

## Vocal Empowerment Week 1 course notes

### Occupying Your Sphere

This week we begin laying the foundation of our work together, constructing it like a temple: We will evaluate the core principles that we will be building on over our time together.

*How comfortable can you be in your body right now?*

#### Evaluation 1:

Settle into your body.

Breathe into your bubble, your sacred space, your temple, your ship, your sphere.

You are the captain of this ship.

Feel into the field of presence that surrounds you.

*How can we use our voice in an empowered way if we aren't in our body?*

First step to Vocal Empowerment is to get all the way 'in here'.

*Are you all in?*

*Are you occupying your field?*

*What is the part of us that wants to be one foot out?*

#### **Band of Light activation 1:**

**Hands together in front of your heart.**

**Rub vigorously together, creating heat.**

**Breathe into the feeling of activation, inspiration and love.**

**On the count of three: Place your hands on your heart and say. 'I am so beautiful!'**

**Feel your heart: Be present with it.**

**Your heart is creating a magnetic field....Your heart's energy is measurable.**

**The energy of the heart is 1000 times more powerful than the mind!**

**You ARE a sphere. Reach your hands out to your sides fully extended. Your sphere extends just past your fingers, around your whole body, up above and down into the earth. It is shaped like a toroid or donut shape with a channel straight through you. This is YOUR space, your sphere.**

#### **How can we use our voice to claim our space?**

We will begin with one of the core pillars of vocal Empowerment: Spherical Explorations.

To start:

Imagine your day including 3 little pockets of spherical presence. 11 minutes each  
Morning, Midday, Evening

Close your eyes: remember how you woke up this morning.

Now imagine waking into this day and taking your first breathe coming out of the dreamtime.

I want you to reclaim this point of time.

Place a pin there.

For the next 11 minutes we are going to do a spherical exploration.

We learn to reclaim the time in the morning to program our day with conscious, prayer filled intent.

Pointing a direction of the way you want to fly that day.

**Reclaim it using sound.**

**Morning Exploration:**

**Step 1:**

\*Start with a **Tone Home**\*

A Tone Home: is *your* sound that represents the center of you.

The tone home is like a master key.

Each time it unlocks the entire sequence of events that you have laid before.

'I have the power to tone home and through one single tone I can unlock all the information that I am learning here.'

Like burning a CD we are imprinting this practice into our body.

**How do we find it?**

It's up to you.

It could be high it could be low.

You want it resonate in your center.

In your heart.

Just start with a sound:

Tone out on the word 'home' find the spot where you vibrate the heart.

Raise and lower the tone to see which place hits home.

*Can you start to feel it?*

*Can you imagine your soul force expressed in a single tone?*

That's your Tone Home.

That's you.

Now for about five breathes we are going to send the tone through our whole bodies.

Imagine your voice has a flashlight and is traveling through your body hitting every cell with cleansing and invigorating energy.

You don't have to stay on the same tone.  
*See if you go up in tone does the sound travel up into your head?  
If you go low does it land in your belly?*

I call this my nourishing practice.  
It's how I come into my body in a playful and present way.  
I usually spend 3-5 minutes with this exploration.

Wherever you are throughout your day you can do this practice. You can add a vibration, a color, more spaciousness, more fire through your intention and sound.

### **Step 2:**

Home Tone again.  
Instead of bringing the sound in we are going to expand it out.  
We want to get your whole sphere glowing with presence.

I sometimes have a hard time and I notice this with many people I work with, that it is sometimes challenging to be present with the backside of our body and sphere.

Examine:  
*What sounds will help you reach those spots?*

How can you curl sound *into* your body?

How can you expand and curl sound around you and your sphere?

Try different sounds like 'ooh' and 'awe' and 'eee'  
Travel between these sounds and see where the sound goes.

### **Step 3:**

Using sound through time.

In this practice we use our sound to expand our sphere to wrap around our entire day.

You can expand it to hold more time just like you expand it to hold more space.

Use the sound and this presence to wrap over the whole day until the time you go to sleep.

Evaluate:

*What kind of sounds will you make to hold all that is going to happen today?*

*What sounds will help anchor this experience for your day.*

*What sounds can you use to expand over your whole day?*

Explore with the vowels to expand your sphere.

Anchor those tones.

Take as many breaths and sound as many tones as needed to stabilize your sphere and hold your entire day in a blessing.

Take one more deep breathe and come back into your home sphere with a tone home.

Examine:

How does that feel?

Notice where you went?

What was easy and what was edgy?

What was easy to experience and what was harder to feel?

Remember: There's no right or wrong.

### **Midday Exploration:**

Start with a Tone Home.

Occupy your space with a 3 min miniature version of the spherical exploration.

\*Cellular

\*Physical body

\*Time: Your day so far

Go forward in time and back in time and check in with yourself.

### **Elevator pitch**

Big deep breath

Ride the elevator with a single tone

Start with Ahh travel up from a low note and stop at the top.

When you get to the top let yourself sit there and come to rest at the new floor.

*How did you do?*

You are still alive.

You didn't die. So that's good ;)

You may have noticed with yourself there was a little crack or jump as the tone travelled up. That's the spot we get to slow down and roll out that spot. Where we feel it stick we can roll through it a few times.

Now ride the elevator back down.

*How smooth can you make the journey up and back down?*

Go easy on yourself. Be gentle.

Don't force or push.

Make it smooth like honey.

Now we are going to do it with tone of Eee  
Gather every particle of your being and every ounce of intention into this note.  
As we raise it up and down we travel with it.

Explore from the bottom of your range to the top of your range.

When we get to the top that is our new foundation.

We are playing with frequency and vibration and voice all at the same time.  
Because you didn't sign up for voice lessons. This is vocal empowerment!

*What did you notice with the difference between the aah and the eee  
Where does it unlock different parts of your bubble?*

This elevator practice is how I scope out where in my field I am at. Maybe my root is a little stuck or my heart chakra. This is how I evaluate where I'm at.

If you need to get more energy you can do that through sound.  
If I have a meeting or something I need to be a little more on point for I will use this elevator practice to raise my vibration to a new foundation.

Likewise sometimes it is helpful to bring our energy down and ground to do something else.  
We can use the elevator to ground into a lower frequency.

If we feel we off of alignment while communicating with someone we can use the elevator practice to ground into the same place together.

Play with his elevator practice to change your vibration throughout the day.

Like a dolphin get playful with it. Undulating through each level of the range. Be fearless like a dolphin.

Add movement. Loosen your body. Play with it. Be more present with what your body needs.

Loosen up your jaw. Let yourself flow like honey. Move your neck around. Unwind your spine.

*How much more presence and passion can you bring into your body through your voice?*

Swimming up and down now see how smooth you can make this journey from the bottom of your range to the top of your range?

*How smooth can you make this channel feel?*

### **Evening exploration:**

Tonight reclaim the final moments of your day.  
I like to do this the last moments of my day. Just like we imprinted our day with intention. If we do that at the end of the day we can slip fluidly into our dream time.

We can simply reverse the practice from the morning.

This is a gratitude practice to give thanks for the beautiful people and experiences of that day. Even the challenges that have come up. We can hold them with the sound and our sphere.

Then tone into your sphere toning deeper and deeper moving your sphere into your body. Wrapping and nourishing your body.

Finishing with a final Tone Home.

This practice is like the final click of your mothership key to close your body down for the day and turn on your dream body.

If you drift into the dream time in that level of presence you wake in the morning and catch that same tone and turn on your sphere again.

Poof you have just reclaimed your entire life!

Reclaim and pop a sphere around your time, your body and your life!