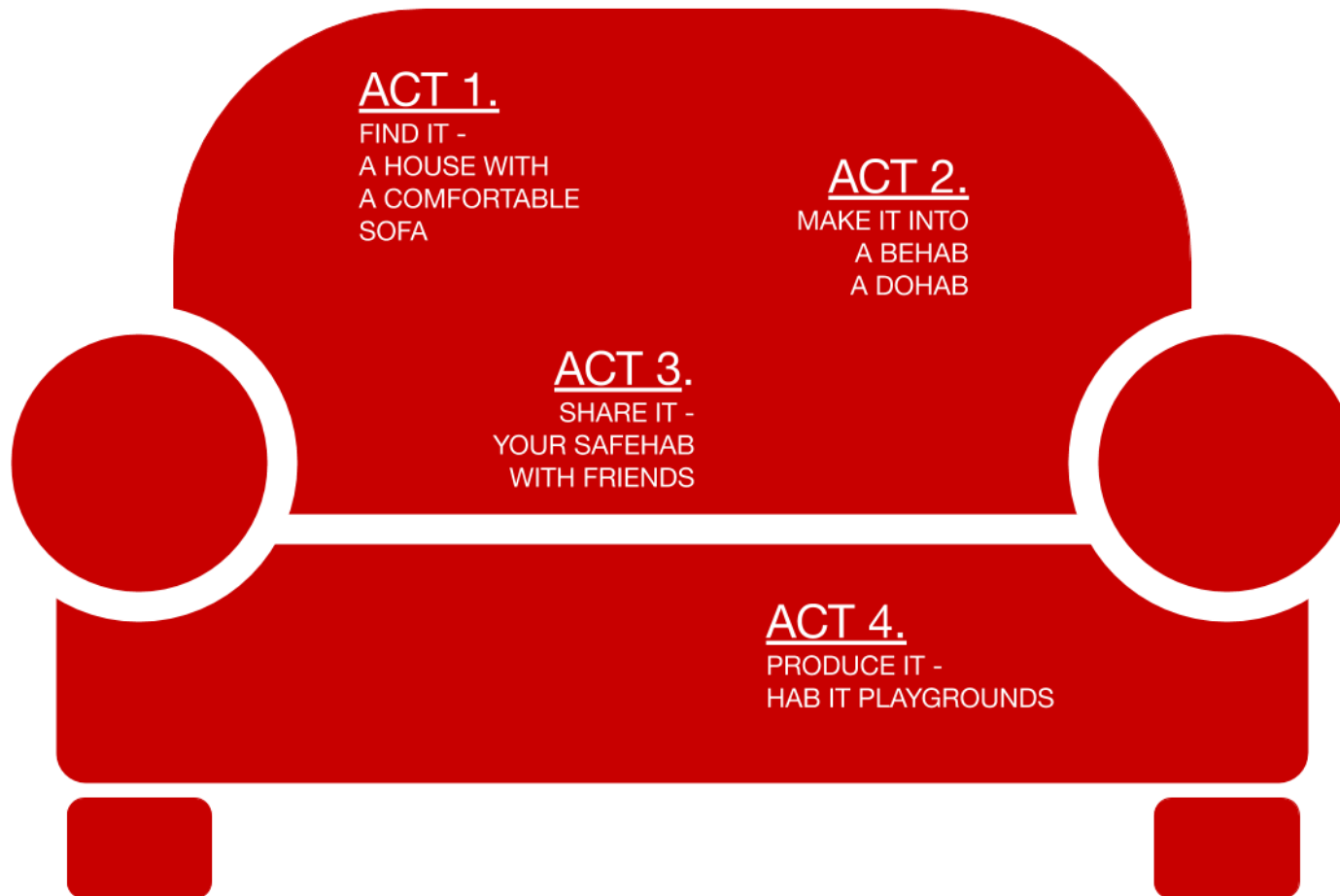
WARM UPS & SCALES

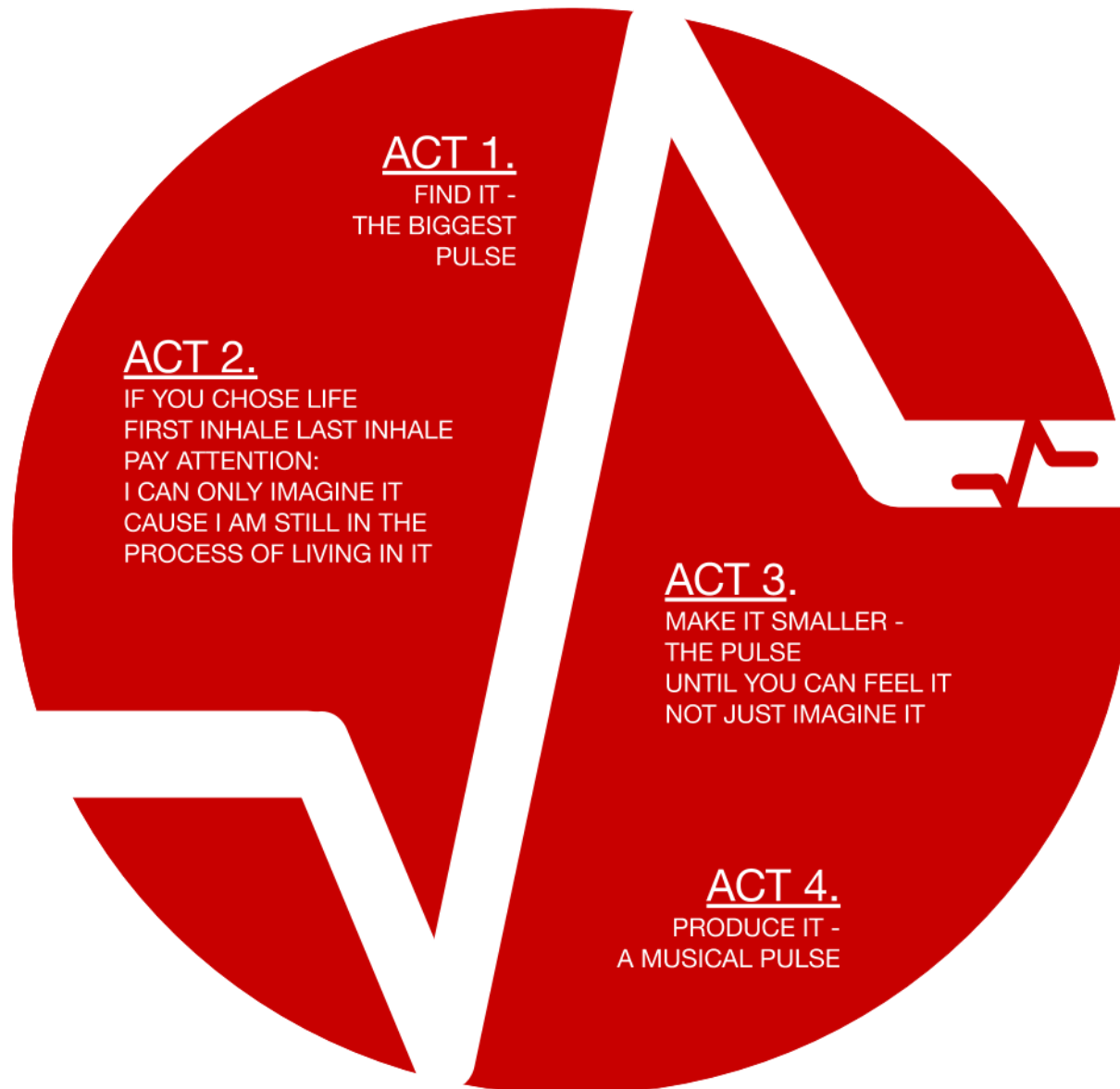
ACT 4.

CREATE IT -

PIANOPLAYGROUND



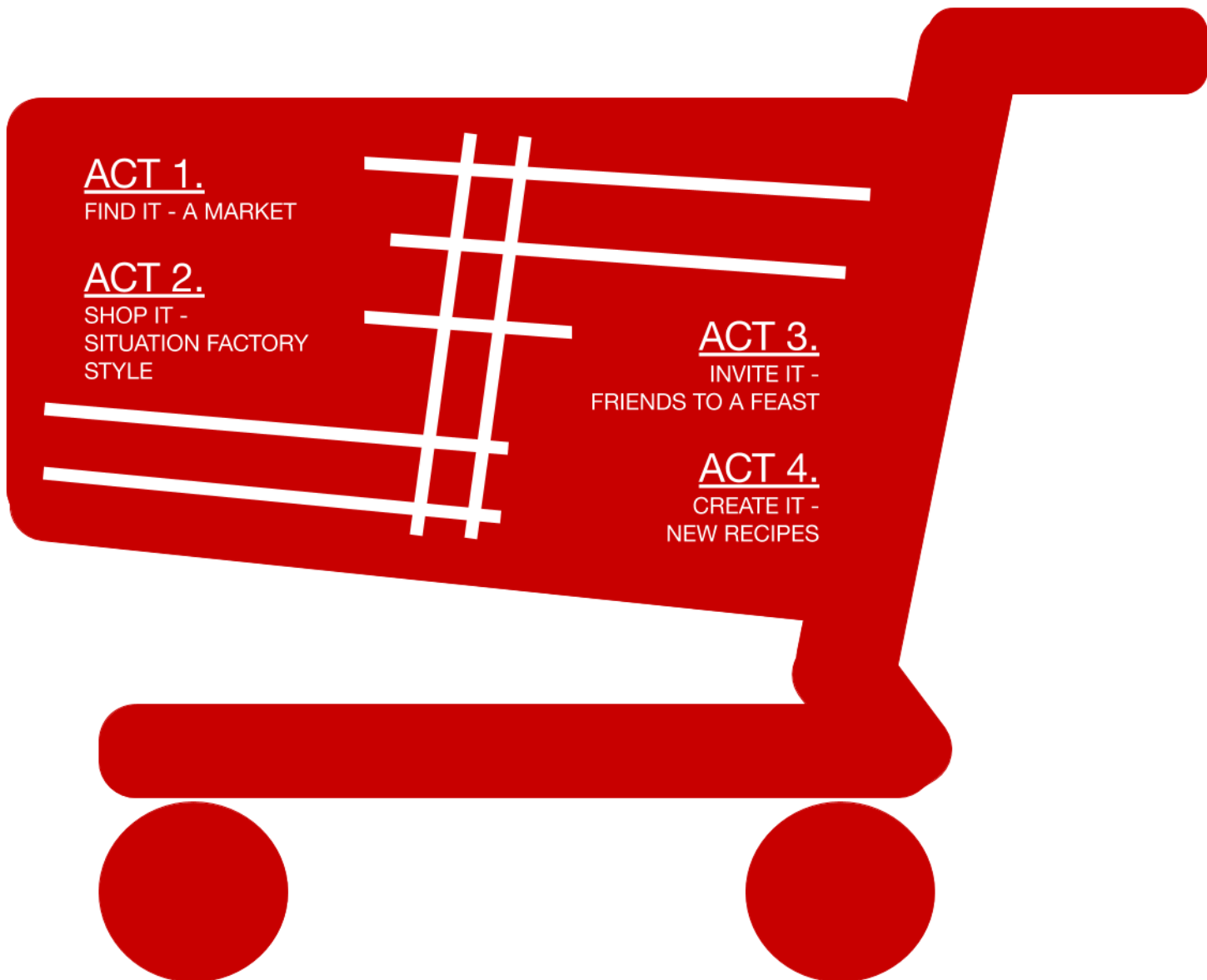




KEREN ROSENBAUM

SHOP IT - SITUATION FACTORY

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM

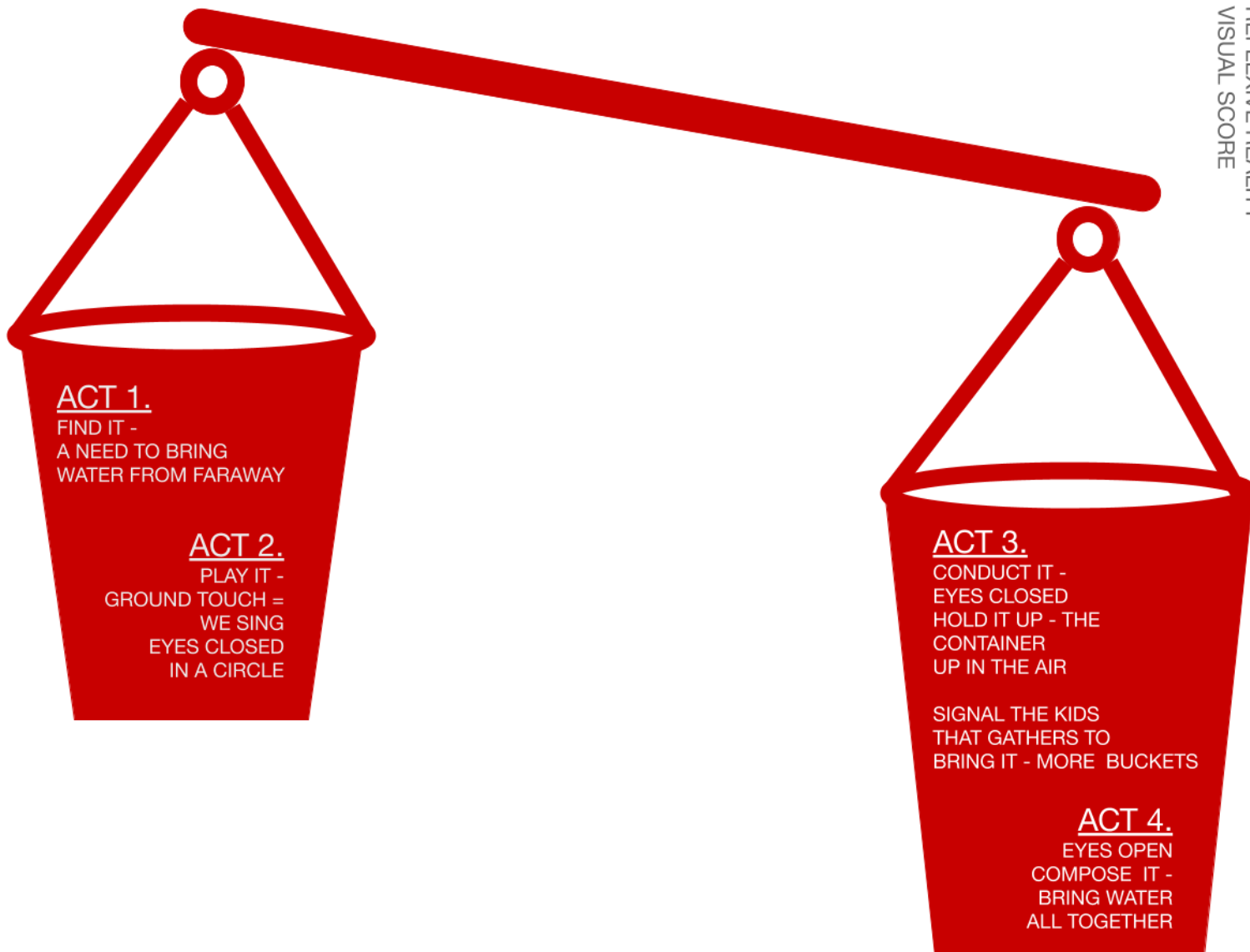
COMPOSE IT - A WATER PLAYGROUND

(For: Ali Shyaka)

