

Vocal Empowerment Class 8

8 is favorite number, 16 lucky number, infinity loop

Transformational Energy-I was out of sorts when woke up today, strange funk, crazy dreams
Was dream traveling visiting folks that are having a hard time. Cried, sang it out, got into the
creative energy moved it in a good way. Coming with tender open heart, raw, peeled back, in
the sweet spot in my sphere. Meeting you here in the truth-iest truth. This isn't a show, this is
about connection. Deepest, most vulnerable connected place. Unpacking what arises from that
connection.

Start the day with a spherical exploration. Adding a few new layers. My prayer for you, my
challenge for you each day is that you don't just do what we talked about. It's that you take
these tools and make them your own. Take the things that work and go deeper into them.
Follow where they lead you. Your soul, your body wisdom, your voice knows exactly how to
express itself as long as you get out of the way. So the whole meditation is to get out of the way,
from a place beyond logic, from the processes of the ego and mind, from our sense of control.
Let that go, get into presence, spherically sound, occupy the space in this moment, in this time.
Align spin with divine. This is the prayer. This is what we are cultivating.

So we're going to build on our morning spherical exploration. Take a few deep breaths.
Let it out. Move your spine, unwind anything. Get comfortable. Lay down, stretch out, get into
your body in a way that feels good for you. These sessions are for you. Nothing you have to do
except be in a position to get into presence. Center in to our experience. My body needs to start
rocking. Notice whatever your body needs to do right now. Give it permission to do that. Keep
breathing. Let out a big sigh. See on each outbreath how much you can let go of and make
room for even more life on the next breath in.

The way we breathe, the way we don't breathe, reveals everything about our relationship to life,
to life force. To be empowered in our vocals, in our field, in our body language, in the way we
direct our thoughts, all of it begins and ends with the breath. This is really obvious, nothing you
don't know, but something I want to call attention to. Something I did at the end there,
something I learned from listening to elders in the high andes in Peru, especially of those who
are of the lineage of jungle tribes and ayhuascero. I noticed ways after listening to them they
would make sounds, breath. I thought it was funny at first, but then I noticed the effect it had on
the field. If they were guiding circle, prayer, how these little sounds with their mouth, I'd track
this happening, there would be ways they would move energy through their breath, it's like
singing. I want to teach this one to you today. This one helps me find my center, gather the
energy, find zero point.

(makes sound with high pitched ssss, whistle, guides sound down)

Explore, play with this. When you find a comfortable point where it lands for you, grounds it.

Variation of the elevator practice. Try both back to back. Try now again without making a sound, deeper breath in, just do energetically inside of you. Notice the effect. *Did you feel it? With or without sound?*

There's something deeper than just the sound. The energy behind the wind. The intent. The light that shines through the crystal skull. Clear vision, diamond thought. To ground that energy into the center of our sphere, this diamond wisdom into the fertile thought of our open heart of presence, and embody the behaviors that allow that seed to grow. To cast the spell, the spelling of the word, or sound, or tone of our intent.

Inner audio cortex- look into and study. Ways we hear without hearing. Practice say 'I am so grateful' without saying it outloud. Some parts of us hears a sound without a sound. There's a deeper wellspring from where the sound comes from. I want you to follow the stream of that sound all the way back. Become one with that spring. Make your home there. Place that well spring at the center of your being, find it, become present to it. To that sacred center of where the sound is coming from. You heard it in your head. Who makes that sound. It's a part of you that nobody can see.

Mirror Practice- how many have you worked with a mirror as a practice? Actually done work with your soul in the mirror? I welcome you to start toning home while looking into your own eyes. I dare you to do that in the mirror every day. Say the words 'I love you'.

Changing shapes internally, throat, tongue, ambature

Go into inner selves- 3 breaths, 3 tone homes, then dive in

Go in, go into our selves, our cells, get every sphere of our body glowing, buzzing, humming with our tone. From that place i'm going to add something new. When you tone, close your mouth, move the sound around in your mouth by changing the shape of your throat, your ambature, the vowels you are making inside, try making with mouth closed on your tone. Play around, freestyle. You'll notice that by changing the shape, throat, tongue, ambature, tune into sacred geometry shapes, using the light of your intent to make those shapes. What would it make a sphere in your throat. Not going to go to heady, into the math of the breakdown, go deeper into the energy before that. The frequency of your soul, it transcends all of that, the definitions. Going to the source point of your presence of your sound, through your heart, down your chest, through your pelvis, out of your crown, get your body humming. Move them around, see what they can do. Big deep breath in, tone home in.

