

# Vocal Empowerment Week 7

*What is your relationship to feedback?*

\*Passage from The Third Millennium

For those of us committed to spherical mastery, we become the nodes, cells of health, connectedness, that the other cells of human family have a chance to bounce off of, attune to, entrainment.

Sonic feedback, biofeedback, subtle layers of ripples of behaviors, presence, essence, where the feedback is flowing, how is it influencing, reflecting reality back to us. This week we are diving into every way we can pay attention to the feedback life is giving us.

Listening technique- a way we can imagine our-self as a dolphin, a bat- with echolocation, send out frequencies, and listen back to how these frequencies give us a map of the environment. We have the capacity to do this. We are not relying on this sense to see our way through the dark- how do we go through the dark when someone says hey come towards me in the dark. Let's go deeper with this. If we take in the space we are in, close our eyes, go ahead and let's do a tone home together. With our eyes closed. Don't just pay attention to yourself, which is what we normally do, beginning with ourselves, how we feel from within, expanding outward. But this time, let's explore paying attention to seeing how our voice interacts with our reality.

We want to get present to the ripple effect our voice has on reality itself.

Join me in taking a few deep breaths. Get comfy, cozy, starting breathing into yourself. Open your inner space. Move your shoulders. Get loose. Create as much space as possible for this meeting. Relaxing your shoulders, body, all the way down your torso, roots, hips legs, feet. Make the silliest sounds you need to make. Take a deep breath, tone home, and activate your sphere.

## Feedback Practice

Make some tones, and listen back for the feedback

Put your hands behind the ears, and stay in your listening.

Close your hands slowly until there's barely a gap, until they are all the way closed

Play with the gap, use the space like antennas, like children, enjoying. It's a game.

Listen and notice the subtle layers of frequencies that you hear.

Take a breath as a master, and tone like a master into your environment, then listen

Tone to align your spine, get coherent, crystal tone

Listen to the sounds between the sounds between the sounds

As you listen, the first layers of listening, our ears will go to what we can hear, what is the loudest, whatever the most prominent things are. The buzz of the electricity. The things that are really obvious to start. There are different notes, different tones contained within the space. If you went to a piano, you could find the actual note. Source and sing that is harmonizing with one of the tones you are hearing. This takes a refined ear to hear the frequencies in the very spinning particles surrounding you, to discern and listen to the frequency and the pitch, and find a note that harmonizes and coheres the frequencies in the room. Easier said than done, or easier done than said? Only one way to find out. Trust yourself.

Try out this tone now, listen for the effect that it has, take a few breaths,  
Adjust your approach. Do 5 times. *What tone's harmonize with all the tones around you, including the electricity, the fans?*

Developed over years. As a child I could hear music in everything.

Tune into the tones of any space, and align in with these spaces, have a much more harmonious experience. Speaking in a tone that is in resonance with the space we are in. can create a healing environment. Listen to the feedback. Listen to how our voice, how our sound is interacting with the many frequencies at play. If we had the eyes to see it, we are swimming in so many signals that are competing. Frequency experimenters. Affecting our cells, our ability to think clearly. Unless we are just humming with nature's biorhythm. 2-30 hz. Slow frequencies. Other frequencies, 5G, resonating much higher hz per second. So fast. Harmful. We have technology that is speeding our cellular coherence and our ability to regenerate healthy tissue, for our brain to function through the day. *Feel foggy for no reason at all?* Takes extra care to stay in our sphere.

This is another way to play with feedback. How to modulate. Harmonize, and navigate within the environment we are in, create a sphere and integral field and navigate in any environment with grace and easy. Let's start right now

5 breaths- dropping in, listening

5 tones- experimenting with tones and environment with satellite ears.

Try practicing in nature

A place where there is a rock wall, or a cave. Where you can sit in front or inside of

Where you can hear your voice bouncing off of nature.

Where you can hear the feedback of your voice and sit with the echo.

Echolocation: giving information

*In your daily life with folks around you, how does your presence and you being in your body, how does it bounce off of them?*

Become extra aware of how your voice impacts your environment. Eagle eye perspective.

I would love to hear feedback from each of you-  
*What's resonating with you about this work?*  
*What's not working for you?*  
*What tools are working, what tools are not working?*  
*Do you have any questions about anything that we are covering?*

Take anything we are doing and make them your own, to access your connection. It's up to you to take them and dive into them throughout the week. Let me check it out by putting it into practice everyday. Put it into practice. *Are we in a pattern of how we communicate, use our voice?* If life is giving us feedback, there is something for us there. If life is giving us feedback and we are triggered by it, there is probably truth there.

Listening to the hyperdimensional frequencies of the bandwidth in the field.  
The deeper we listen, heart centered, attuned, the more we will be able to give to our environment. Listening with the heart of a child. Listen to what reality is actually telling us right now. We are stuck in our mind. On a feedback loop in our head. Not a good kind of feedback. A frequency looping on itself. We can't hear what's actually happening.

How can we learn from ourselves, listening to ourselves, get out of judgement. Like prince, always watching rehearsals, of shows. Instant feedback, how they could refine body movements, posture. Learn from it. Get so present with what we are doing. A great way to grow. Close the gap in the prism between what we hear and feel, and what comes out of us.gap between who we actually are, and who we think we are, in the judgement feedback loop.

Notice the body language. Subtle shifts. Not changing who we are. A lot of us care so much about how other people respond to us, that we change who we are. This is not what we are doing. We care so much about our environment. We are so completely ourselves, and also aware of what our impact is to know what to turn up the volume and turn down the volume on certain aspects to provide the greatest blessing possible.

Tone home. Stay curious. Stay adaptable. Navigate. Flexible. Any ninja is flexible and adaptable in the moment. Listening the environment. Adapting to the moment. Being totally present in our sphere and adjusting as needed. Explore your mastery through the art of listening

Generating and receiving feedback.  
Explore how you can ask for feedback. The art of this kind of listening  
What ways are you denying feedback. What ways could you open to more feedback.  
Without a word. Opening your ears. Opening your field. Also in asking for it.

Keep playing and singing everyday, add these new layers

HF-

- Read Book- The Third Millennium
- Contemplate feedback in all of its forms. All the ways we can learn from it this week.
- Practice listening to feedback in a nature spot with echo-location feedback
- In your secret spot, record on your iphone yourself singing in nature.
- Listen to it, listen to yourself, stay out of judgement. Learn from the info contained in your voice
- Track how your presence and voice impacts the people around you
- Give us feedback at BOL on what's working and what's not working about what we are covering.

Art- Tessa Shields