ZERO TO 100 / IT COLLECTION

REFLEXIVE REALITY

VISUAL SCORE



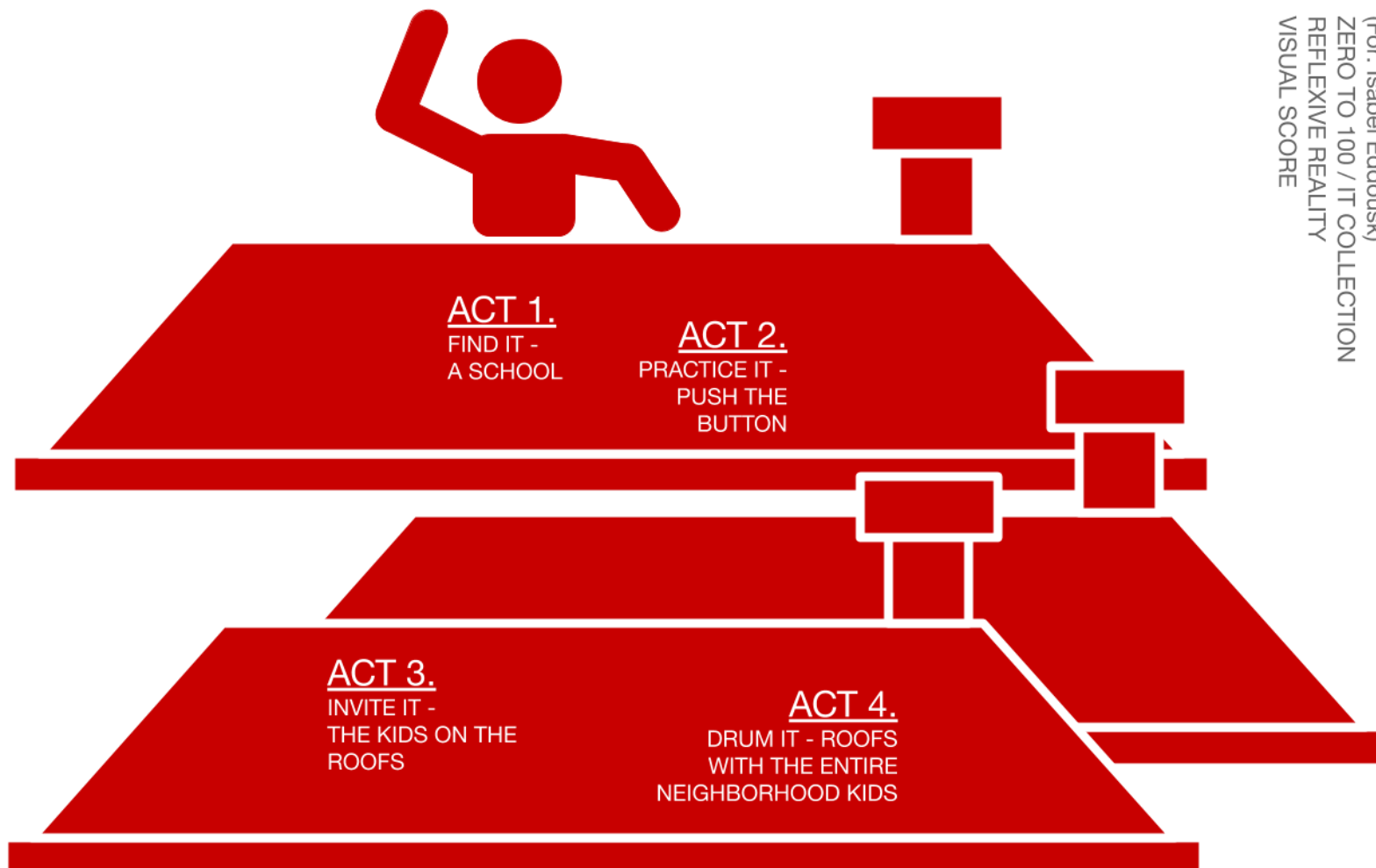
KEREN ROSENBAUM

DRUM IT - THE ROOFS

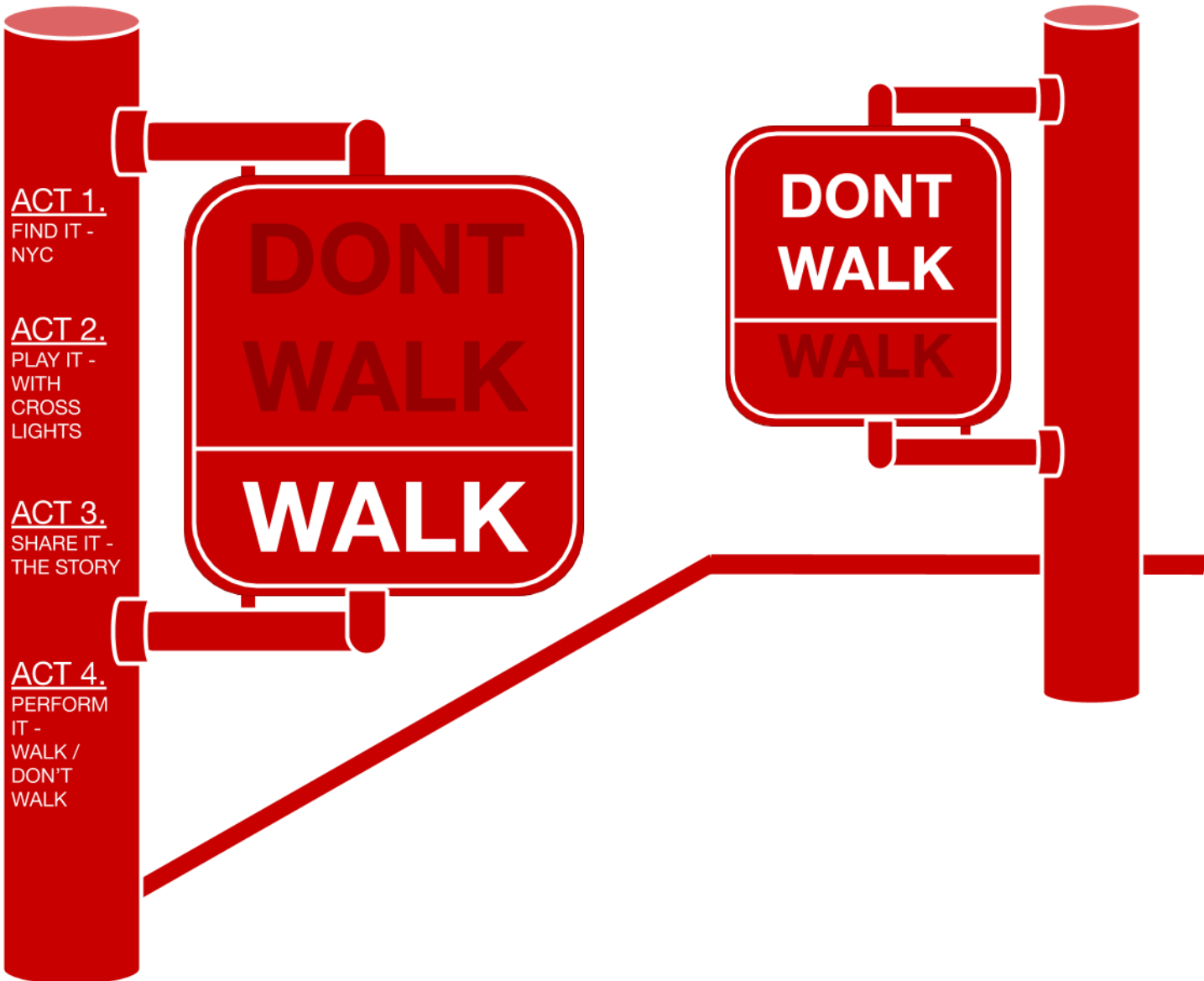
(For: Isabel Eddousk)

ZERO TO 100 / IT COLLECTION

REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
WALK / DON'T WALK IT - NEW YORK CITY
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

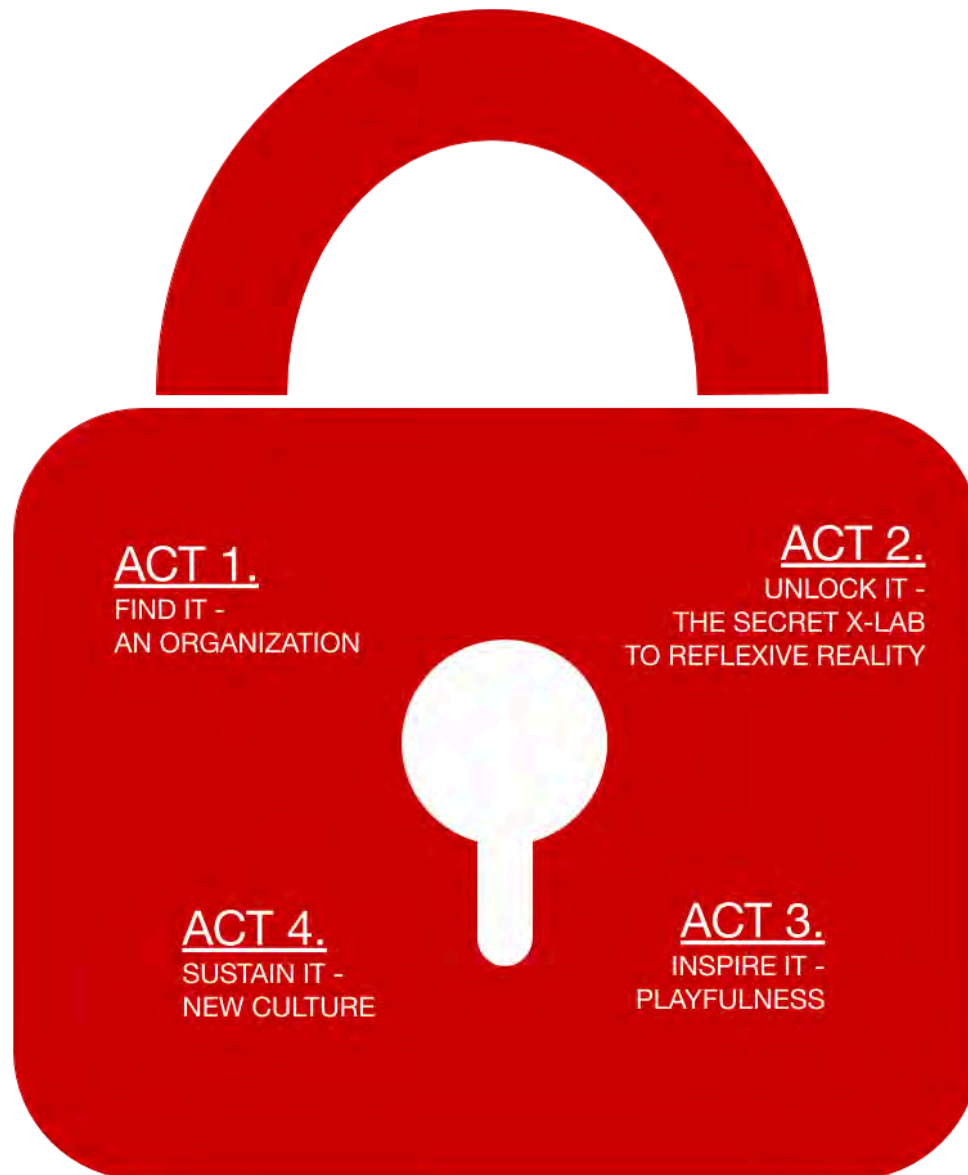


309

©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

[Index](#)

