

Vocal Empowerment

Class 3

Intro

Let's take a few deep, slow, long breaths together, and create a space for this meeting. How much space we can create for each other? Make any sound you need to make to ground yourself in. Let out your stuck energy- its not yours anyway.
Give yourself permission! this is your life! this is your sphere! Doesn't that feel better already?

There is so much energy waiting to be moved if we let it move through on a current of sound. This is what Vocal Empowerment is. We're not talking about power over- this is the old paradigm. We're talking about being plugged in to our own power.

Tune In To These Words

Empowerment-empathy-embodiment.

Same root

Developing our ability to be connected, sensitive, and linked to all of life. This is why we bring our spheres online.

To be self empowered and get everything else not buzzing with our magical frequency out of the way.

Today, I'm coming from a place of fierce love, ultimate softness, of deepest compassion, willing to lean into edge and express truth and roar! This is a time when speaking the truth, being embodied in our truth is a radical act. How do we manage being immersed our empowerment with so much B.S. in the world? Fake news, social media, most of this is not real- It is generated specifically for us to feel and behave a certain way. When we become increasingly sovereign in our sphere, there are no strings attached. No puppet master can high-jack us because there is nowhere for them to hook into. Let us gift the world around us with presence, which is what we are all seeking. Sometimes, we go into a default rhythm because we want to belong- not as a wellspring of presence of our unique note in the symphony of life. We end up singing the note we think we are supposed to, a dull drone, forgetting that we are supposed to be in a symphony! This is the reminder to find your note, your unique medicine.

Start always with a tone home, beginning and ending with our unique code and finger print. My tone is unique from yours, but when we put our unique codes and keys together, we unlock something powerful.

Today's Theme: Sound is Light is Shape

Do you ever find yourself speaking half truths?

Every word you make is vehicle for a type of architecture that forms shape, and reflects a projected image of your sound light as the shape of your words, creating your reality. How do

we sense the light and shape that other people's words are making as they come into our sphere? Let's commit to developing sensitivity to colors and shapes that our sound makes.

Learning from our friends the Dolphins. They have sonar capacity amongst their massive abilities as highly intelligent creatures.

They are very advanced in abilities to send sound that creates shape. The shapes that they are making with their high pitched frequencies go into bodies, through the superconductor of water. They are sending the sound on a ray of light. It travels and creates a 3d image. Where are the receptive sights within us to receive these images? One might say they are lying dormant.

How are the words i'm saying, the tones i'm making, creating my reality. Is my tone coming from infinite spaciousness, or adding an image that creates light on it that then sends this out?

Looking and learning from Tibetan culture and [Thangkas](#).

Tibetans are masters of sound. Their [mandalas](#) are an expression of an outpouring of their sound codes. Some sounds are being sung 24 hours a day for years. They are holding a portal open to a world of magic through their spheres. And these Mandalas are the architecture of those sounds coming into form.

Another Tune In To Language

Word -> World

The L is Light

As soon as you add light to sound you create a world. Speak the word, add the light of your clear crystal mind, you create a world. Are you creating a conscious world around you? How clear are your thoughts? What is the world you want to create?

In your relationships? Using the Spheres and a place to become more congruent with these parts of you.

Checkin in to your sphere practices so far. How are your spheres going? Are they a hall of mirrors? Using our light to change our inner world. Change your local universe. This is what is yours to do.

Some inspiration from our brother Will Smith

Go to your self phone and look through your last 5 messages. Are those 5 people lifting you up? Or bringing you down?

Are they a stand for you and your dreams? Your visions?

Personal Story- When I met Lionel Hampton, 92, I told him 'your so amazing' and he responded with 'hahaha, I'm learning'.

How can we carry this with us?

Becoming Locatable

Puma, a Tibetan Master in Andes- shared that we use a sound ('humfry') to find ourself, bring scattered parts of self into the moment. Make the commitment to include a locatable frequency to ground yourself in this space, in this time, in this body. We are traveling through portals all the time. What light and shapes are you interacting with in your mind? Where do you go?

Tone home is a promise to self and world to be trustable, to be here. To tell our stories from this place, in a way, that when we open up a portal, we create a place of presence that we can interact with. Be a commitment to stay with yourself.

Sphere Practice

Open up sonic space to open your time sphere- wrap around your day, up and down, and stabilize the field. Decide who you are inside of it, be a trustable beacon of presence. Decide in advance that we are going to bring presence to the moment.

