

Vocal Empowerment

Week 4

This is an incredible moment in time.

How much space can we create for this meeting today?

Breathe deep.

3 tone homes.

Key Word **Integrity**

What frequencies make up the sphere of integrity?

When we speak something into the field can we show up for that?
Where are we out of integrity with our own words, actions, thoughts?

Congruency for manifestation

Listening is one of the keys of being in integrity with our space around us.

*How do we know if we are in harmony with our environment, with what has happened,
is happening, what will happen?*

Listening to the wave of nature sounds rolling through the land
Sounds right at the edge of our ability to hear
Practice listen to the space between sounds
Fine tune your inner mixer

3 tones in 'eee'

stay with the sound in breath and out,
keeping the stream as a feeling and sense,
regardless of where you are in your breath cycle

*Where is your presence- are you staying with the feeling of the sound and the note that
you are on?*

How do we rock this practice when out in our day?

When driving, this is a great time to do these practices
There's never a place not to make sound. Walking around the house, in between
meetings, walking down the street. Don't need to be still any more. All day long

Commitment to routine- never out of jedi work and training.
Include everyone in your sphere-
communicate with people in your space that you are gonna make sound,
Tune the space and environments,
use sound to attune and clear any spaces you enter into and spend time in,
Use elevator to clear the space, clear entities
Get the particles in the space online with you, at your command
Get stuck energy out of the temple.
Kundalini serpentine sounds of sss, shhh, alternating
Imagine going in a band of light around you, use it to get into your microcosmic orbit

Vowels Exercise

Aaa, eeh, eee, oh, ooo
Make a tone- notice your body, and how the sound moves in your body,
in between vowel shapes.
Slowly stretch out each vowel to move into another own.
In between spaces where the arch angles- arch angels live

Set- god set- set in stone
Curved realms where anything is possible
Sacred geometry opens up
Portal in and find your way to creator

Lets not over define
Lets create a space for you to discover where your sound naturally wants to go
So you can trust where you are designed to go
Connect to your higher self
To guide you in connection
Unlock the space of infinite potential
Fingerprint to fingerprint

Allow yourself to express
Mirror your favorite singers and favorite songs
Try new things
Mirroring is an incredible practice-
It teaches us something wonderful
Gets our instrument to get flexible and learn more language
Until we get to a new place where we can create our own story

Use your voice to empower and align all your communications from a place of truth and integrity. The things we said light up with our vision, intention.

Voice. Fire. sacred creation

Head voice vs chest voice

Chest- lower register/range

Head- upper register/range

Elevator moves between the gap, where the voice flips between:

This can be scary, or feel awkward

The higher notes are easier to hold sustained, less breath

The lower notes take more breath to keep sustained

To improve the gap, practicing everyday, call forth the feeling of streaming, call from a deep well spring- loosen your throat, relax, breathe more deeply, invite more life into your body, feel your back body, your wings- all of these things over time will help the 'break' in the voice to soften and smooth out.

Sound, shape, color

Integrity, congruence

To speak to sing to intone sacred truths into our life from this place

Integrated

Where am I in relation to truth, to love, compassion, wisdom, power?

How does it change as i move through my day?

As you notice these relationships

Look at-

In what ways can i integrate these parts of myself so that i am radiating from an integrated whole?

Story- about truth

Elijah- in highschool- I didn't have 1 circle of friends, a click, a group. Wanted to be friends with everyone. Wove in between all the different clicks and groups. Became a connector between different energies. Fight Club came out. Narrative of lack of coming

of age of rituals for young men, became bonded through fighting. Proposed Truth Club.

'We have to come together to tell the truth.'

Eventually we said everything that we never felt comfortable enough to say out loud.

Eventually, if we learn to speak the truth, say what we need to say, it opens the throat chakra. Be bold. Meet the energy. Reclaim what is unexpressed. Every time you speak the truth, it frees the energy. When you speak the truth, it clears the energy. When you hold back what you feel, you miss out on power, loving yourself. Speaking microscopic truths.

Watch yourself like a hawk ninja and ask- *is this truth? Am i open? Am i contracting?*

How can i navigate and maintain my own openness?

Ultimately this will lead to being open to our own sense of power. People love when we are in the truth.

Meet the energy. *How else can we meet the energy of the moment?*

Navigate ourselves, and what we bring into the space. Be a steward of our channel.

Listen and respond from a place of truth.

Sometimes Silence is the way, the empowering move forward.

We do not have to be limited by words.

We can make a sound that moves that energy.

Afternoon sphere upgrade-

Try these new tools

When you get to your mid-point practice

Take a moment, pop a sphere, tone home, and get into 'storytelling' with tone

Take all of the unsaid things, what happened throughout the day, conversations, *what did you lead with, what did you learn, could you have leaned in more?*

Pretend you are telling a sonic story to a group of aliens- start with tones, tell the whole story- let it floow. Make any fun noises and tones. Be silly.

When you feel tension in your body, check in and move a little, and ask if there is anything you are not telling the truth about

Become deeper truth ninjas

And great storytellers of sound

At the low end release, I do not contract my body, i open and relax the bottom half of my sphere, letting breath go through, send it, and let it go and flow through me.

Notice in your range where you have a little contraction

Notice where they are open and relaxed and natural.

Put a little more energy in the place where there is challenge- this is the place to integrate, spend more time, balance out and spend the time.

Tuning into any place we have repressed energy around not being welcome to share our truth. Lots to do here.

Stay in connection to what it means to be sourced and occupied in your sphere

Are you welcoming the energy that comes in

Or is someone coming into your space and making their way through the space?

Energies sneak in, come in all different waves

Like a wave, didn't see that coming

Being present in our sphere helps us to strengthen the muscle of presence

Tracking what it is we notice throughout our day

When someone speaks the truth, you can feel it land

When someone's not speaking the truth, you can also feel it

When there is discomfort and unease in the field, let's speak to it

Innocent Inquiry

I noticed it got a little weird, do you feel it?

Get back in the truth channel

Soften your approach, smooth, check out where your voice is at today

Take notice, listen, feel what the journey is like- tuning into the gap between the voices.

Home Fun:

Vowel Exercises

Tell the truth. Speak what's real. Reclaim your integrity.

Keep diving into your morning and evening explorations as they are.

Add new tools to mid day practice- sonic storytelling and radical truth telling.