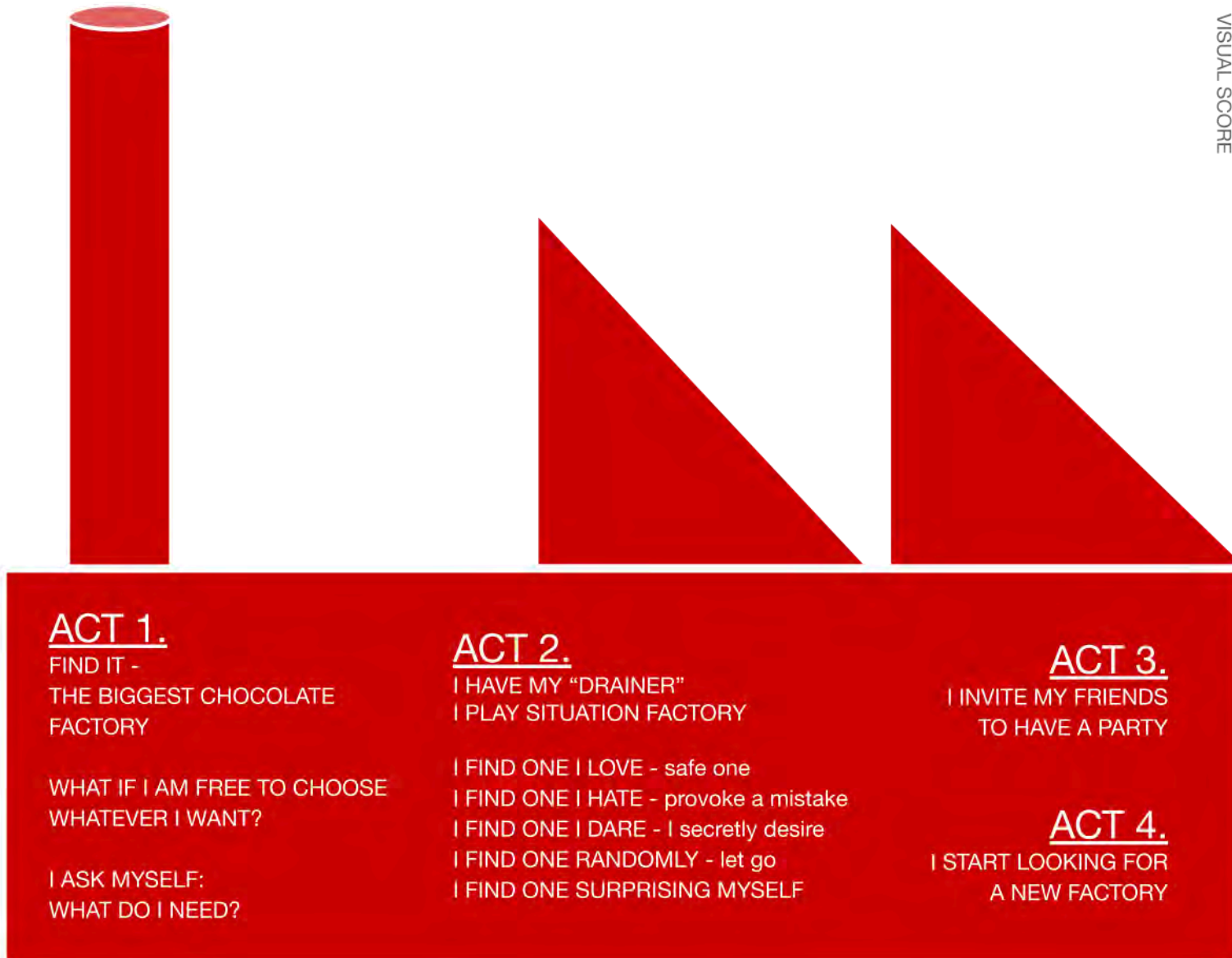
KEREN ROSENBAUM
UNLOCK IT - THE X LAB
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

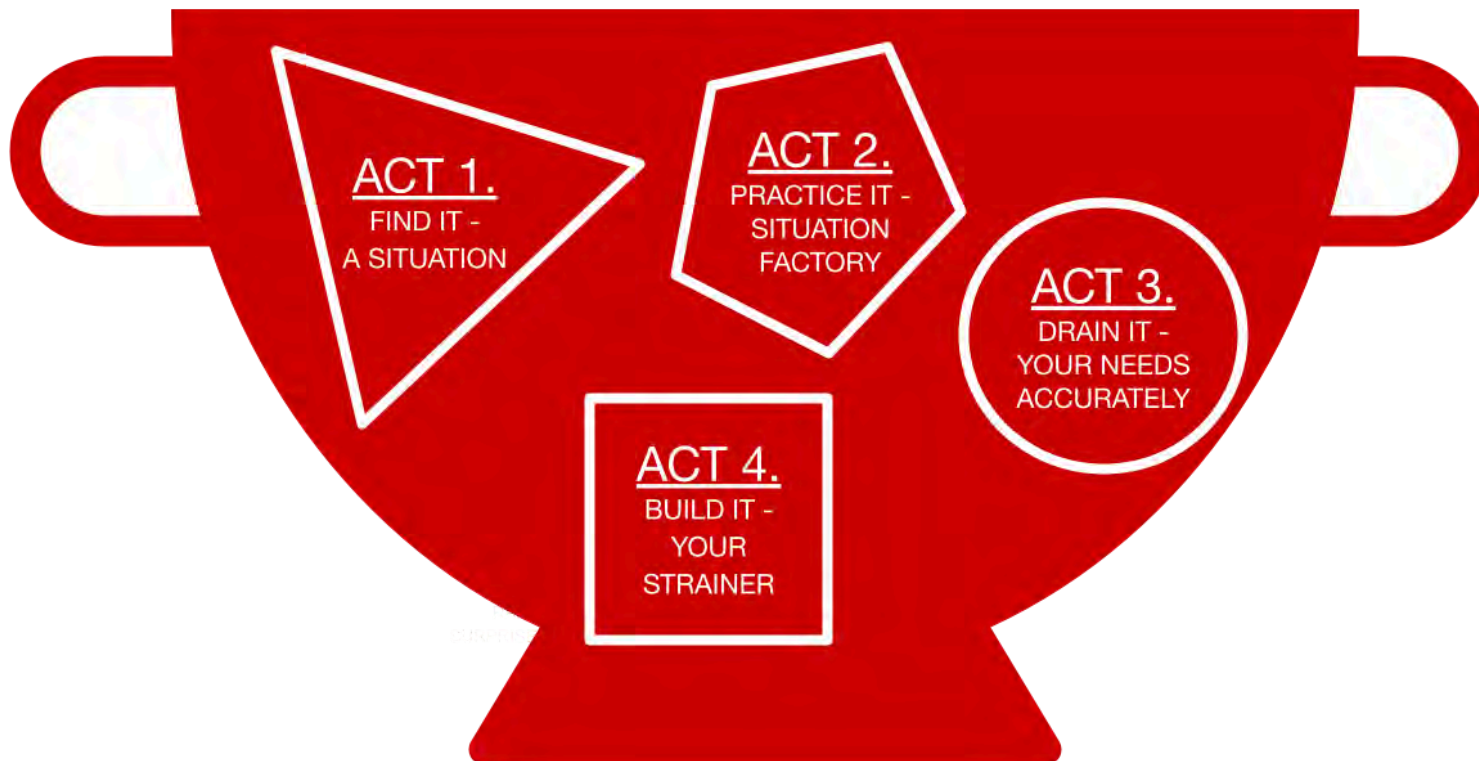


310

©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

[Index](#)





KEREN ROSENBAUM

COUNT IT - IDEAS PER MINUTE

(For Danny Felsteiner)

ZERO TO 100 / IT COLLECTION

REFLEXIVE REALITY

VISUAL SCORE



ACT 1.
WRITE YOURSELF A
MILLION DOLLAR CHECK

ACT 2.
ASK YOURSELF:
WHAT DO I NEED TO DO
RIGHT NOW?

ACT 3.
IF YOU KNOW WHAT YOU
NEED TO DO
DEPOSIT IT - YOUR CHECK
FOR THE FUTURE

ACT 4.
CREATE IT - SAFETY FOR OTHERS

Myself

\$

1,000,000,000

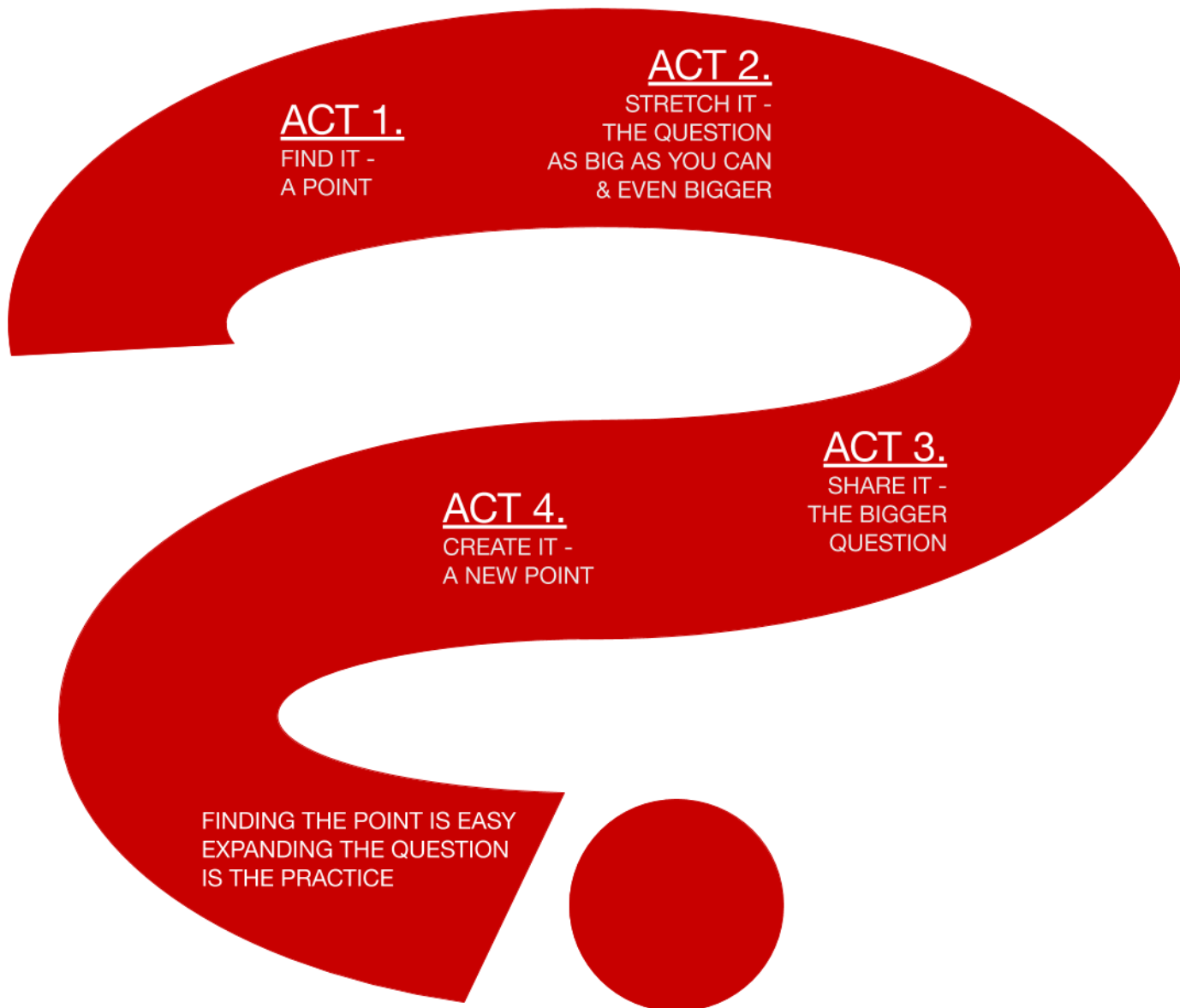
KEREN ROSENBAUM
SWING IT - THE DOBEDOBEDOBEDO
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



315

©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

[Index](#)



FINDING THE POINT IS EASY
EXPANDING THE QUESTION
IS THE PRACTICE

KEREN ROSENBAUM

PRODUCE IT - REFLEXIVE MUSIC LAB

(For Kiki Yimutka)

ZERO TO 100 / IT COLLECTION

REFLEXIVE REALITY

VISUAL SCORE

ACT 1.

FIND IT -
A ROOM
MAKE IT SAFE

ACT 2.

PLAY IT -
REFLEXIVE MUSIC
WITH EVERYTHING
INSIDE & OUTSIDE

ACT 4.

CREATE IT -
AN X-LAB
REFLEXIVE MUSIC
X-LAB

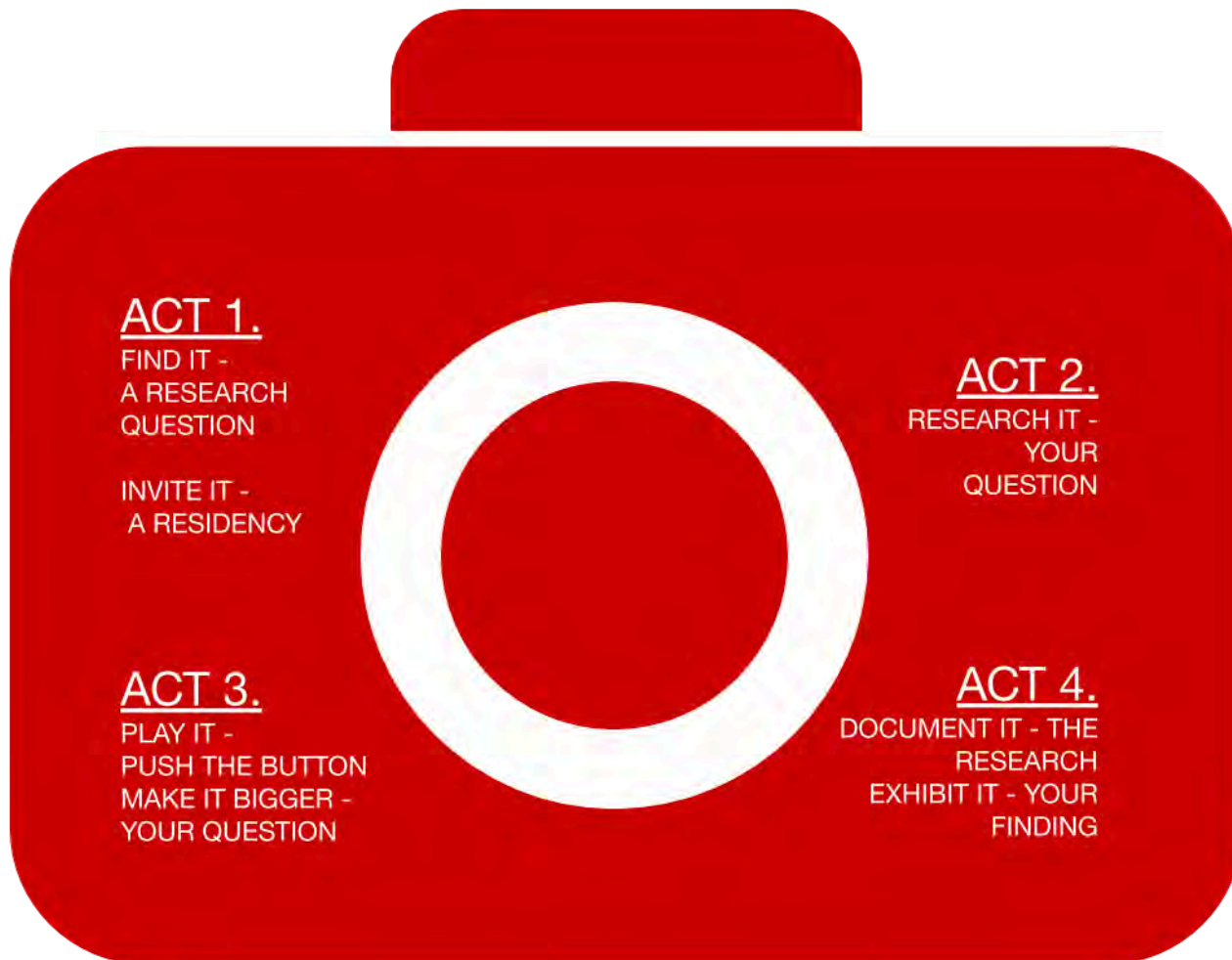
ACT 3.

