**Vocal Empowerment   
Class 8**

It’s incredible that we’ve come this far, and it feels like we are just beginning to get into the deeper layers. How was your journey, your heart, your explorations these last few weeks with the new tools? Are you feeling empowered? Closed? Open? Joyful and energized? Resolved? Quiet? Notice where you are right now, it’s the perfect place to meet this moment.

Breath into your personal sphere and the collective sphere. Center yourself in this space and time, in this moment where you are. Locate yourself with a tone home to bring yourself here. Let yourself fill your lungs and cells with extra life force. Take some time to center and locate yourself in the throne of your heart center before we dive in. Breathe out, and become aware of your sphere and temple we are meeting in. acknowledge them from the center of your sphere. Find your point of reference. Breathe into that. Make sound. Introduce yourself into this larger space and sphere. Meet yourself where you are in these first few moments, as best as you can. Breathing in, make a sound with the only intention of meeting yourself. What sound does your body want to make? Need to make? Whatever that is, do it now. Allow a flow state to express itself. Sometimes we need to kick down the doors and let it flow again.

It is a big accomplishment to stay focused and show up week after week. We say yes because we are excited, and then shift focus. For those of you who have stayed on track and made it this far, it’s great to be with you. Sometimes the simplest practices have so much wisdom, but we pass them by because the mind loves complexity. The wisdom of heart and body is very simple. We were breathing into our sphere, and becoming aware of a larger sphere, and finding our point of reference inside of. I AM. We ARE.

Everything is about the sea of we, and there you are within it. To become present to both, the relationship of our sphere within spheres of collective consciousness, is a very simple, and yet profound contemplation to explore within our sphere. We are creating sanctuary without our spherical field. What happens when we sync up with larger and larger spheres and points of reference, and we start resonating and co-creating? If you are meeting here, then you are not only in your sphere, you are in our sphere. Notice the interactions and the edges of the spheres. Tributary zones, the edges of personal and collective space mean. The seams within the dream. Through the seams, reality is woven.

These spheres take on life based on our presence within them. When we take time to occupy our spheres, thentone together to hold a collective space, this is co-creation. This is how we heal our communties, planets, and reclaim the realm. This is how we heal our body. As above, so below, as within, so without. We are intoning, syncing up the wholeness of our collective spheres, our cells, singing one song, universe, become a collective expression of wholeness and coherence, and then syncing up with others doing the same thing. It’s very exciting. This is why it’s overlooked, because it’s very simple. Doesn’t require religion, phd, other than commitment, presence, and willingness to dive all the way in to occupy your sphere once and for all. Let’s breathe and play with those two points of reference, those perspectives equality truth at the same time, can you balance i am,w e are, become aware with your flow state of your vocal expression, truth telling, singing, creative sparks, as you speak your truth into the world, can you stay ever present with the sacred cross of the wheel of your ship of navigating your realm, stay present to the effects and ripples that your voice is having on reality.

Have you become aware of something you said, that years later someone expressed how it affected them- we never know the effect our words, our sound has, as it ripples through reality and bounces off of other people. This is our responsibility, the more responsibility we have to be stewards of its power. So here we are in this space, let’s dive into a spherical exploration. Keep in mind this experience of my personal sphere that i am really responsible for, and your sphere alone. The natural inclination of the presence is to natural want to share, to connect with others, to co-create, harmonize, so that is what we are doing here

We will explore the wheel, hands on the wheel, I Am, and We Are, the horizontal and vertical that help us align our perspective to stay balanced inside of your sphere. Tis always both. We’re exploring spatial and consciousness perspective to include in vocal empowerment journey and explorations. Keep in mind.

***Flow state-***

what does flow state mean to you? To be in the flow? What does it feel like to use your voice, stream, the very words you speak, every tone, or simply words you are speaking, what does it feel like to give over your vocal channel to the flows tate of your souls expression, of your higher self, the presence that you are, the stream where all sounds come from. What if you right now no longer parroted words or thoughts of your mind, but instead let your mind become the screen, you as the captain are streaming much deeper than the mind. From a point further upstream than that. A source, a wellspring of wisdom, the truth of who you are.

Repeat

‘This is what it feels like to speak from a place of presence’

‘This is what it feels like to stream my words’

‘This is what it feels like to let my voice be a channel of the divine’

‘This is what it feels like to heal my body with sound’

Use your hands to invoke and stream if it is helpful

Notice how present you are becoming. This gentle fire, this gentle presence. The presence. Is welling up in you like a wellspring.

Ahhh- feel the pleasure, the presence, the nectar of that vibration, of your own sound.

‘Sound’ is ‘round’

Follow the shape of the sound, round shapes, curve. Straight. Ray. eeeee. How do the shapes of the sound focus and send energy?

Invoke the power of your voice, use it, may it create more beauty, love power wisdom. Consciously.

What happens when we want to be more precise? Sound better, eloquence, a moving speech, sing a song that can captivate and inspire audience. If you are rooted in the presence of your soul, doesn’t it seem like the source of sound would then be able to direct your stream even more masterfully? It’s possible to recite programmed, memorizations. But if not rooted in an embodied way, not emanating from their sphere. This is why we are unpacking layer by layer something the seems indescribably about masters of speech, master songmen, deliverers exactly what needs to be said, with power and call the collective consciousness into a collective moment together, to set a revolution- what do they have in common? They are congruent. The words they are speaking, the vision, the body language. It all matches up.

I learned this from working with horses. I learned about congruency. The only way i could meet these creatures was to be as congruent as them. Your body language, your voice, your diamond thought must all be the same thing to have an impact. To create what it is you are choosing to create. Maybe you only want to create more love. You must feel, embody, speak and see more love. A lot of people who want to create more love have been hurt the most. Patterns come.

