**Vocal Empowerment**

**Class 10 Notes**

**Listening**

Coming off fresh from a training. Bio-Energetics. New codes for today’s training.

Opening Meditation

Hands palm to palm. Notice how the key codes of your fingerprints are touching each other, and how good it feels to complete this circuit in your body.

*What would it feel like to surrender fully?
To really give this moment to yourself?*

*To drink it in fully?*

*How much light are you willing to receive into your body*

*so you can give yourself more fully?*

From this place of expansive slow motion listening

On your next inhalation, dive right into spherical exploration

And see how long you can stream these tones

How deeply you can breathe in

Long slow deep tones

Hold in- potentize, letting life breathe you. Filling every cell with life force prana.

Sip in, you can let more in. stream it. Infinite.

Stay with slow, long breathing, ocean waves.

Notice how you are feeling.

Notice how much time it takes for you to allow the presence to truly arrive

**Theme- Listening**
The Other Side Of The Sphere

The Inhalation

Without an in breath, there is no out breath. No sound to come out. The other half, the dark side of the moon, is one of the most forgotten, underestimated, and hidden aspects of what we call vocal empowerment. So much of our world is focused on the study, the practice, the judging the comparison of everyone’s expression. Notice that behind all of that is this hidden, the other half. We’re focused on the dome, and forgetting what informas that which we can see and observe. When it comes to your vocals, your expression, this journey of voice, just feel it. Feel that with every exhale there you are having given it all. And then you have to receive again so you have another breath to let out. And whether or not that exhale is pleasure, tired, whatever the expression is, notice that what you are receiving, and how are you allowing to receive and be nourished and direct that life force, to full you, to occupy your sphere.

Most of us are walking around partially occupying our sphere. So i keep repeating it. We’re a goner in a moment. Our sphere is empty space through distraction, open to anything to come and go. You don’t even notice them because you are not even there to greet them at the door.

Exploration.

(not practicing any more- it’s game on- we’re here, we’re having this experience)

What’s the other half of power? Empowerment? Input in order to generate?

Where does it come from? Attention. - where you attention goes your energy flows

Whatever you’re paying attention to, the eyes are the windows to the soul.

When you give your attention to drama. When you breath in drama, all that goes into your sphere. Be very clear on what you are truly saying yes to so you are the gate guardian of your experience. You are presence, you are breathing in presence.

A shift can happen as simple as a tone.

At the end of the day, when i am recapping my day, stretching my sphere backwards through the day, wrapping it around my day, that entire sphere of time space is stabilized, i take time to check any piece that’s incomplete for the day.

Master Key

A tone home- master key, accessing master key code- imprinted into bio-sphere

A sphere activation- intoning and out-toning- 1 tone

Every time you have spoken is imprinted with your soul energy and can be held in your master key code. Recorded and imprinted into your personal sphere

Make it a personal practice. Feel it. Make this space within your body and your sphere of presence that every exploration is growing and adding to the last one.

It takes time to imprint this information. Layer by layer by layer. Peeling an onion. Creating a sculpture. Putting in your 10,000 hours. Your small steps. You’ve journeyed from there to here, you have this collection of information

Knowledge plus experience = wisdom

To be a carrier of this wisdom and spherical mastery, we’ve identified different components. These pieces are orbiting and creating a larger design. This design all of your explorations and experience thus far. Your sound has the potential to remember, re-collect experiences, emotions, reconnect all these aspects of yourself into your sphere and maintain this memory. This important wisdom we need to carry with us. Your sound is connected to every sound ever made.

This is how Shamans of different tribes have been able to re-collect the wisdom of their ancestors. You can tone home with the intention to connect with the lineage of grandmothers, to remember any wisdom that is essential to remember at this time for the benefit of self and all beings.

Exploration

With a tone- Recollect all the wisdom of your ancestors that is of highest benefit for self and world. Make this intention clear then sound. This collective remembering is your birth-right

Spherical Breathing- All the way in and through- remember you are a spherical being. Not just a collection of cells.

Sound- crafting reality. Aligning

It puts us into alignment with whatever assignment.

Only always forever. Nothing else actually matters. Nothing else outways this prime initiative.

*Distillation Process- Exercise of Spell Craft*

Repeat Aloud

“Oh how good it feels to remember the art of listening”

“Remember Listening”

Tone home to distill into package and seal.

Breathe in- sip- hold- compress into diamond, tone home

As you come across your core beliefs, vision boards, spells, intentions, explore distilling it down into a spell, just like we did with ‘Remembering listening’ distilling into a few words, and sealing with a tone. Imprint into your key code and tone home. The stream of your sound. Imprinting into your master key this new frequency.

I’ve taken the time to hone in on a few different tones, where I’ve distilled these processes, so I can invoke them simply in a moment.

“Oh how good it feels to become a beacon of light in the sea of Chaos”

Having a journal in your spherical explorations is a great way to catch the visions and ideas that come into your time. Complete the loop when you are receiving a download, that you follow it all the way through and back again. This is part of becoming spherical and becoming whole. This leads us to Harmony, being in relationship.

Challenge yourself to create your entire spherical exploration as points of reference harmonically off of your tone home. How close were you to staying with your tone home? For the musicians out there, this is jedi development. Can you start with a singularity point, begin to explore, let go of everything, and then come back in integrity and congruent that it comes back where you started. Or not. For exploration

On ‘The Secret’- why it works and why it doesn’t

Discern for yourself of what you let into your temple and sphere, and invite in? Trusting the shapes of the electromagnetic intelligence of your body. Where does this fit in to my cosmology?

If this practice resonates with you, adds a piece of a wholeness paradigm, great.

The ‘Secret’ doesn’t work alone. It’s part of the forces of your sphere.

Basic forces and principals that meet in divine union and express alchemy together.

Magnetism. Electricity- Electro-magnetic field. Light and sound. love and truth.

Magnetic- MA

Mother- Matter- Ma’at- Magdalene- Symbolic outpicturing of the symbolic MA

EL- Electric

Eel- Light- Elohim- bringers of light, council of rays

When the El and the Ma come together, a perfect balanced ship comes together

These forces come alive in you. As you use your voice, become aware it’s not just one or the other. Feminine rising is a part of the rebalancing of our biosphere

Returning balance into the realm. Not outcasting the EL- the light- can’t do it. Won’t work.

The art of listening is the ability to remember the other half of life that is hiding behind everything you say, do, ect. The invisible in-breath that needs to be taken

HF

~ Explore recollecting ancestral wisdom with sound, for the benefit

~ Every time you have an appointment this week, take a moment to tone before and remember why you are doing it.

~ Explore ‘Art Of Listening’

~ Explore distillation process with your intentions, beliefs and imprinting them into your master key

~ Share your song in facebook group- We’re singing for each other! Now that you’ve chosen your song, listening and learning it, come back to it.

~ go deeper into your listening practice, to your song, and explorations, pay extra attention to in breaths and listening. How much can you balance your sphere

~ Spherical Breathing- all sides. Go deeper. Explore the dark side of the moon

~ remember timelessness that your body requires to experience the presence that you are to fill in the other half of your spherical practice. Stay connected to stream of sound like toroidal being. Never lose track with the sound. Connect notes between with the breath.

~ Journal- where do you want to go with your voice? Use distillation practice to represent into a tone, and embody into your sphere.