COLLECT IT -
INSPIRING NOISE
SOUNDS,IMAGES,
TASTES & FEELS

KEREN ROSENBAUM

INVITE IT - A RESIDENCY

(For Kiki Yilmutka)
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM

IT'S THIS & THAT & INBETWEEN

(For Alona Peretz)

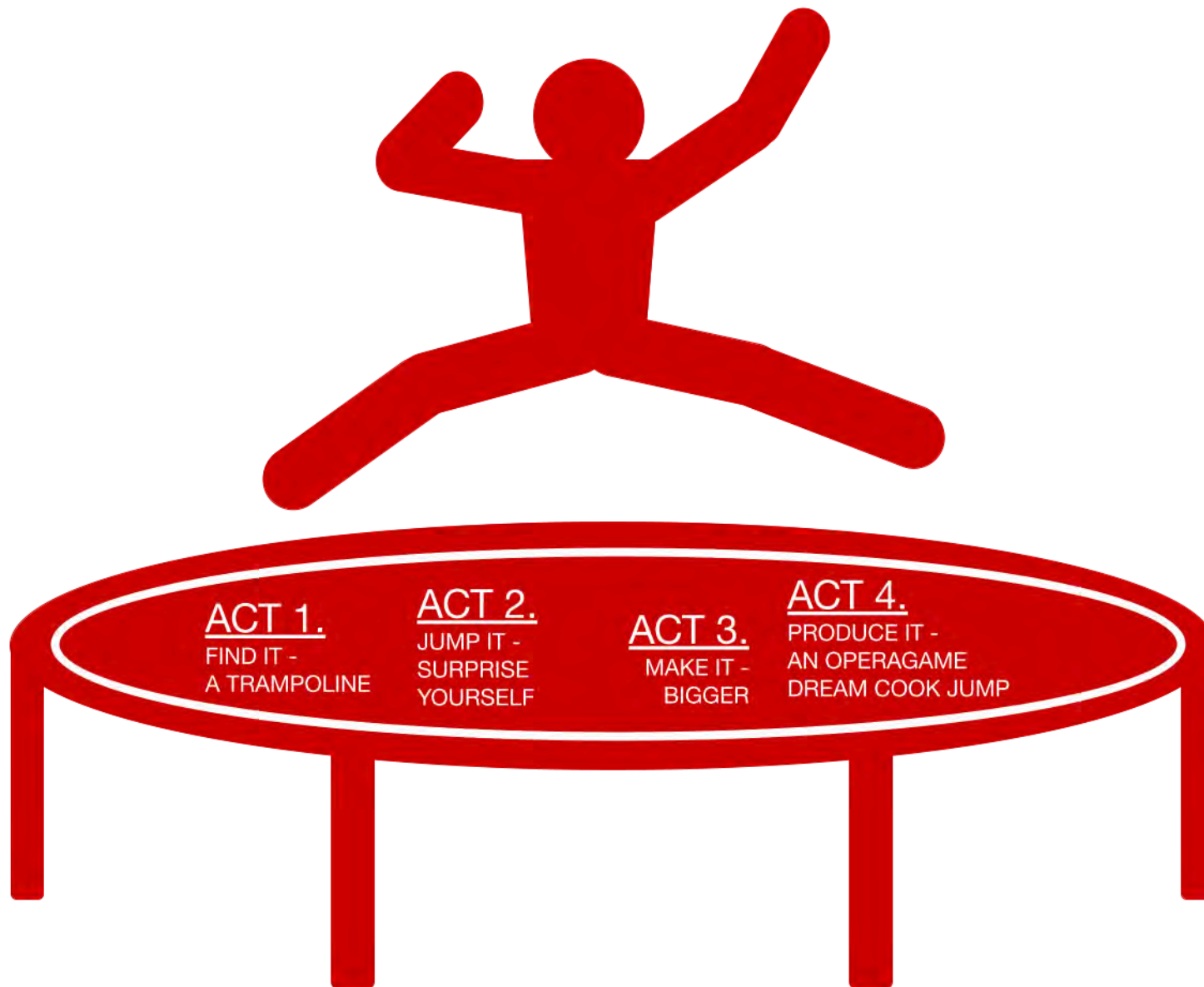
ZERO TO 100 / IT COLLECTION

REFLEXIVE REALITY

VISUAL SCORE



KEREN ROSENBAUM
JUMP IT - THE TRAMPOLINE
ZERO TO 100 / IT COLLECTION
REFLEXIVE MUSIC ACADEMY
VISUAL SCORE



320

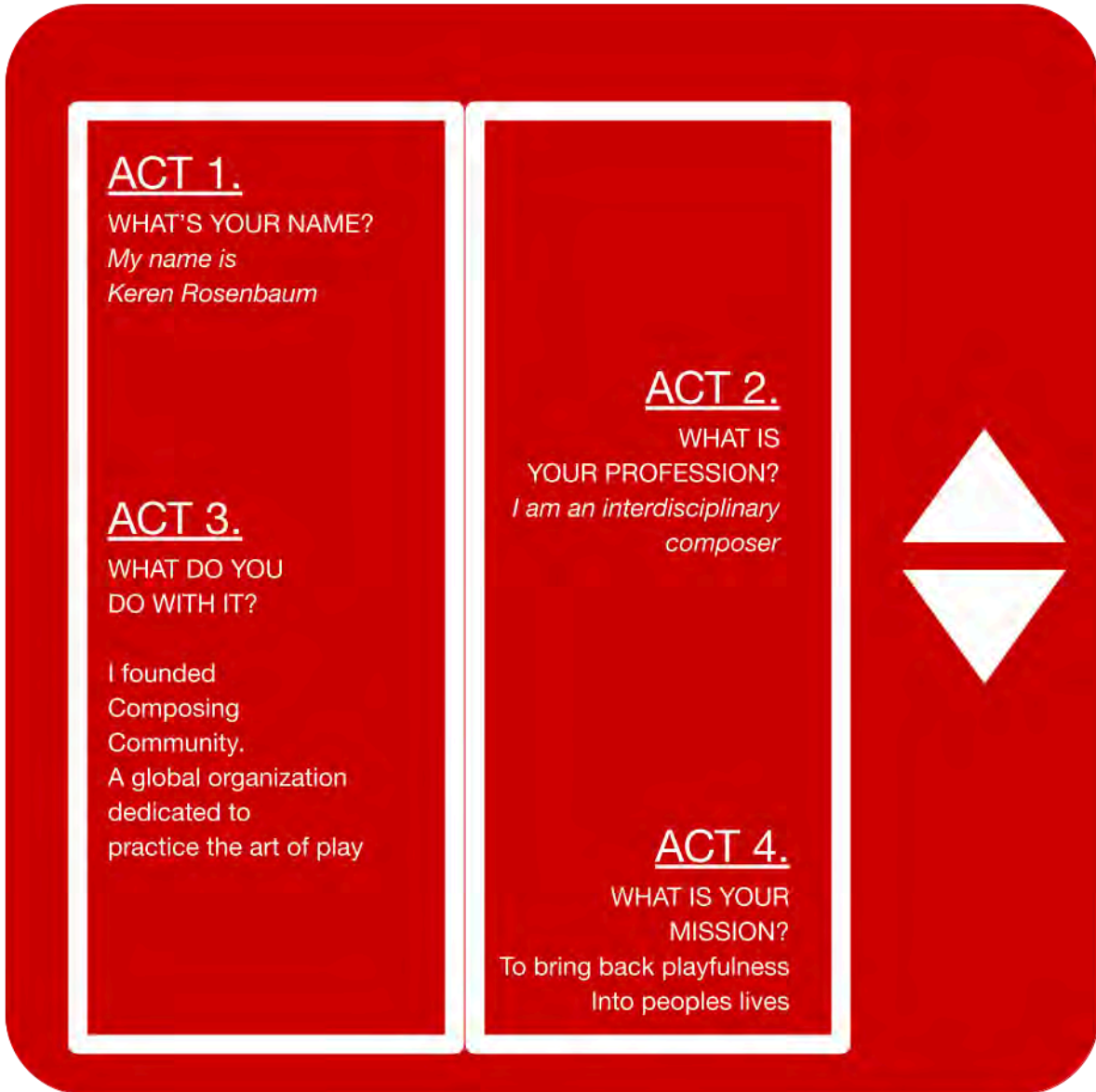
©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

[Index](#)

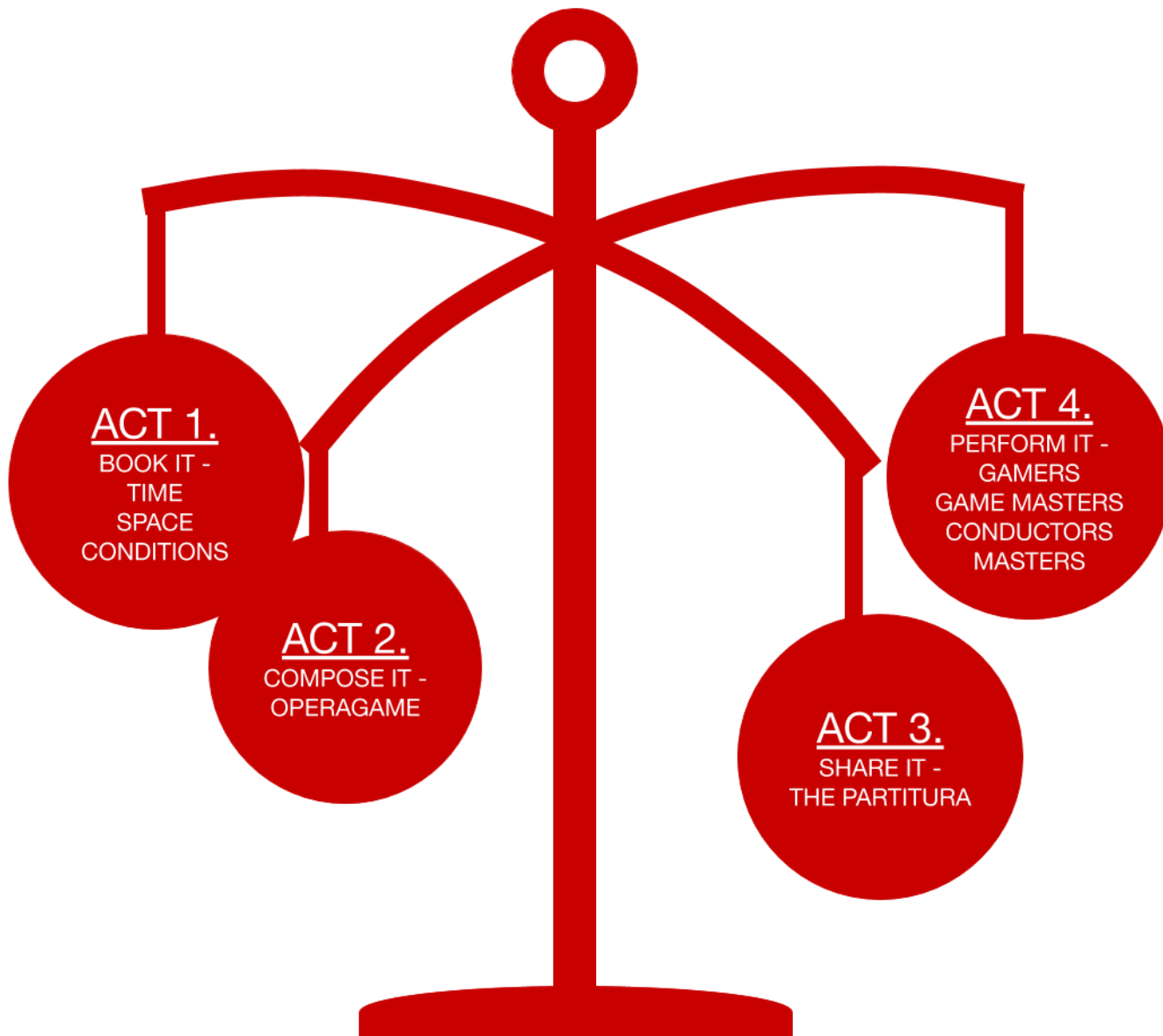
KEREN ROSENBAUM

PITCH IT - THE ELEVATOR SPEECH

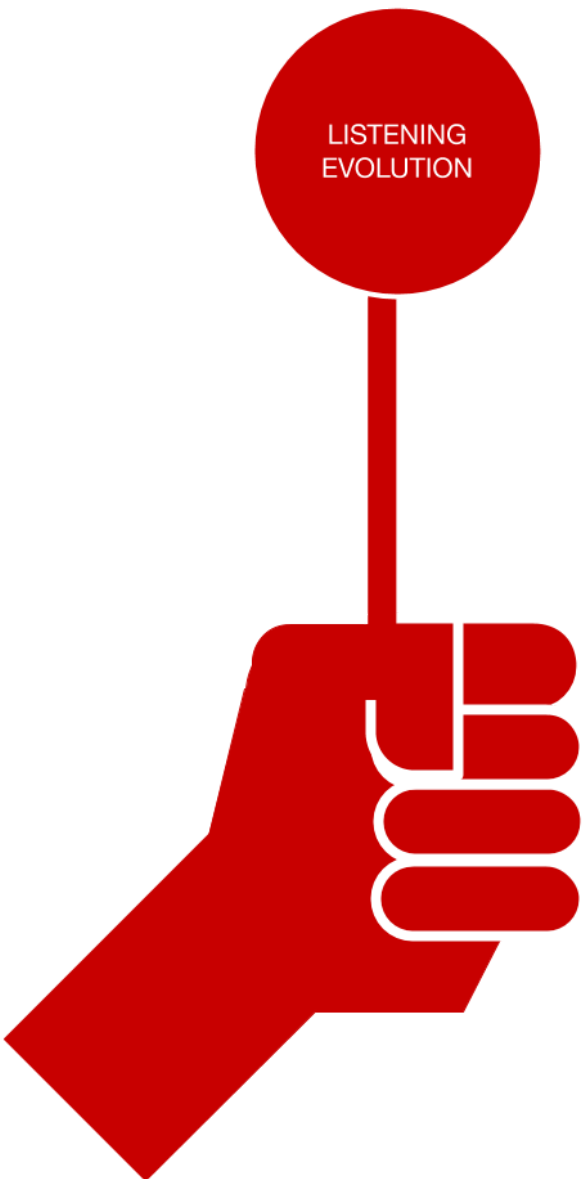
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
BALANCE IT - THE MOBILE
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
DEMOCRATIZE IT - LISTENING EVOLUTION
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



