

Vocal Empowerment

Week 6

Today is a special moment in time, official half point of this 12 week journey.

An amazing day to review- *what have we moved through in our journey so far?*

As we are halfway up the mountain...Let's breathe in, and check in to see *what's available from this view?* with this new perspective

if you are feeling tired, every day giving it your best, give yourself time to rest, to create balance in your life, in your daily rhythm, in your habits.

What can we do to make sure we have what it takes to sustain the adventure?

If I dive into something, I really dive in. I say yes. I go all the way. When birthing a song, composition, relationship, it's hard to finish until it's done. Commitment. It's hard because I sometimes forget to eat, sleep, or have healthy self care. I dive in.

Tuning into your extreme edges of when things are off/on: *Where is that sustainable place. what is in integrity- whole, balanced?:* so we can sustain a frequency.

We're going to be getting into intention. If we are setting sail on an adventure, take a pause for the cause, give some time-

What's your intention? What's your vision for yourself of where you want to end up at the end of this process? What is your 'yes energy', in the wind, filling the sails of your journey?

If you are here, you are already in the Band of Life. and, it would behoove us to check in every day- *Why did we start this adventure, and are we on course?*

Putting a few things on the altar. when you speak, when you sing, why are you sharing it? check point system before you speak: *Is it kind? Is it helpful? Is it true? What's the intention?*

Every time I sit down to sing, to play music, to connect in, I will always take a moment of reflection to check into why- *is it because I have to? Because I said yes two months ago? is there a deeper place where I can source myself to remember the original intention?*

Short Sphere Practice:

Let's start with some deep breaths.

See how much steam you can let off- on the sound of sssss or shhhhhh

Breathe in and tone home 3 times

3 tones, inner sphere- toning inward- moving it around like a light wave throughout your whole body.

3 tones outer sphere- activating our outer sphere- move as you like, whatever it takes to get present inside your sphere

Big breath, tone home

3 tones- come from the depth of the core of you, as if there was a flame inside at the center of the center of the center of your heart, and give this flame a note and that flame carries that carries your intention for being present, a part of this life, this class, for showing up and being in the band of light. let that intent, that original design, your code- let this note carry your essence, what it is your here for. intone your intent. 3x. whenever you are ready.

Now stay with this presence, stay with the listening, keep being present with the notes: *How far can you follow them?* Like a ray of light they are still going. Listen to the space between the spaces. listen for the information contained inside of those tones as they ripple out into your sphere. you are your greatest teacher. you are the master you've been waiting for. All of the information. All the guidance, the clarity, the coding for your program, for the program of your life is contained in your home tone. Listen to it, learn from it, be present with it the way you would with a lover or a friend. Make space for it in your cells, in your awareness, in your emotional capacity. Be in connection with your home tone. Take a deep breath, tone home, and seal this exploration. As we dial it, we are carving a master key that contains all of the magic and information and wisdom of what we explored in our spherical exploration today. Every time you tone home, you refine, carve a little key, and it acts to open all the information of all previous vocal explorations. It activates the new sequence of another spherical exploration. refining this master key, all we need to do is simply hold this key. All of this opens the information, wisdom codex. We can have access to all of the information of all of our spheres. Tone home, with all that in mind, seal up this moment, complete this experience.

Really get your heart resonating.

Breath and listen for a moment.

1st reading-
Serpentine Mind

The serpentine mind disentangles from the branches of confusion. Uncoils its knowledge to greet the dawn and sees in the growing light great colored feathered wings that grew unnoticed in its sleep. Understanding perfectly in a single rush of joy it flies above the ancient promises, beyond where the forest lies to the sea the open sea as it rings around the morning star like bands of light corridors through the air

2nd reading-
The Energy Behind the Wind-

See how much space can you make for this little excerpt inside of your sphere-

Behind the subtle breezes that whisper through the treetops, fine and delicate energies pulse into your world from the spirit world, from an energy level not visible to your senses but as tangible as all you touch and hear. You detect these energies, taste them, feel them. they come

