

for a day at home

open [this link](#). play the recording and leave it on until it ends or until you get sick of it.

*don't skip forward.*

acknowledge the chord briefly. or not at all. forget it. go on with your day for about an hour or two.

start hearing the chord. make your movements and actions softer so that you hear the chord always.

go on with your day like this for about an hour.

*hear the chord.*

sing one note from the chord.

go on with your day. always hearing the chord. all other sounds are softer.

sing another and then another note from the chord.

go on. *if you get tired from the chord wait for 30 minutes then think again. are you sure you are sick of it? then turn it off and end the piece. are you ok with it? then go on. are you not sure? wait for 30 minutes then think again.*

sing a note that is not from the chord.

play one hundred beats.

go on with your day. hearing the chord.

sing a melody.

go on. *are you sick of it?*

play your favourite piece of music much louder than the chord. *you can't hear the chord anymore.*

go on with your day.

*do you still hear it? did it stop? are you sure? did you forget it? do you miss it?*

do it again another day. this time only imagining the chord.