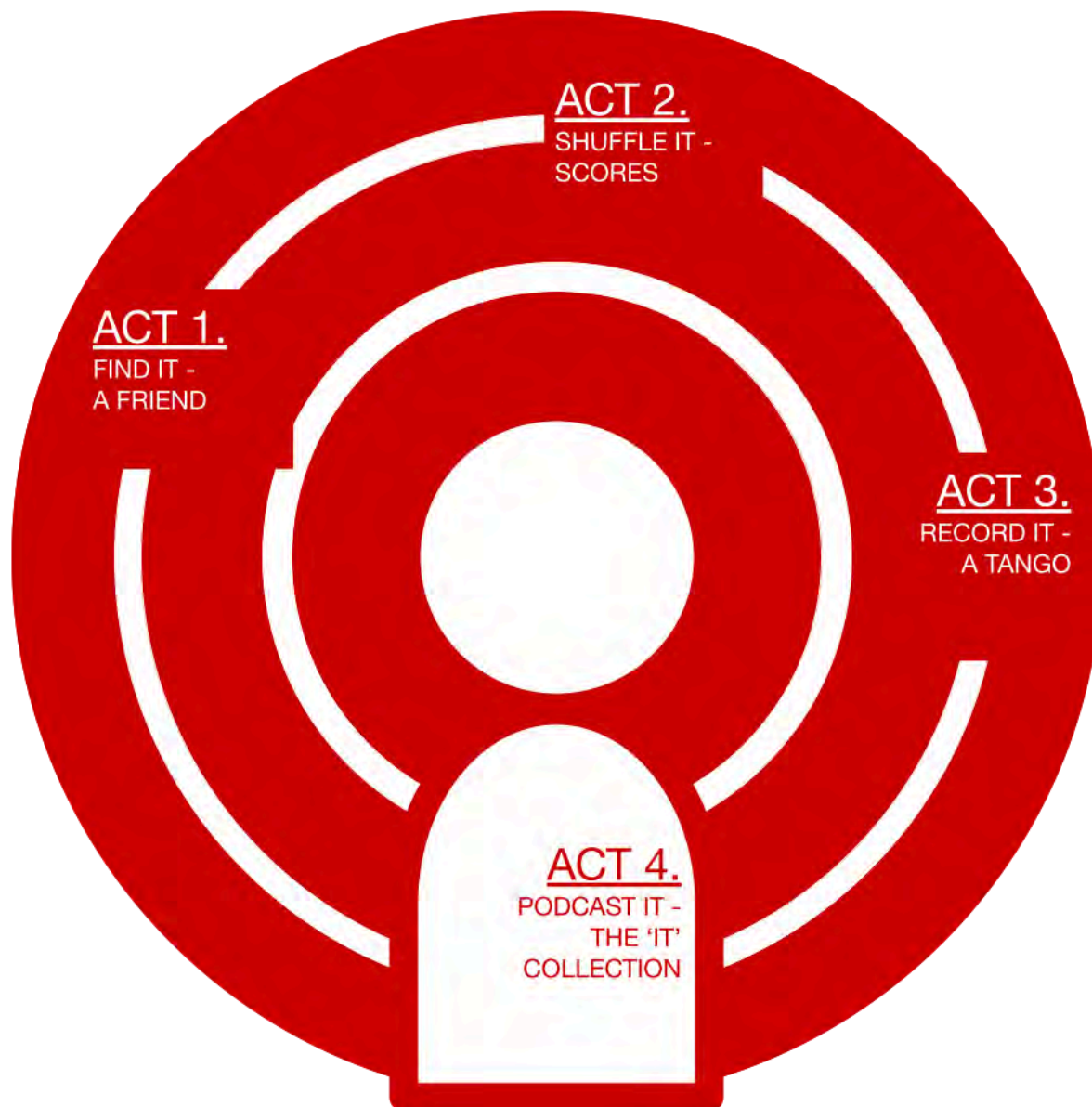
323

©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

[Index](#)

KEREN ROSENBAUM
PODCAST IT

(For: Talia Ilan)
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM

PLAY IT - PRETTY BALLOONS

(For Danny)

ZERO TO 100 / IT COLLECTION

REFLEXIVE STORY

VISUAL SCORE

ACT 1.

CLIMB IT -
A MOUNTAIN TO VISIT
PRETTY

ACT 2.

PLAY IT -
WE MOVE = WE SING = WE STRETCH
WITH A MOM, A BROTHER & FRIENDS

ACT 4.

CREATE IT - A PHYSIOTHERAPY
BALLOONS PLAYGROUND FOR
PRETTY

AFTER 3 YEARS CELEBRATE
WHEN YOU GET A HUG
FROM PRETTY WHO CAAN
WALK & SMILE AGAIN

ACT 3.

SHARE IT -
ALL THE BALLOONS
IN YOUR POCKET

KEREN ROSENBAUM

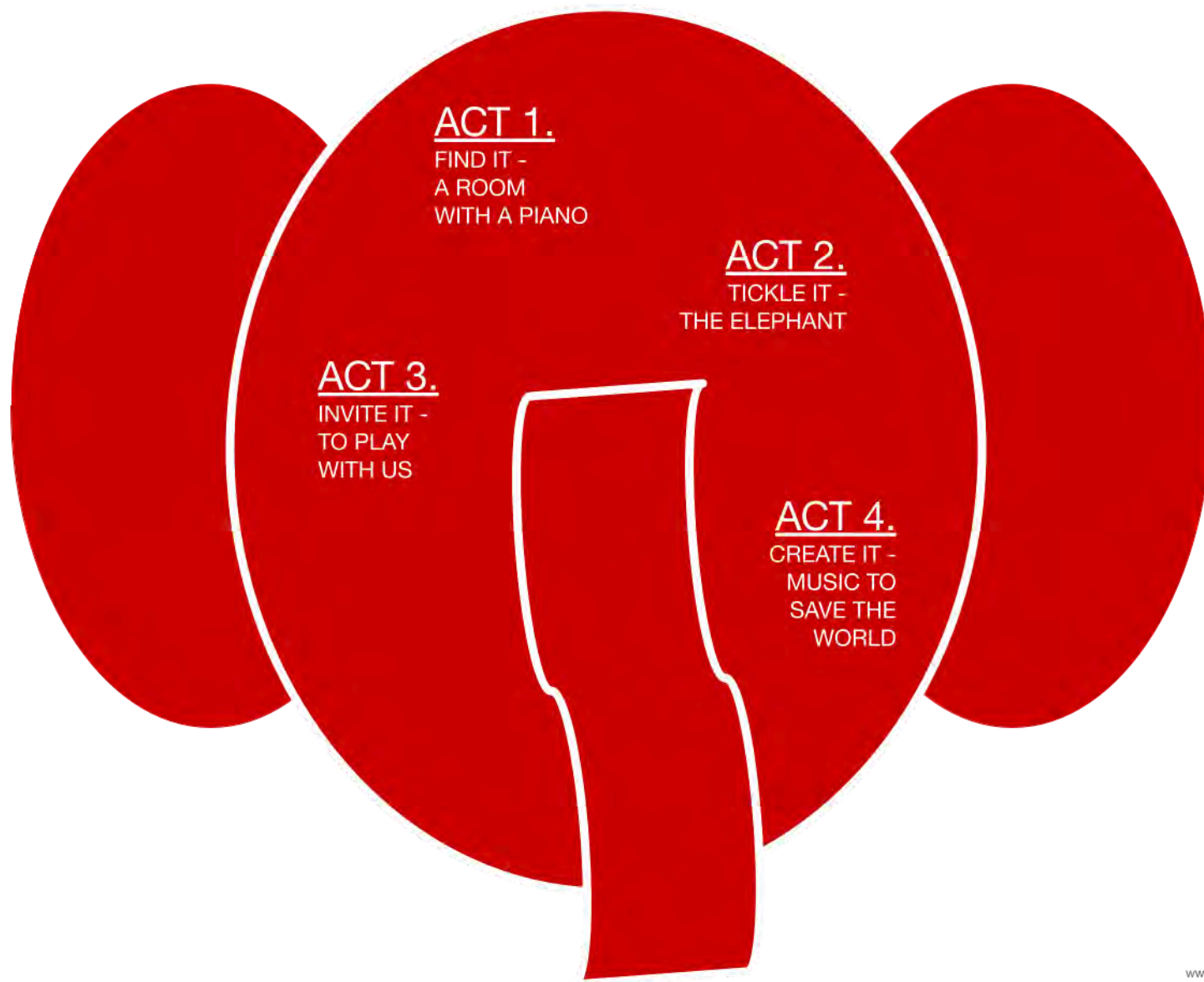
TICKLE IT - THE ELEPHANT

(For Maya Dunietz)

ZERO TO 100 / IT COLLECTION

REFLEXIVE COMPOSITION

VISUAL SCORE



©Keren Rosenbaum /
www.composingcommunity.com

KEREN ROSENBAUM
HOLD IT - LOOSENESS
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM
COMPOSE IT - THE SYMPHONY OF "DO"
ZERO TO 100 / IT COLLECTION
REFLEXIVE STORY
VISUAL SCORE

ACT 1.

FIND IT -
AN ORCHESTRA OF
100 PLAYERS

ACT 2.

PLAY IT - EVERYTHING VARIATION
WITH MIDDLE DO NOTE
(tempo, dynamics, rhythms, timbre,
articulation, orchestration,...)

ACT 3.

NOTATE IT -
Playing your symphony
on a keyboard you end
up punching middle DO
note.
Notate it in a music
score and you've got a
symphony.

ACT 4.

PERFORM IT -
YOUR SYMPHONY OF DO
AS MANY TIMES
WITH AS MANY ORCHESTRAS

Reflexive Family

: a group of people who care about each other
because they have a close relationship or shared interests:

KEREN ROSENBAUM

WARM IT - LION ROAR

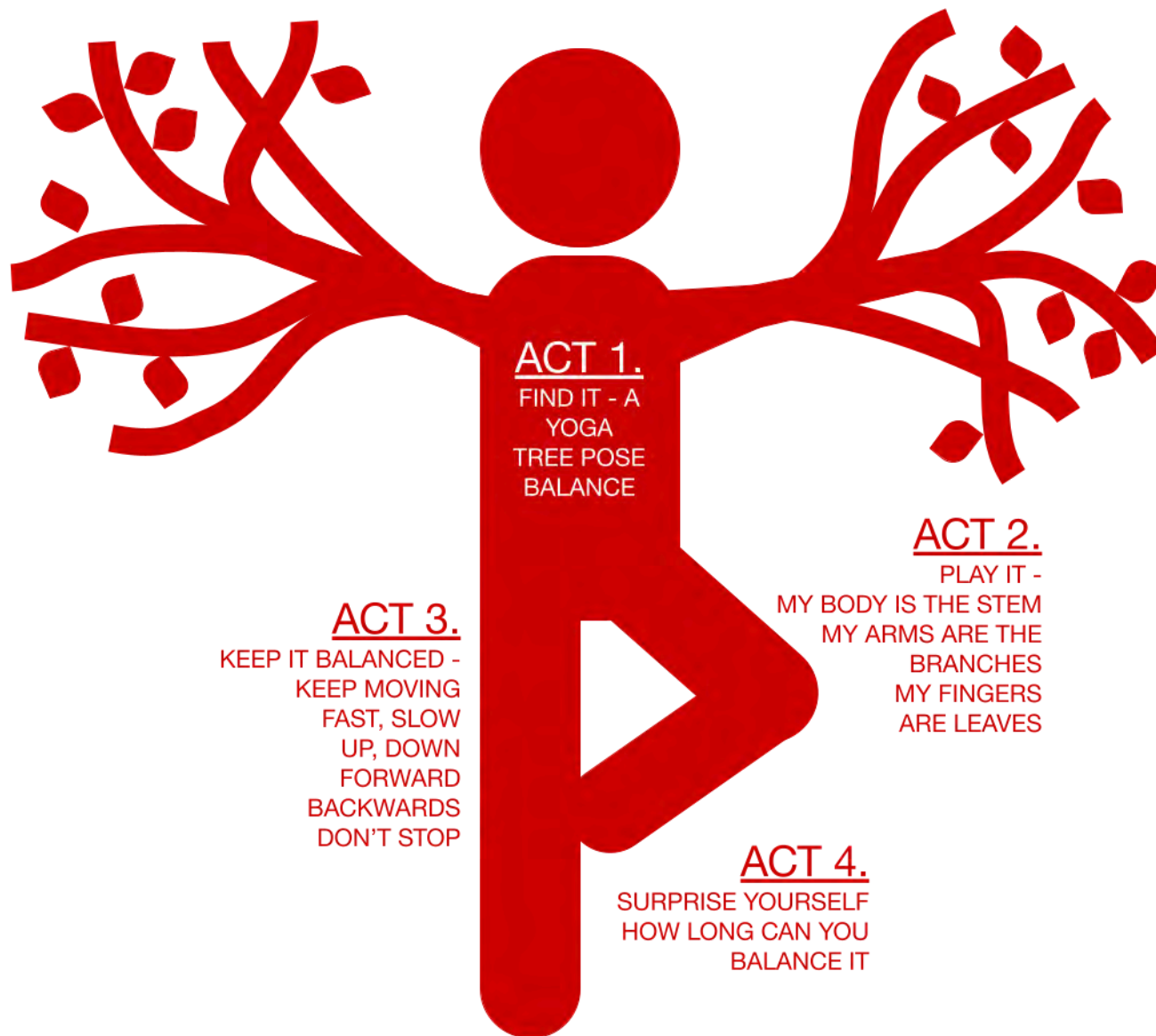
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM

