**Vocal Empowerment Class 1**

**Introduction- Occupy Your Sphere**

Welcome. It is an honor to create this adventure with you. This is an adventure of consciousness, soul, opening parts of our body, our energy body. Some of this might be brand new, or it might be tapping back into something you lost a long time ago.

Housekeeping Pieces

* Get familiar with the chat room, click q&a, and ask any questions you have during the sessions and i’ll get to them at the end
* We are recording these sessions. So we will start each class with that intent
* Each class we are going to be toning ‘home’. At the beginning and end of every exercise we will do this. To locate ourselves at the center of the center of the center of our being. It is our locator beacon. This is how we will launch in.

Get your water, journal, and pen, and get comfortable.

Lets begin with a few deep breaths.

Welcome to class 1

Lets begin with Tone Home. Why tone home? This is our locator beacon to find ourselves at the center of the center of our being. We need a vehicle to go on an adventure. The vehicle we use for this adventure is a sphere. A measurable energetic field that surrounds you. You can occupy this space by filling with your presence. Expand your presence in your sphere with just the breath. Now expand and occupy your sphere with a little sound. Fill your space with your own sound. Now this time, we are going to say the word ‘Home.’ a sound to bring us back to the origin point. This tone can be high, low, doesn’t matter. This is your tone, this is for you, to locate yourself. We begin and end every exercise with this key. The master key to this work.

Practice

* Put your hand on your heart
* Tone and say ‘home’- see if you can get your hand to vibrate. Explore going higher, lower, till you feel it vibrating
* Tone ‘home’ 3 x. Locate yourself. Right here, right now.

What happens if we start every meeting with this?

This first session is about Occupying Our Sphere.

Getting to know our vehicle. Reach your arms out. Glance at your fingertips. Your wings. Imagine your sphere is an inch out from your fingertips. You can bring it in, push it out, til it contains your energy field and body, can include the room, town, globe. You can expand and modulate your physical space at will. It’s your birthright. Expand, explore, share ideas. This is why, in every session, this is going be the space and language we are using. The energetic space we are occupying in this timeline, in this moment.

In the band of light, we say ‘pop a sphere around the moment’ to explore spheres as part of our daily rituals. If this feels heady, don’t worry. We will unpack all of this so by the end you will Feel. Your. Sphere.

We are setting an intentional beacon, so we know when we’ve arrived we can look back and know that we have found home within. Home within our body. A comfort zone around our power. What is it like to be in touch with our power? We call this vocal empowerment. What does that actually mean? Explore this over the week. If you get clear on this, you are more likely to arrive there.

As we set up the space for this work, we must also set up a rhythm with ourselves, so we can feel home in our sphere. This course, I’m excited to share what I’ve learned over the last 20 years of performing and singing, whether in front of 1000 people or 2, what happens when i create a sphere around me, include everyone in, develop sensitivity to modulate with those people, and get in alignment with what’s emerging. How we chart our course to attain this spherical mastery, we need to get into the rhythm of this practice. This helps us get into the groove of our life.

To get into a new groove, we need to create a new rhythm. If we are doing the same thing we did 10 years ago, and expect change? Never going happen. That’s why we got to be the dj of our life, the drummer of our heart, calling out that new rhythm. Tone home helps us get into the heart.

We are starting a new rhythm. A new breath. A new life. Starting now. Tone home.

That’s how easy it is. To start a new song, a new beat, anew rhythm. Your heart became more present with that last breath. This is what we are here to journey into. It’s a spherical adventure. Not linear. It’s an adventure from within to full expanse. All of these places are spaces that are inside of you, but they affect everything in your life.

What kinds of rhythm do we need to create in our day to welcome to your space? Welcome to yourself? Put your hands on your heart and say- welcome home. Doesn’t that feel good? Take more moments to welcome yourself into the moment. Your presence is hiding, one foot out of the body. I don’t know if i want to get in there. Feels heavy, pressured, stressful. In order to bring the presence in, takes an invitation. Welcome. Welcome home. Don’t forget to invite your presence back into your sphere. Invite your presence. Breathe it all the way in. Home tone your presence until you are occupying your sphere

Here is another thing about occupying your sphere. You must feel, without a shadow of a down any gaps in your sphere. So that nothing else can occupy your sphere. Most of the world walks around like the walking dead. Not everyone is occupied in theri sphere. Find out if you are all the way in. Might take a minute for you to sync up and actually see yourself. You have to remind yourself- ‘oh there you are- welcome back, welcome home. Let’s do this’

If you can see it, if you can feel it, then you know that you are in the position to drive your vehicle. If you are not occupied in your sphere, if you have one foot in and one foot out, too many voices in the mind, then how can you drive your vehicle and get to a place that’s trustable?