I want you to take a moment with yourself and speak the words

‘So this is what it feels like to be congruent’

this kind of a spell, affirmation, mantra, this is a way to loop back to yourself. Swallow your own wisdom. Check yourself. Make sure you are in alignment. Then you are in a good position to co-create with others.

How to use words that support you remaining in the stream of the voice, whether its a tone,

Or words that connect, feel the presence of collective coherence. With words or sound, collection of sounds. I find personally toning is a much more direct way to communicate. Not alot of people are operating on this level. This is a blessing and a challenge.

Curse- check out the word- cursive, a type of spelling.

Hex- hexagram

All these words go back to the roots and origin of language

If you make one symbol that creates every possible symbol or shape, a codex, a sigil.

Familiarize yourself with these 2d imprints for 3d spaces. Locked into these bodies we use to communicate. Deep toning is a way to break the spell, clear the game board.

Sound is used to heal or cause sickness. All of the shamans have known this through the ages. Sound can liberate or create binds. The way you are using your sound, your words, is adding to the bars of your prison, or arching the angles of your sphere through your clarity.

Spherical Exploration-

Tone Home

Intone

Outone

Elevator- ahh- start low- stabilize up high- pause- high to low- stabilize- pause- repeat 3x

Smooth out your voice through the elevator practice- breath deeply, relax your jaw, gage how much power you give your breath, th stronger breath, the louder the sound, no pushing through the breaks, smooth out, heal them with presence, softening and lubricating the channel.

Reading from ‘The Third Millennium’

Can you feel your individuated stream of music? Sound? Your uniqueness?

Call this personal, intimate connection into your body with a tone home

Can you feel how personal it is? There is no thing it needs to be other than what it is? Your voice is beautiful, your fingerprint is beautiful. It’s by design. Let your voice express this design now.

Tone home now into your sphere with the most gentle power you have felt in your life

Receive its nourishment and its direction

There is guidance in your sound for you.

When i share my song, whether or not anyone is around, outside by myself in my own explorations, this is where i get the guidance, how to move, how to be in right relationship with the people in my life. This vocal empowerment dance, its learning and remembering how to be a master navigator your reality. Sound, light, information, guidance, your soul, comes to you on vibration. It travels on vehicles of thought that enter your sphere, your world, as frequency, as sound. This is adept level stuff. Its child like. Its universal. Grounded. I invite you to be grounded as you explore your sound.

Ground, sound, round- sphere- they all have this round sound in it

Sphere- you are ‘here’- hiding in your sphere

To be here, to be grounded in your space

You can move a lot of energy with an ahh

‘Ahhh- so this is what it feels like to be grounded in my sphere’

‘Aaaa- so this is what it feels like to be a mastery of my reality’

‘Aaaa- so this is what it feels like to be present’

Be like the hummingbird- make sure you get the juice out of the moment. Its all for you.

How can you get the juice out of this moment? Out of this connection, out of this journey?

How are your spherical explorations? How are your practices going?

My whole life is about using my voice

The days i don’t do it, im off an inch from my truth center, clarity.

On tour, i woke up, instead of doing my practice, i did the thing where i saw the texts on my phone, and started reading. It threw off my day. I was reactive. I wasn’t choosing the pace i set for my day. I didn’t claim my space first and then bring my occupied presence to the hologram. My thoughts were scattered. A reminder for you, this is powerful work, and subtle. But cumulative. We’ve gotten a taste of the potency of sticking to it, creating a rhythm, informing a new kind of way that we relate to our reality, by using our magic in the way we were meant to.

Willy wonka on the elevator-

Going up and blasts through the ceiling with a crystal shattering tone

Don’t force it, but send it up and out- using your breath. Through the roof

Shatter limitations you are having

Balance by doing a few on the bottom end as well

Keep your sphere balanced.

Be playful- open and soften- this is how i get into the higher parts of my range

On tour, i had someone approach me and say they liked how i stuck my tongue when i hit the high notes. Id watch videos of stevie wonder with his tongue out. They were so relaxed- sloppy, in order to get these high notes in a chest voice. Takes relaxed muscles. If you are tight, you will hurt your voice, blow a fuse. Keep that flow state going

HF

In Your Sphere- Practice Saying Out loud-

‘This is what it feels like to speak from a place of presence’

‘This is what it feels like to stream my words’

‘This is what it feels like to let my voice be a channel of the divine’

‘This is what it feels like to heal my body with sound’

‘So this is what it feels like to be congruent’

‘Ahhh- so this is what it feels like to be grounded in my sphere’

‘Aaaa- so this is what it feels like to be a mastery of my reality’

‘Aaaa- so this is what it feels like to be present’

Use whatever words that stream through that get you into a flow state

~research- what is it called the entire codex of a language- something gram?- every possible shape from a-z- this si the collective spell of the language

~ Visualize your sphere inside of collective spheres- interacting and harmonize with others. I am- We Are- shared experience. Include this in spherical explorations. Personal space, collective space. How am i in relationship with these things?

~elevator practice- willy wonka- explore in relaxed way

~choose a song that you are going to sing. Maybe you have already chosen. A song you are going to sing. Film yourself singing it to post in group when you are ready. By the end of this session, you will sing a song that expressed your vocal empowerment. A song that makes you feel empowered as your singing it. Cover, or one of your own songs. Record yourself singing it, listen back- do i feel empowered singing this? Is it expressing how i want to feel?

~ write down in fb group what your song is