When we do this, game on!

Let's reclaim this day.

-take a few tones to stabilize your time space experience

-tone from the beginning of the day to the end-

-tone and watch it crystalize

-tone home, bring your sphere back to your body, stabilize within this moment

-take some breaths and drink some water

Tone placement in the body

Tone home in a way that gets your heart center vibrating. Tone home to see if you can get your hand vibrating at the diaphragm- this is your voice of power. The seat of your spirit is at the heart, drawing up breath and energy from the belly, and radiating out from your heart center. If your throat is scratching, be sure to relax your posture. Source the tone from lower in your body and surrender softly into streaming rather than forcing the sound out. When you are filling your sphere, don't be too technical.

Light up your sphere like a candle. Turn on the light at your center.

Expressing Gratitude

Gratitude invokes different images and pictures of how we want to live. It is a great way to reprogram our reality. When you are challenged, crunchy, irritated by the times, use gratitude to paint appreciations and celebrations as the images around you.

As we change our sphere, polish it free of fear, see the moment as it truly is, then everyone who interacts with our occupied spheres will either harmonize with it or get redirected. We don't need to worry about other people's trips. When we work within our own spheres and radiate that out, we come into our mastery. We've done this so many times, now we get to reclaim our mastery

Architecture of Temples.

Temples are the out picturing of sound alchemy. Seers who were able to channel the architecture, they are building the sound soul images. How do we apply this to creating our dreams? Watch our sounds light up our vision and take shape in the world around us. What was

the consciousness that took shape of the visions we are in? Are these the kinds of consciousnesses we want to be in? What kind of buildings could we build that are in relationship to nature, rather than computer chips that moves energy in certain ways. How do we tap back into an empowered flow of how our nature expresses itself.

Story

Once I was working with a horse whisperer. She Brings me in, has me go to the field, and choose which horse I was going to work with. She said 'introduce yourself, and you'll know which one you are to work with.' I came into the paddock after choosing the sweet female horse that i had a connection with. She says 'I'd like you to call the horse over to you, and give her a brush.'

I've never been faced with more resistance, ego, and feelings of insecurity. I couldn't move. I was watching her from across the way, but i couldn't go to her. I started with my voice, trying to get her to come over. Then it dawned on me. I wasn't in full congruence with the invitation. I was trying to sue my words, but reality wasn't responding. I was frustrated. She told me that me words were clear, but the body language wasn't clear. The shape I was making wasn't congruent with the sound. How was my body language and thoughts needing to come into congruency to match what I desired? Over the next 3 months, I learned how to do all three. Creating my body as a magnetic invitation to the horse, which matched my prayer and intention.

This is the core of Vocal Empowerment
Are the words I am speaking
in harmony with the image I'm holding...
in harmony with the shape of the body I'm in?

Empowerment, Embodiment, Empathy.

Home Fun

Watch in every encounter you have this week. See if you can become the most congruent expression of all three parts-

Word, Inner Vision, Body Language.

Ask yourself

Am I singing the chord of my being as a 3 part harmony and chord?

Am I expressing the harmony of who I am?

Become a master tracker of your words, the shape of your body, and the light lines of image that emerge from your mind.

If you are walking down the street, and see someone with mal-intent, they are looking for a disempowered shape.

Royal Rife and the Rife machine-

Rife discovered and created technologies for certain frequencies to emanate from technology. Applied to out of tune frequencies, holding this device is said to melt and kill cancer cells and parasites. Using sound frequency to heal our body.

Take some time to learn about what happened to his life, his legacy, his technology.

Tito LaRosa- master shaman. When he uses sound as a tool for healing, he connects the current with touch. He uses a flute to ground sound directly on to people's bodies. When streaming sound, it is important to be grounded. Take time to do at least one spherical explorations outside.

With elevator practice

Something you can add throughout the day, are mini trips up and down your channel. Use these moments to bring more joy of singing into your being, coming from a place of being relaxed.

Please don't care how it sounds. You are more likely to sound better if you can let this go. Move around and allow yourself to feel the pleasure of how good it feels to sing.

"A-Ha"- become in an intimate relationship with your instrument. Bring some orgasmic energies into this part of your practice. How much pleasure can you bring into it? And not care what anyone thinks when you make sound?

Lose your mind and come to your senses

Become a sensual experiential explorer of your own sound!