If you want to be trustable as an empowered individual, what will that take?

What it takes is for you to be all the way in!

Let’s get in.

The way I’ve distilled down these teachings, from healers sound alchemist and jedi’s I’ve met along the way, I’ve put into this training. The most distilled version that I can share to create a space for yourself is creating a spherical exploration.

The optimal rhythm to create for this practice is to make 3 points throughout the day to practice for 10 minutes. Claim 10 minutes in the morning, the afternoon, and before bed for this work over the next 12 weeks. You will get the best results. If you only do 1 a day, you will still get amazing results. You will feel an absolute shift in your energy and your voice. Make this work your own! You got this

What do these 3 explorations look like?

Morning Sphere: 10 minutes

* *Tone home*- reclaim first 10 minutes of your day. When you wake up, open your eyes, emerging from the dreamtime. Before you plug into technology. Pop a sphere around the first 10 minutes. Nurturing. Safety. Comfort. Meditation. Exploration. Gentle. Delicate. Vulnerable. Humming, and filling your body and sphere with your own sound to claim your space.
* *Intoning exploration*- hum, tone, home, coming into body, moving through body, massage cells, particles, get it all vibrating, nourishing, buzzing, with your sound. Move the sound down your arms, down into your belly, down your legs, through every part of your body. Occupy every cell. Nurture, awaken. Alive. Inner ocean. Notice how you feel. More awake? More occupied?
* *Tone again-* to come back to center
* *Out-toning*- fill your sphere with this sound. Move sound around the outside of your body. Activates and occupies the space around you. Exploring open and rounder sounds to fill the space. Feel and see your entire sphere start to glow. Pay special attention to your blind spots. Choose to bring your presence to those spaces (especially those behind you). Stabilize. Extend your intentions for the day.
* *Tone home*- seal the energy
* *Tone into the sphere of your day*. Expand a sphere around your entire day. Create a space around your day to feel the divine presence that is holding space for all of the events in a day. Any appointments, meetings, people you will encounter, possibilities. We start traveling through time, expanding in our sphere to include all these events, creating the conditions we choose to experience. Pre-paving the pathway of frequency. Occupy all of these moments with your frequency. Your sound is a modulating tool. You can use it to color with your essence intentionally your life. Play here. Make sounds. Enjoy this. Bring pleasure in. Explore.
* *Tone Home Again- Seal the field. Turn the key.*

Congruency

Know that your sounds create imprints. All the particles in the room are waiting for your command. This is what i am aligning with, my one expression, im coherent, congruent, occupied. Imagine your soul is sitting in the throne of your heart, and as you look around you see your spherical world, and when you express form this space, you are in alignment with your assignment.

Getting your body language to match your vision to match your speech. To line these things up in everything you do, you will have power. We have the opportunity to become a spherical powerhouse. True power waits in the whisper. Power comes from congruence. Being in alignment

Make this practice your own.

Evening Sphere- 10 minutes

Same as morning sphere, flipped

*Tone home*- Make sounds, giving gratitude. Review the day. Hold them without judgement. Tone into them. Make sounds that hold space and complete each thing. Then bring your sphere into present to seal and give thanks for the day. Be done with the day.

*Out-toning-* get your sphere juicy, occupied. Bring it in for a *tone home*

*Intoning*- tone into cells, give thanks for the body. Finish with a *tone home*

In the morning you wake up to catch the tone from the night before, pass the baton from yourself to yourself. Meet these moments with presence. Create the space for your spherical mastery. It’s your birth right.

Afternoon Session

Practice steps from morning session. Refine them. Locate yourself in space and time. Play with your voice inside of your sphere.

*Add the Elevator-* Start with a low tone, ride it to a high tone. Then go back the other way. Notice if you have a crack or jump in your voice. Its ok. Get to know the range inside of you. Move your body. Be flexible. Loose. Open up your chest. Relax your jaw. Take big deep breaths.

Lesson 1 Recap

* Occupying Our Sphere
* Spherical Exploration templates for morning, afternoon, and evening sessions
* Get comfortable exploring making sounds, playfully, before thinking about ‘singing’- get juicy. Let it be powerful, potent, and fun

Deep love and respect to each of you. Thank you for your courage to go into this.

Home Fun

* Begin to explore your sphere. Create explorations, and add a spherical awareness to them.
* Journal - what does vocal empowerment mean for me?
* Practice your vocal spheres, 3x a day, Morning, Afternoon, and Evening Sphere