

Vocal Empowerment

Week TWO

Stabilizing Our Sphere In The Midst Of Chaos

Welcome Friends!

Lets Align with the Divine down our spine

Grab your water, so we can stay hydrated.

One of the keys to keeping our instrument happy water and breath are required for the journey and create the sphere of your space so we can embrace what we are moving towards today as we go deeper and expand the magic

Review- make sure to tune into the members area, tune into the forum and check out the recordings and notes from last week.

Exercise and Recap

Start with tone home

Review- *What tone will allow you to source the sound from deepest core, while getting the heart to vibrate?*

Feeling all the particles coming alive, this is our re-centering tone.

3 deep clearing cleansing breaths

Release on any sound the body needs to make

It's your birthright to make sound

Shake move and let out a primal roar

This is the moment to welcome yourself to this space to this week of our exploration.

Today we stabilize our sphere in the midst of chaos

How choosing to be present, and becoming locatable supports us in meeting every moment

If we are over-tracking our mind, we are one foot in and one foot out of this moment.

In order to stabilize our sphere, we have to be in it, all the way in. Our center is our throne, our captains seat, the place from which we access everything that we are, and all that surrounds us.

When we are at the edge, focusing on the detail, without remembering the rest of us and what's going on, we forget our opportunity to sit in the seat of our soul.

We become the screen, gathering information with the mind, and operating without our full self.

How do we cultivate a practice of becoming more of who we are within the center of our sphere where we enter, claim our domain, and have a contribution to every moment?

Todays Practice- 3 parts- Nourishment, Elevator, Streaming

-Begin with 3 breaths- Slow down in between thoughts and cells, find space inside of the sphere.

-Tone Home

1. Nourishment

a. 3 tones inward to awaken, nourish and activate- shine on the inside

-Tone Home- bring it back to center

breathe easy, natural

b- 3 tones to external sphere, anchor, ground, glowing at the edges of presence- what shapes, vowels supports you to see and feel your sphere glowing?

-Tone Home- bring it back to center

breathe easy, natural

c- Wrap our sphere around our day, over the miracle of this blessing, of this dimension, to access this place together

-Tone Home- bring it back to center

2. Elevator

tone home

start low tone on the sound of eeee, go up, stabilize, then bring it down

3. Streaming Practice

when something is a flicker create a bandwidth of locatable, trustable sound that brings us present

explore using your hands to move the energy of the sphere

Lets consider-

What kind of sounds does my being want to make to stretch my sphere with time, containing more time behind me and in front of me? What sounds will help me ground, expand my sphere to welcome all moments: ten minutes from now, an hour from now, all the way forward to sleeping and dreaming.

These are the Band Of Light Technologies, getting a band wrapping around us. Sending out a sound like a ray of light in front of us, then wrapping it around, arching it to surround us and the moment-spin it and turn it to create the sphere.

How much space do we want to hold in our sphere?

Try starting small- 5 minutes, then slowly increase.

Being conscious about what we let into our realm. Stabilized Grounded Presence...layer by layer.

How do we express ourselves, speak our truths, no matter what is happening around us, in our environment, in the world.

If we are sourcing our sound from the point of origin, from the still point of the center, aligning with our source, we can then offer that into our sphere, into our body, into our relationships.

What more is possible?

We become a tuning fork, offering a vibratory invitation to align with source. We are responsible for our sound, our truth, only. The more we do this, our relationships have an opportunity to align with the trustable, coherent space we create. Give that gift to everyone..

In this weeks spherical explorations practice:

Practice streaming when speaking.

In relationships how can we keep the inner sphere anchored in presence in all moments of the day and be present and be in the stream?

Your practiced prepared thing will never be as powerful as the presence of streaming.

Expanding on the elevator practice-

Starting with 'eeeeee'

Be a broadcasting beacon of what the tone is.

Stream it in a stable and trustable way to ourselves and the world around us.

Start on the ground floor, raise it up, and stabilize the top floor.

Stream as if the note lasts forever, an eternity, the eternal nature of each note. To stabilize then lift it up, raise your entire relationship to life this way. Then spread out like a beacon this is your frequency now.

Enjoy the ride up-

How good can this feel in the body?

Relax and move your body with the movement with the sound. Create space for the sound.

'Willy Wonka Style'- Go up and break the glass ceiling-

Expand the range. Don't push or force the sound, let the sound go.

Then- go down- infinitely deep- past the bottom of your range- send with your breath, let it through.

Now Tone Home- center the sphere, stabilize.

2 new concepts to explore

1 Streaming- a continuation

Being empowered as a human being, in your presence when you walk into a room to be live streaming source- to be a trustable connection point to our origin.

What does it mean to be trustable?

To be trustable is to be stabilized in our core, being all the way there.

When we ask for support from someone, are they a clear source?

Can I source what I'm seeking outside of myself, from within instead?

The difference between singing a melody and streaming a melody
singing the shape of a melody, thinking of it- from our head
VS. Streaming through the melody as if there is just one note.

How does it feel to stream even as we are listening?

Aligning and harmonizing

Getting into the stream: Practice being present in every new moment.

Can I connect with people with more than just my mind?

Can we get honest and present with people through our streaming so that the particles arrange in truth, in presence, in alignment?

People become more willing to be honest with us, more present.

Let source stream through you, rededicate your entire sphere to the presence of source.

2- Octaves

We started on a low note, til we got to a high note.

Looking at a keyboard, with middle 'c' in the middle.

Octaves broken into 8 parts on the scale.

Finding the same note but at different placements, lower and higher, we see that the whole universe is divided into octaves.

Home Fun

Explore in your spheres-

Adding streaming- Tapping into the eternal streaming nature of our own sound. Adding 'Willy Wonka' expansions upper register and lower register-Bursting through limitations hone in on octaves, see if you can stop at an octave above-

leaning into the idea of octaves of reality-

What would happen if I raised my whole reality one octave right now?

The particles of your reality will align in your play as you pray.

You align with the design.

Cymatics-

Tune into the shapes that sound make

How does this work on our cells, in our body, in our environment?

Sonoluminescence-

Sound-Light- creating stars with our sound.

Questions-

How can we begin applying our spherical explorations to the structures of our realities, our relationships- honing in on how this relationship to sound can impact every sphere of our lives?

How are you exploring these doorways in your life?

What's coming up for you?