

## Welcome to class 11

Do you feel free in your voice today?  
we've come this far, may as well be feeling free  
and there is always more to go

Every day is different. some we are 100 flowing, other days we feel closed down by the circumstances. so we pop the sphere, do our explorations. Claim our domain, and share space with others.

### Warm Up

Lets start with a few breaths  
take a deep breath into your heart  
let out a haaaa  
take some tones to move through and express yourself  
in whatever way you need to work the energy  
tone home, activate the sphere, vibrate your hand  
Feel- how good it feels to be centered in your sphere

### Short Spherical Exploration

#### -Inner Sphere

- This time, use your hands
- Move your hand down your arm, around your body like a magnet
- Follow your intuitive guidance
- Tone home

#### -Outer Sphere

- Refinement within 3 tones
- closing all gaps
- becoming fully occupied in the temple
- Expand sphere to include entire building
- See how far you can stretch, at least a mile in every direction
- toning to find the resonance sweet spot.
- Come at it from above, come down- becomes a carrying wave
- Keep your body loose
- When you are expressing, find your flexibility, like the bamboo, heart open
- How much space can you hold?
- 7 tones. tone home

Feel the expansiveness, of how much you stretched your awareness outward,  
and the tight clear sphere of your personal field.

Track that you have points of reference to both outer feilds and your personal one

## Hack

Holding multiple states at once.

### Multiple Tones

To be both connected vertically and horizontally- something that helps me to stabilize multiple fields at once, I create two tones at once. This is called Harmonics, or Overtone singing. Tibetan chanters, or tuvan throat singers, are examples of styles of singing that work with multiple tones. We have the ability by changing the shapes and geometries of our vocal chords, changing slowly from eeeee to ooooo. Moving the tongue back and forth to close or open the chamber of the mouth. Like closing a lens. Listen close for these extra tones

Yooo, Yaaa, Yeee, Yaaa, Yooooo

Keep an 'oh' shape, but add a little bit of each of the other vowels in there, to change the color of the vowel.

I'm a little higher than my home tone. It's easier for me to blow more air and keep it going. Try different tones til you find the one. The back of my tongue is closing and opening til I find the sweet spot where the harmonic is. Takes more breath and power from your root to get louder. The more you open your whole channel, you will hear the frequencies more defined.

Use your hands to cup your ears so you can hear the subtle frequencies in the overtones better. Play with it in silence. Close your ears slowly. You can pick up on the entire range of frequencies in the room. Like a filter. Little pockets.

There is a lineage of tibetan monks who keep these tones going, internally, externally, like an eternal flame that they keep singing. Feel into that! Let's sing and connect with them with our sound. For those of you who are new to this, it's important to tone home afterwards. We may get very expanded, feel the whole cosmos. Bring yourself back into the body.

## Indigenous Fire Technology

Fire is a speaker- send information to each other through the fire- using sound, light, prayer, and movement to transmit the message to tribes in other locations. Somehow, somewhere, they would receive the message. And they would know to gather.

## Octaves- Review- Wisdom of the 8

Sound is shape is color, ie light. In this language of the structuring of consciousness itself, in the spectrum, we have an ordering of octaves. 7 notes in an octave. The 8th note is the beginning of the new octave. Let's sing that together. 1-8-1. Frequency is structured in Octaves. 8 is infinity. 8 touches the edges. Sound changes over to light, and then at a new octaves it change over again, existing beyond our ability to see. Range of frequency.

Wisdom of the 13- Chromatic scale. In between notes. Now count and sing 1-13-1

To be precise- when you expand your vocabulary of the frequency range, the more refined you become, the more exactly located you can be in the frequency of your intention. You can be at home anywhere.

### Rhythm

I would take a few minutes to myself. Go to the waves, get into spherical explorations, and get into the rhythm of nature, or the waves. Not mechanical. In between times, spiral. Natural. Greatest teacher of rhythm is the heart. Beating drum inside the chest. Best drummer in the world right inside of us.

Lets tone- I'll keep the beat.

What do you notice the difference is when you are toning while there is rhythm going?

When we put rhythm under the tone, all of a sudden we are going somewhere. A vehicle for the sound to travel on. A deepening to the emotion of the sound.

How do we apply this wisdom to our day?

Some days we just go with the flow. It can be beautiful

But if we have a rhythm to our day, starting and ending with the spheres.

The rhythm of our life changes. We get into the groove. The messages we are here to ground, needs a rhythm,. For the light to show us. Movement. Embodiment. In the practice, we focus on sound. But it takes sound, movement, and light. So we can be the embodied expression of the vision. This is what it takes to manifest. This is landing all the way through

Take a look at your life- What is the rhythm of your day?

Do you need more stillness? Some tone home?

Our practices become the groove, the rhythms we are committed to. Reminder to get the inner drummer going so we can get the fire going so what we have inside of us has somewhere to go.

To be in the world, to make an impact, t connect the dots with our human tribe. This is the key to the band of light. A major gap in conscious community is movement, physical, groundign part. Our actions. Create a balanced ecosystem on the quadrants of our life so we can feel turned on by life. Like we've dropped the beat.

If you don't create a rhythm, the societal rhythm creates you. Creating our rhythm is the difference between thriving or not. Between being part of the matrix, or generating a field of our own mastery. Folks will gather around your rhythm if it's strong enough.

### Spherical Questions from the Band

How to visualize? Torus- energy flowing in from top and bottom

Mirror what you hear from artists you like, learn and expand a new vocabulary of sound

Then do it your own way. Learn the mirrored version of the song, then you let it go and do it your way. But first, master it, learn the ins and outs of what the original artist did. Respect for the lineage. Once you've embodied it, then you can transform it.

Working with spheres in whatever practice you are doing. You get to decide what you bring. The field of your heart, what is being generated, what we are enhancing with intent, with sound, light, movement, you then you have everything you need to create any experience you want to have. You can integrate into any of your practices.

## HF

Practice Overtone and Harmonic Singing into your spherical explorations

Play with cupping your ears, especially outside

Practice exploring your voice along scales.

Counting the major scale 1-8 and chromatic scale 1-13

get a sense of where you are landing your voice