How pleasurable can this be to play with this, to sing? Sometimes you gotta move, to undulate, to get that sound to move through your body. If its getting stuck somewhere, try some movement. Play with the tone, move it up, move it down, move it all around. This is your time.

Single Point

Go ahead and close your eyes. Keep breathing. Let out hisses, and just feel your body. Feel your cells buzzing and humming with your tone, your frequency, your presence. See them. Feel them. Experience them as whole, healthy, all 7 trillion of them. Breath. Take a moment to gather them all, band them together and watch them collecting into a single point into a center point in your heart. Band together all of you into a single pixel. Invite your soul to take a seat inside of the throne inside of that point. Imagine your soul as big as the universe itself and finding its seat inside of this tiny point of light at the center of you. The captain taking its captain's seat in your own mother ship. Feel how good it is to sit in the throne as king or queen, master of your space. From this point, a single point of awareness, where every cell of you is at attention and ready to be directed from this single point of you, call forth something that you are so grateful for today. See it on the screen of your mind, something you are so grateful for. So precious that it can make you cry. Feel the devotional current. Let it in. Let that feeling in as you find and focus on what you are so grateful for about today. See it. Feel it. Sing a tone into that, fill your sphere with this sound, the sound of your gratitude. Take a big deep breath, gather yourself. Now stream it. Become the stream of gratitude as it flows out into your sphere.

Gratitude

Feels so good to be grateful. To cultivate the attitude of gratitude, put ourselves in alignment with the assignment. We become available to the blessing. Speak to the gratitude. We know this, but what is it to speak it into form, create it as the spell of our lives, that we want. As if we are going through the motions, and continuing to recast the spells that we were taught when we were young. All of a sudden we are tending into saying things a certain way. What are the spells you are speaking, keeping yourself in a geometric cage, not necessarily bad, but becoming present to the fields we are inside of. The reality we are inside of, coming to serve us, in relationship to what we speak, so it is, right? This is so simple. Ego wants something to figure this out. But this is simpler than what the ego wants, it works, just plug in. It makes me want to cry, to feel how blessed I am. Let that feeling rise up, think it, brings that spirit, a moment you had with your lover, even this moment of connection together, this tone. It takes a single sound, it's so profound. Bring these qualities into your spherical explorations. Awakening, infinite explorations into this space, sing into your body.

Equalizing tone- cut through the bullshit

We're 8 weeks into this. *How is it going, are you doing this every day?* Lets get it. Gather it. Gather it in. Into a single point into the center of the center of you. And move it with great intention and power along the frequency of your choice. So, right then, I was moving compassion. With an edge. A sword of truth. Cut through. Get to the heart of what's true. Tip first is flowing through your reality. A tone that can equalize everything. Ground zero of your soul. Back to truth.

Mastery and Diamond Heart

Make a diamond in your heart, and sing through it to create the qualities that are needed in the moment, as a master would do to provide and serve. We are using the words, mastery, magic,

sorcerer. Making a distinction as we use language to describe moving invisible energy. Difference between Sorceress and medicine person. One is in Service to self. One is in service to the people. *How are we choosing to serve the whole by coming into self mastery?* As we talk about magic, we are not diving into the old paradigm of getting our own selfish needs met. This is about coming into alignment with the assignment. It feels good to be connected. Right here, right now.

Hummingbird Sweetness

Get the juice out of this class, this wisdom, it's yours. Like a hummingbird. You gotta get in there to get the juice. The bird would be bored if it didn't get in there. This is why I can serve you, because I've been going deep to get the juice. Now I'm modulating it, and this whole thing its sound nectar. Gotta dive in, be fearless, see whats in there. Sometimes it's sour, try another note. It can clear with a breath. Keep diving in, keep getting in there, feel the sweetness of sound. That's my prayer for you guys. So we can feel the nectar of our own souls connection through sound. It's the most beautiful feeling I've ever had. That feeling we had as children, unafraid. When we didn't care. Let's be silly again. Remember? You did that! What if I do something, what's going to come back? What came back, life showed us something, maybe we adjusted our sound. We are breaking the crystalization, any thoughts and patterns, by remembering how good it is to sing, to make sound, from a place that is grounded and connected

GROOVE HAPPENING

Lets play a little bit, Lets make this groove, repeat after me
Find one note, and repeat it. Put your gratitude there.
Love for all of life in there. Call and Response!