WARM IT - YOGA TREE CIRCLE

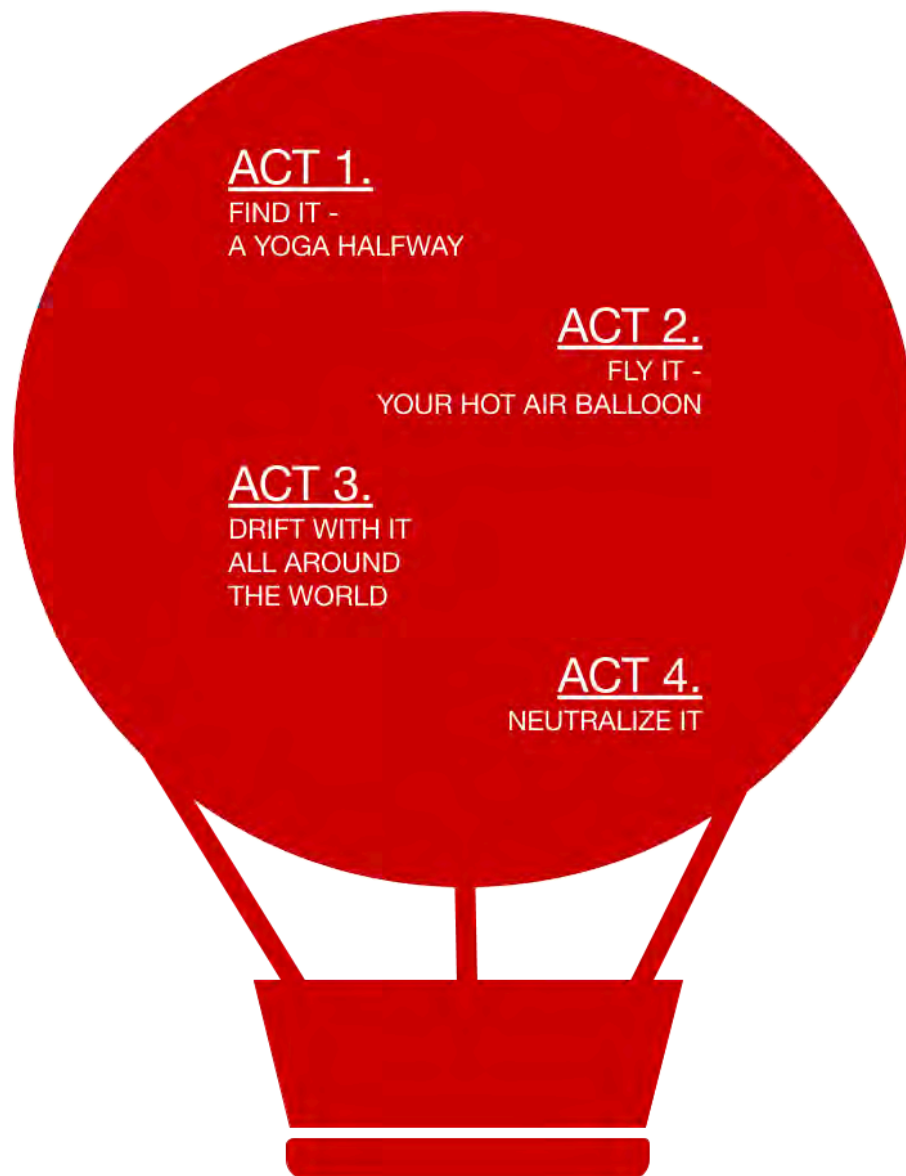
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE



KEREN ROSENBAUM

WARM IT - HOT AIR BALLOON

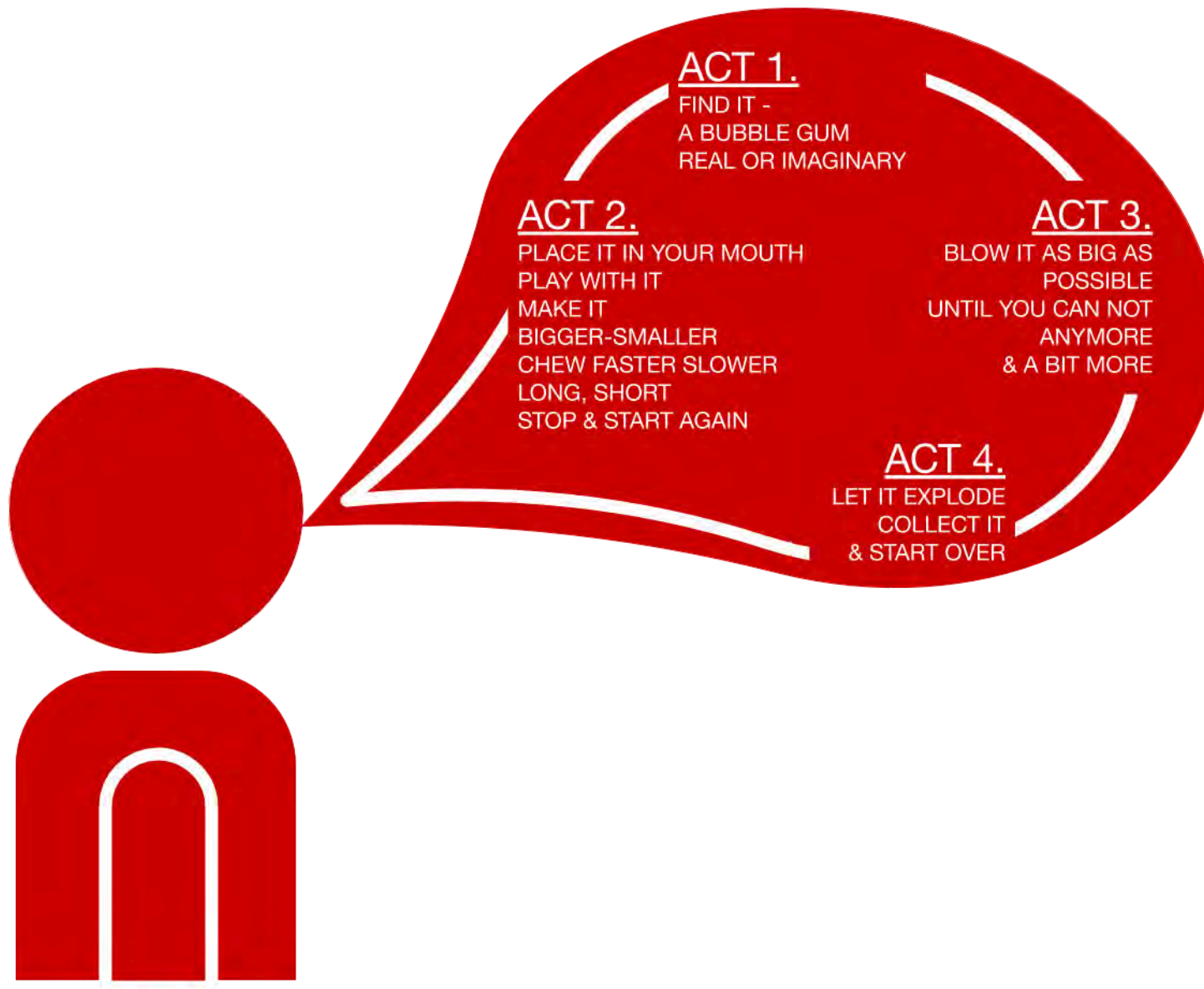
ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE

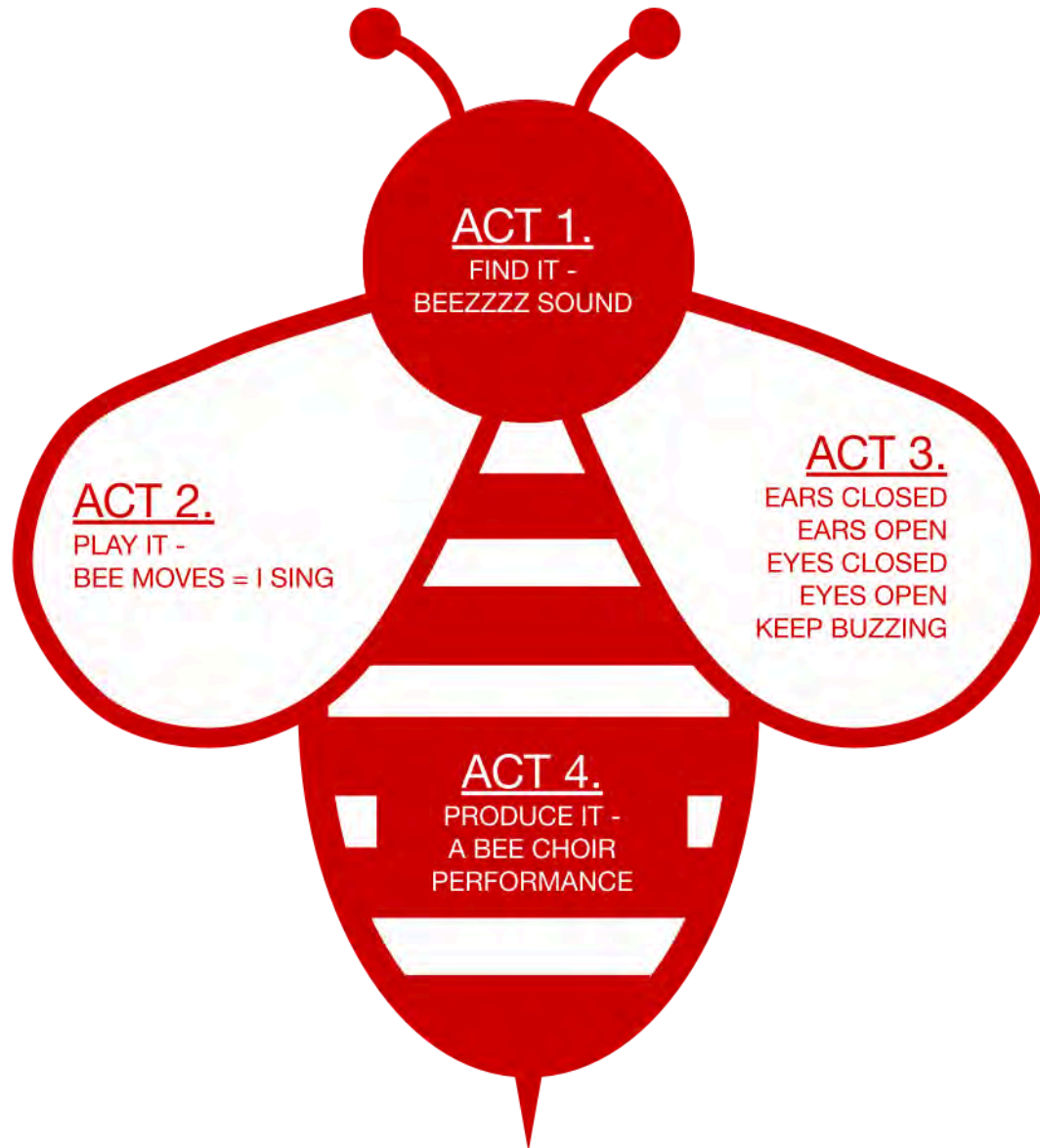


KEREN ROSENBAUM

WARM IT - BUBBLE GUM

ZERO TO 100 / IT COLLECTION
REFLEXIVE REALITY
VISUAL SCORE





KEREN ROSENBAUM
WARM IT - TALKING SOCKS
ZERO TO 100 / IT COLLECTION
REFLEXIVE KIDS
VISUAL SCORE



KEREN ROSENBAUM

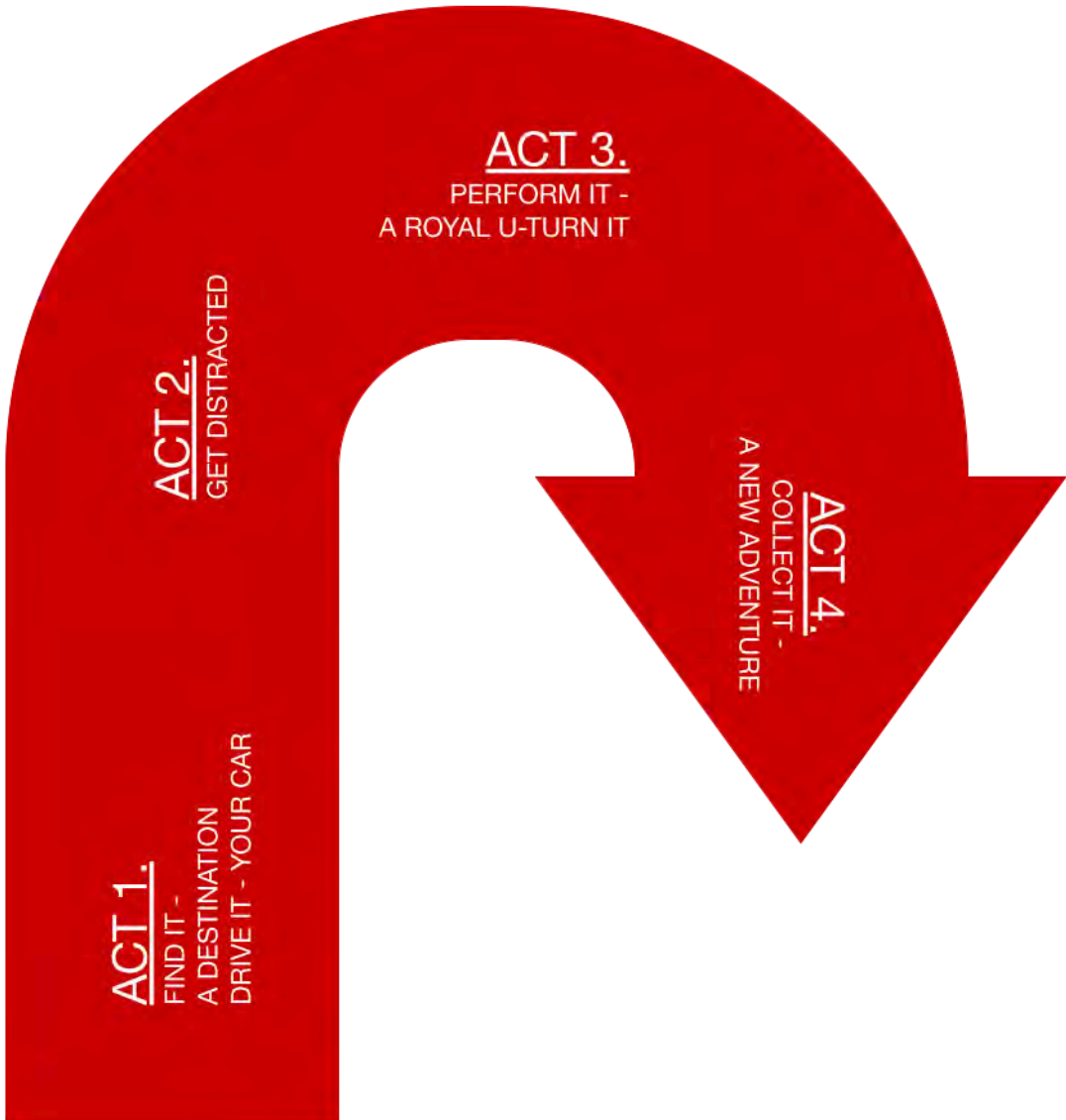
PERFORM IT - U-TURN IT

(For: Eden Diamant)

ZERO TO 100 / IT COLLECTION

REFLEXIVE REALITY

VISUAL SCORE



KEREN ROSENBAUM

CREATE IT - CONNECTIONS

(For: Guy Dubious)

ZERO TO 100 / IT COLLECTION

REFLEXIVE STORY

VISUAL SCORE

ACT 1.

FIND IT -
AN EQUATION

ACT 2.

A: It's an iterative formula for complex numbers that describes a shape that is part of the Chaos theory. The shape name is the Mandelbrot Set.

ACT 3.

Q: how is that related to reflexivity?

A: The idea that there's an ever going relation of something to itself like i listen to myself listening to myself listening

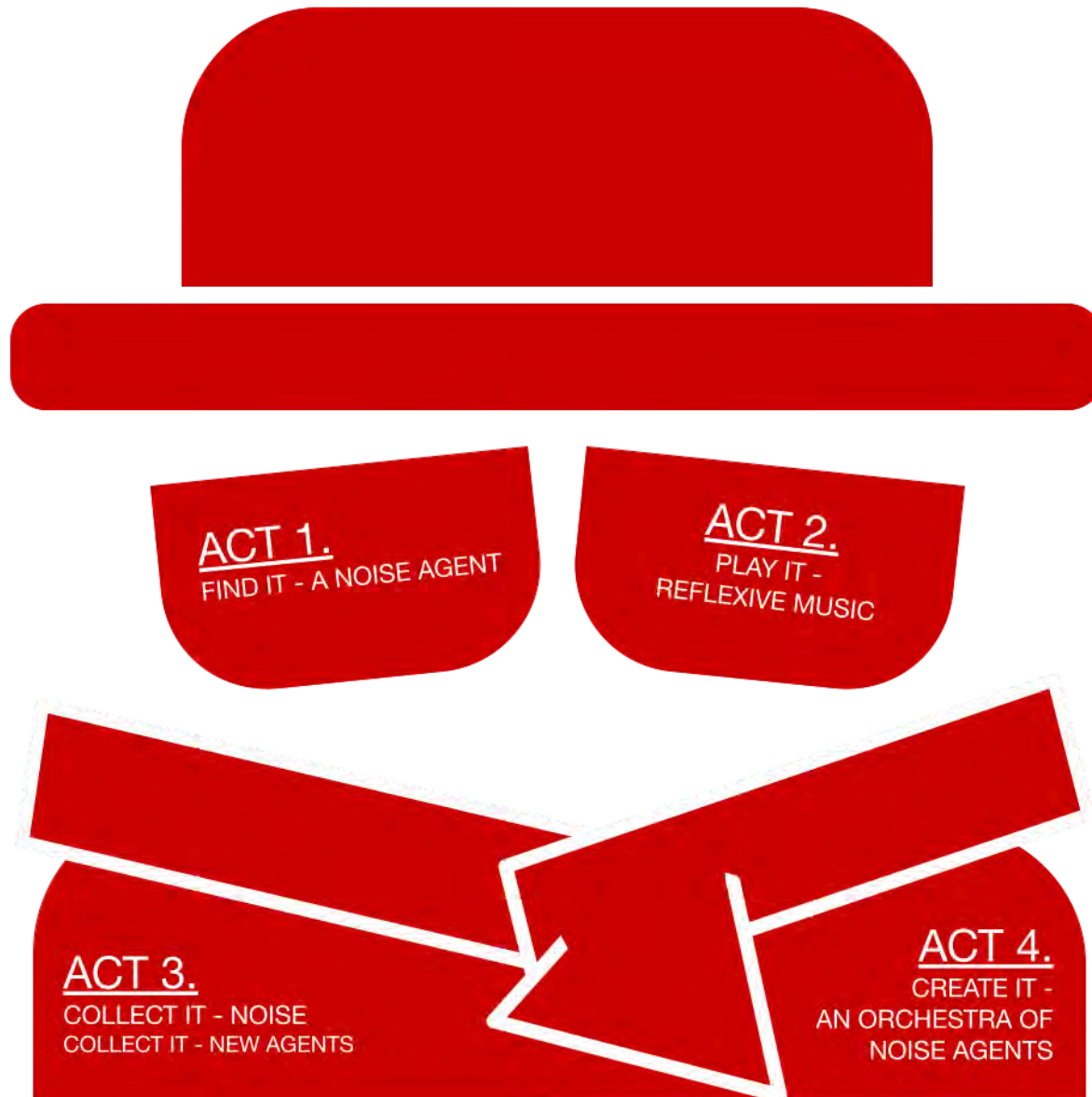
$$Z \Rightarrow Z^2 + C$$

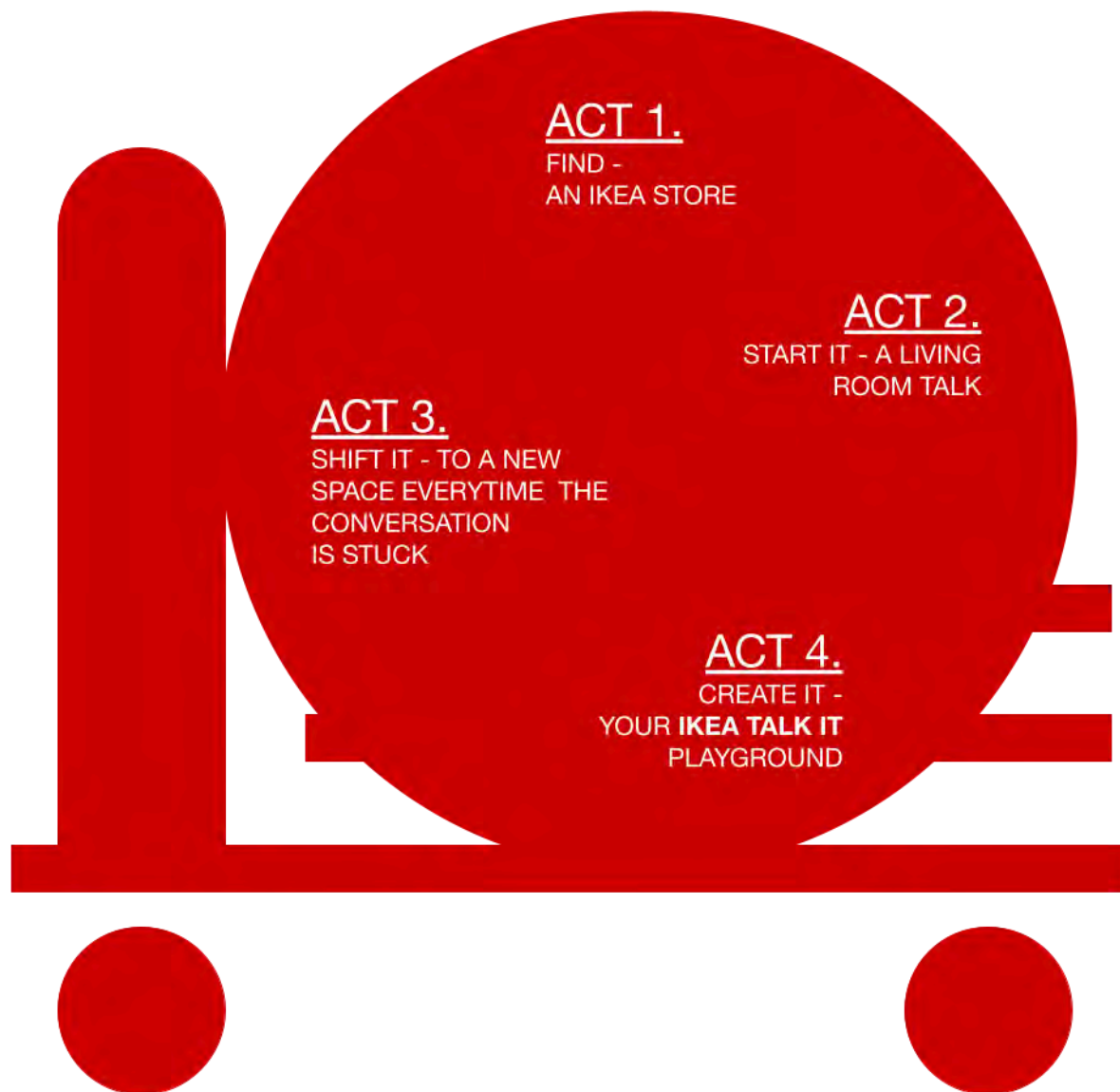
ACT 4.

SUMMARIZE IT -

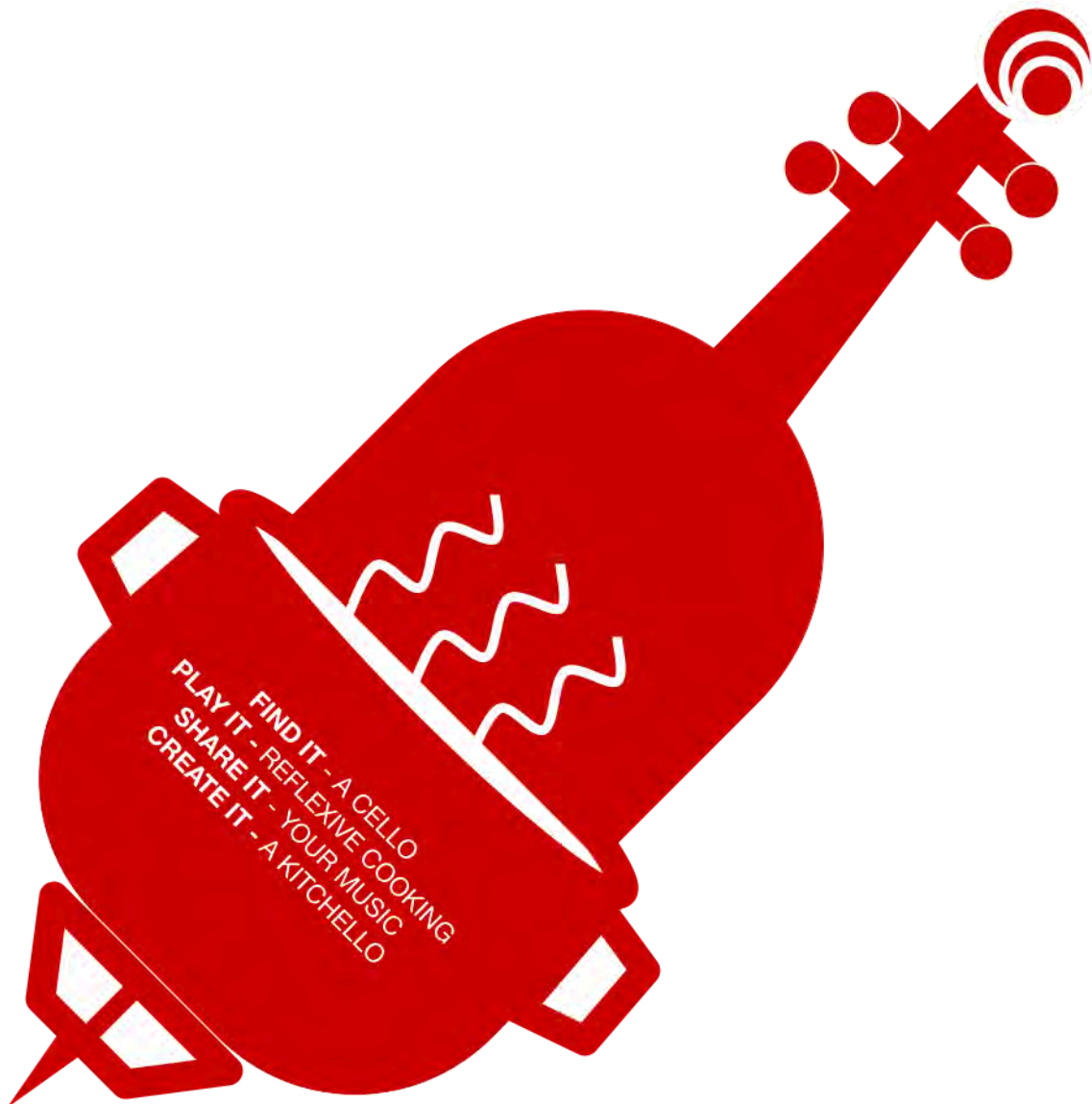
A lot of the chaos theory in math is iterative (never ending) so i guess this is the relation. As you dig deeper the shape re emerges, basically the same shape and every zoom level, so as you listen to yourself listening etc this might be like zooming in to yourself. But since it is still you doing the listening you still stay the same. I guess this could be the relationship