Beloved Family
Your body knows frequency
Your body knows play
it knows what to do
when you get out of the way

It's so joyful isn't it?

It is just like the hummingbird. Every day for the rest of your life is to get the juice out of the moment, you have to dive in to get the juice, you become more beautiful . I forget all the time. Sometimes I get so serious, tracking the world. Get's so heady. Forgot for a moment to get the juice out of the moment. Look to our spouse, put some love onto them. Dive in to get the juice out of it, whatever it is. Don't forget. You'll feel more beautiful when you sing, when you play, when you get out of the way. Don't take this vocal empowerment thing so seriously. Vocal Empowerment is not what we think. 'Power', say the word, *what images come up? Is that power?* I don't think so, I think true power is play, how to navigate. Dolphins are powerful.

Whales are powerful. Hummingbirds are so powerful. They know how to get the juice out of the moment. That's why they are so beautiful that's probably what people think when they see you in your flow, in your sweet spot.

Readings

1st reading from 'The Music Lesson' Victor Wooten

Jamming

Last week your hf was to go outside and jam with nature, in a feedback loop with the echo of your voice. Take that further this week. The place you can find yourself, find the juice, is when you get into a space when you are comfortable to jam. Continue your spherical explorations, i want you to start jamming with each other. Find someone in your life, maybe you already know someone. Start jamming, teach them what you've learned. *Can we do a little call and response? Invite other people into that space. Is that edgy? Are you a little scared? We are jamming all day long. Even in our greetings. Those are just old jams, we're playing them out. Boring. How can we flip automatic responses and drop in deeper, meet the moment, play with it, get the juice out of it.*

How do you handle rejection or judgement?

You have to create a space where there are no mistakes. How do you create that for yourself? This is an edgy thing for people. Everyone has a different edge. Some people are available to jam, but speaking the truth is scary. Get a little guarded. For others, telling you about the flow of their day, no hang ups, but when you ask them to sing, they close. *How do you handle? Best way to handle, create a space where there is no judgement. The way I do that is to be silly. Make a bunch of noises, establish a field where there is no wrong thing. It's a game, no rules. New rules, no mistakes. No such thing as I'm sorry when you crack your voice. Just, darn, try it again. Ego gets attached, oh no I used that note! It was bad! You know, if you really want to know, sometimes folks tag me in old performances, and I look at it and hear it, and go oh man! It happens. The ego will cringe. When people have their own emotions, people are gonna troll, people are gonna judge. We create place for ourselves where we are so sourced, that its like water off the duck's back. The part we can't do anything about, we have to acknowledge and accept it. What we can do, is bring people in, want to play a game with me? Jamming is a way to set the tone for other people, they are not gonna judge because you've invited them into the game. But if you invite them into the party, how can they judge because they are invited. If people are jelly of your jam, just invite them to play with you. 2004 birth of band of light. First time we showed up, and said you are in the Band Of Light, welcome to the band. You two are in the band. If you are connected to this moment, connected with me? Then you are in the band. If you make a mistake, drop the beat, it's all good. The one thing we must do is stay in connection. If we drop the connection, we just say darn and then get it back up. If you are in connection with someone, you remember they are a part of you. Like your thumb judging your finger, it doesn't work, we are all connection. That was a rant. :)*

About Soundlight

I do this work, create grids privately for folks, to use for their work directly. Custom sound light looping series for folks, and live with groups. Pure magic. Do them as live sessions, over skype, and I send you the recording of it.

Pedal Recommendations

- Boss, RC 505 for main looping, rhythm
- Line 6 DL4- for tonal spacious environmental, drones, space.

Home Fun

- ~ Inner audio cortex- look into and study
- ~ Before and after explorations, walk up to a mirror, look into your own eyes, and say i love you, i am so grateful for you. Say it without words, with your inner voice.
- ~ Sing gratitude as single pointed meditation on light gathered into the center of your heart throne.
- ~ Take into Explorations a quality you want to bring a quality. Maybe it's the same every day. Abundance, gratitude, something warm and juicy for you, the sweet spot
- ~ book recommendation
[the music lesson- victor wooten](#)
[The secret life of plants-](#) to hear plants sing
- ~ Jam with one person this week
- ~ go deeper with singing the plants, the environment around you. They might even talk to you
- ~ bring your questions to the forum!
- ~record your jam, and send to the group! I dare you :)