GUY DUBIOUS | KEREN ROSENBAUM
COLLECT IT - NOISE AGENTS
ZERO TO 100 / IT COLLECTION
REFLEXIVE PLAYGROUND
VISUAL SCORE





KEREN ROSENBAUM
KITCELLO
ZERO TO 100 IT COLLECTION
REFLEXIVE COOKING
VISUAL SCORE



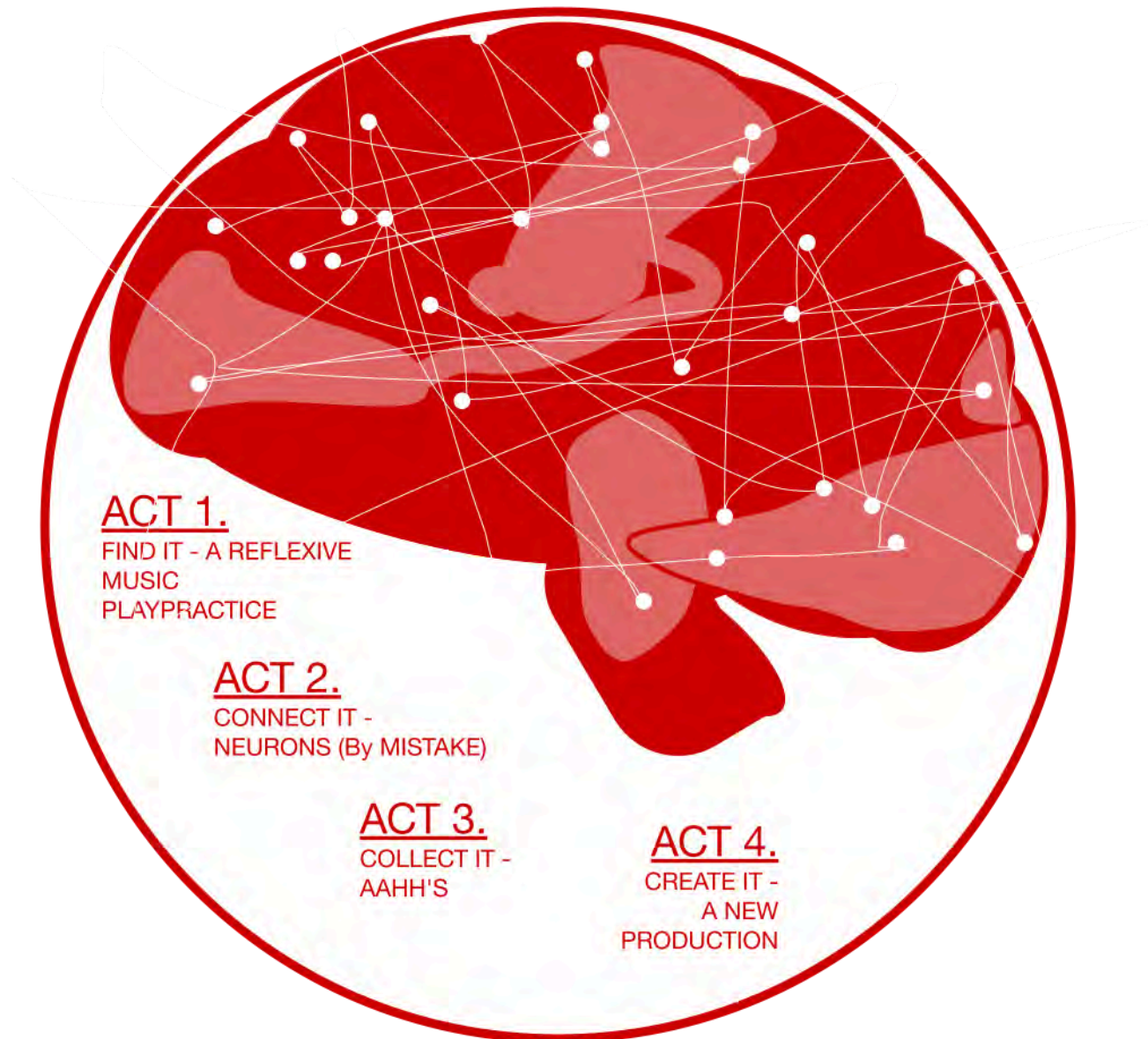
340

©Keren Rosenbaum | The Playground Approach (ALP)™
www.composingcommunity.com 08-08-2026

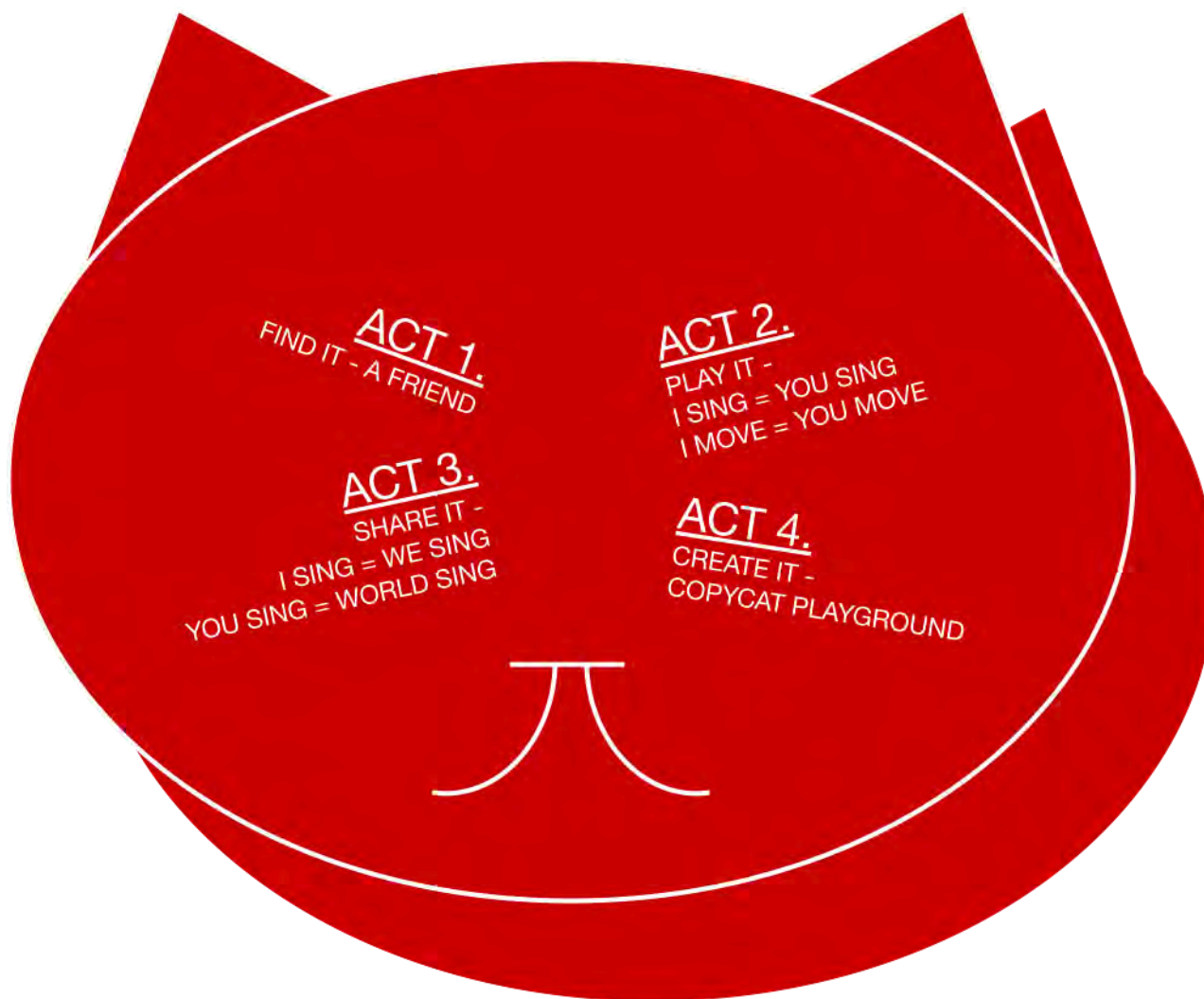
[Index](#)

KEREN ROSENBAUM
COLLECT IT - AAHH'S

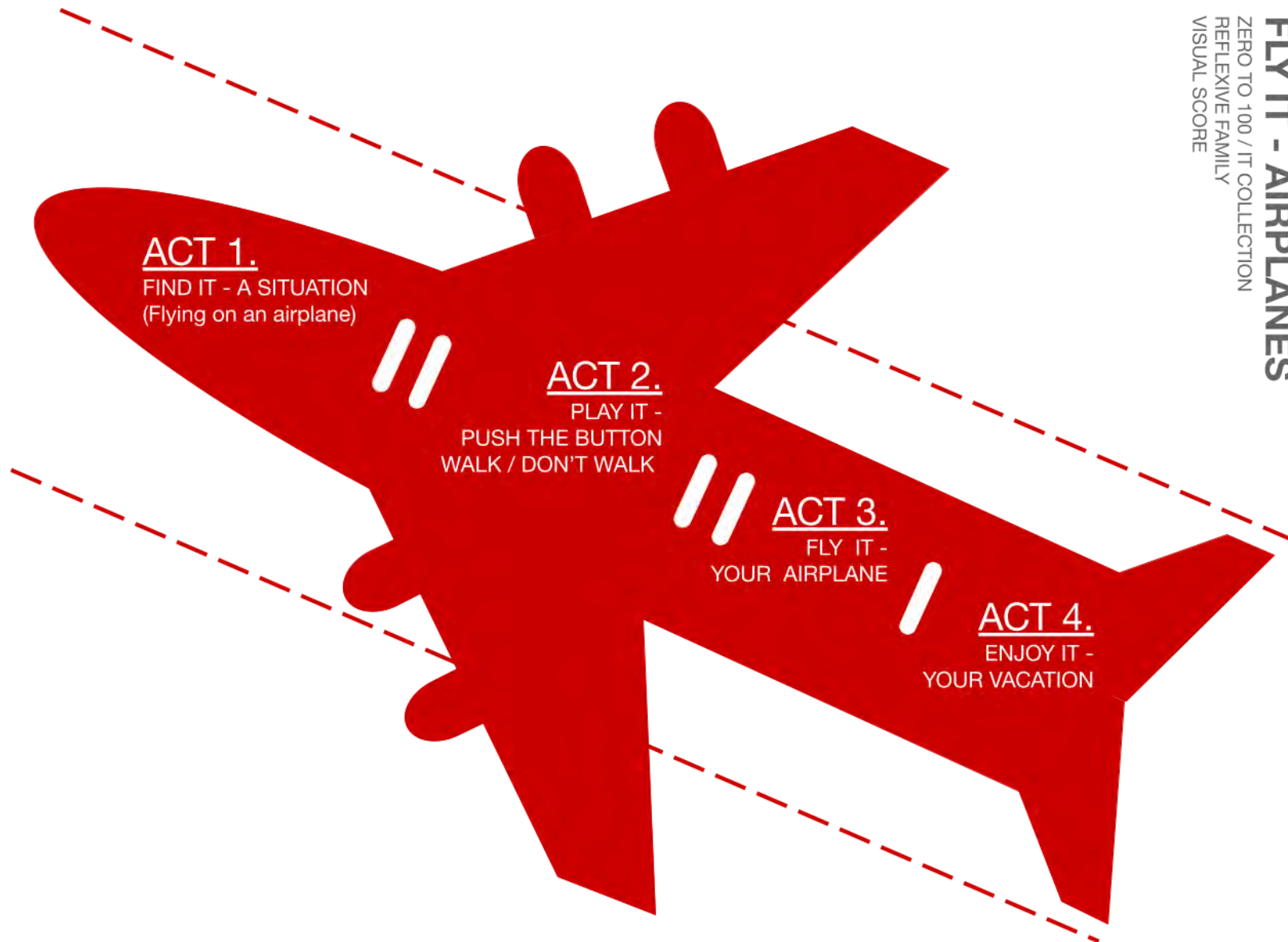
(For Kiki and Isabel) ZERO TO 100 / IT COLLECTION
REFLEXIVE PRELUDE
VISUAL SCORE



KEREN ROSENBAUM
COPY IT - THE COPYCAT
REFLEXIVE KIDS
VISUAL SCORE



KEREN ROSENBAUM
FLY IT - AIRPLANES
ZERO TO 100 / IT COLLECTION
REFLEXIVE FAMILY
VISUAL SCORE



Keren Rosenbaum is an interdisciplinary composer, conductor, and educator performing internationally for over 30 years. She works inbetween disciplines such as music, intermedia art, noise, public intervention and philosophy in a music genre she refers to as **Reflexive Music**. Her performative stage - The Active Listening Playground is where performances, workshops, exhibitions and festivals are dedicated for participants to engage with playing reflexive music. Rosenbaum began her music education at the age of 7 Completed her at the Royal Academy in The Hague, among her teachers: Lev Kogan, Aerie Shapira, Leon Schidlowsky (Tel Aviv) Louis Andriessen, Von Bergeijk, De Man & Clarence Barlow, D. Wasserman (Netherlands) & Tania Leon and Walman (NY) In 1999 Keren curated the first interdisciplinary music festival and founded the REFLEX Ensemble, a worldwide community of musicians and artists that gained world recognition for their unique exhibitions, workshops, and ongoing performances of Reflexive Music. Often described by both listeners and performers as "passionately inventive" and "on the edge," Reflexive Music has given rise to the **ALP/ Playground Approach & Tools**. Rosenbaum's compositions and contemporary notation, specifically her signature conducting-via-earphones technique, is introduced in Notations21 book by author Theresa Sauer as a groundbreaking approach to provide the room with personal expression demanding a higher sense of aesthetic responsibility from each performer and audience alike. Often described with the quality of making one experience deeply and unforgettable the act of the play. "...Like a roller coaster ride". In 1999 following the success of initiating and curating the first interdisciplinary music festival she founded the REFLEX Ensemble, a worldwide community of musicians and various artistic forms, this innovative performative approach to music, stage and new technology. The ensemble gained world recognition and the unique concept have produced performances, exhibitions, workshops, and ongoing projects that continue to perform Rosenbaum's Reflexive Music.

In 2013 Rosenbaum founded the **Composing Community Global Organization**. Home to the Reflexive Music Academy, it is dedicated to teach and spread Reflexive Music through Active Listening Playground (ALP) Approach & Tools. ALP Approach helps foster positive connections, creativity, and innovation using a practice of playfulness (the art of infinite game awareness). ALP Approach is practiced around the world. Al Akhawayn University, Ifran; Tel Aviv University, The Arts University, Helsinki; WE ACT, The Goethe Institute, Chelsea Art Museum, NY; Musicians without Borders and Unesco to name a few. In 2019 Composing Community launched its latest program aiming to bring **Reflexive Communication** practice with ALP Approach to the workplace followed by the formation of **Executive Playground** dedicated to inspire cultural change in organizations around the world bringing back music into the workplace and supporting communities in need around the world Active Listening Playgrounds. Since 2021 the approach has been adopted and introduced by The Tel Aviv Music Library (The Felicia Blumental center) as a way to allow anyone (regardless any prior music experience) to participate in the act of listening, composing and conducting music focusing on music as communication instead of knowledge. The ALP Approach continues to develop since 2012 with the support of colleagues, students and participants in ALP Playgrounds processes around the world. Becoming a Reflexive listener is the first step "to get back to our senses" (returning to our Synesthesia when the world exists at the intersection of sense and sensation.) and adopt the approach of playfulness as a mindset (infinite internal play awareness). This nonviolent, positive and empowering communication approach can be integrated into work and life and contribute to our wellbeing as well as healthy positive interpersonal relationships personally, with our community and with the world.