pulsing out of the early morning air above the trees gliding swiftly past you, lifting tiny hairs on the surface of your skin. Out into the meadow into the beyond they go. you cannot see them, but you sense them and know that they are there. watching these subtle whispers behind the wind, you notice the birds are watching them too, playing with them, learning from them the news gathering a picture of what the day has in store. you become aware of little messages going back and forth throughout the forest every tree, every fern, every moss covered stone is aware, sensitive, listening. The natural world is attuned to multi dimensional communication that is always happening back and forth. as you listen to it, the wind tells you things. You allow its currents to gently move your thoughts as the eagle lying low over the tree tops that move his wings. You sense how the eagle waiting in the tallest tree. on the ridge to catch a certain expected current, riding it when it came, gliding before it as it broke like a wave releasing warm air across the valley. If there are words to put to these subtle conversations of nature, what message would they convey these designs and patterns sliding quietly into your world from a realm beyond? You watch and listen, blending with what comes your way. somewhere in these currents there is meaning for you. You notice that these energies more subtle than the breezes are in fact the reason the winds circle as they do. The currents of moving air respond to these subtle energies and express a portion of their information flow. You begin to see in a new way. a forest, a system of living information, flowing back and forth invisible but to you an increasingly perceptible network of energy. You feel it. You picture it. With something deeper and something more clear sighted than the physical eye. Little webs of pulsing current, criss crossing among the trees, networking, joining and slowly circling in the swirling presence of a vast eternal being. Along these webs come information sailing from one world to another. As you relax, you blend into this pulsing network. you no longer feel separate from the grid of its swirling creative energy- you feel, you feel it within you, all around you, merging back into the ground of being. Little voices in the wind lead you into an awareness of the intention that is called out the life of this earth. You release all tension that would hold and define that great love. You relax your self images, your ideas, your beliefs. You let go of your concepts about being as your cultural definitions fall away, you experience a natural expansion of awareness. You experience yourself as a part of the world around you. It is a physical as well as a spiritual experience. You no longer force the creative energy of life into arbitrary structures of interpretation. You let the energy flow as it will, you become aware of the living presence of god. You begin to see as you begin to blend with the subtle energies of each breath of wind that the sun's influence contains information as well as warmth and light. Warmth is life information. Light is intelligent design. As you merge into the ground of being, allowing your sense of self to be drawn into an expansive new experience of who you are, you encounter the solar intelligence behind the subtle breezes. You hear a familiar voice, like the voice that whispers in your dreams. It tells you things. things that at first come to you as matter of fact observations. Things that of course you have always known, and yet, when in deepest relaxation you allow these solar winds to blow through the words you have stored in human mind, you realize these insights obvious to you in your natural state are not acknowledged by the human world in which you live. Though children, poets and musicians at times sense them still. you listen to catch the words that will help translate their perception. Information percolates to you through the subtle realms of spirit. Your body knows, your senses pick it up. Its relevance goes deep into that place in your heart where you

determine where you can make the most creative use of time. Every dawn brings indication of activities for which the coming day is suited. When you saw the eagle fly across the face of the rising sun and give out its call, it was not accidental or without meaning. To other birds and animals who were watching and gaining impressions of the new day, the eagles flight was a cue, a message rich with meaning. The time he chose for the flight, the direction he was flying, the place from which he appeared, to the birds and animals who were watching these were part of his statement. sentences in the paragraph of his expression. But there was other news, equally valid. of more or less importance to various creatures. How the crows reacted to the eagles flight? How long after his cry the owl and the whippwill chose to pause and speak their song? The birds and animals notice "what kind of day is it going to be. is it a day where you should look for your meal on the hillside? Or might you be better off going up into the pasture? Could it be a morning to fly to the treetops and sing for an hour more? Or is it a morning where you better get busy because it might cloud up and rain before the day is over? In every moment the great spirit communicates to all creatures everything they need to know. through ten thousand billion agents, elemental, angel, animal, vegetable, mineral, throughout the vast and subtle network of living design beyond the weather, before the wind, the truth is ever being transmitted into this world of form. It is up to each one of us to sense how that truth translates and relates to us in each moment of the day? And this is as true for humans as it is for any other creature. The process is not complex. The sensing and translating is not done with the mind. It is an autonomic process that occurs spontaneously below the level of thought where judgements subsides and allows perception to simply be. The natural process that takes place naturally when your mind relaxes its cultural interpretations and trusts you to experience the natural clarity that is always present when you are present.

- Return Of The Bird Tribes - Ken Kerry

Share On Intention

I had to read this.... Inner sight, intention, pre-existing to our humanness, our thoughts of what we need to do with the day and shape it into something....

Where did this original intention come from?

What i love about this work we are doing, is by exploring our voices, our connection to life through our voice, by exploring each day in a spherical way, our connection to self, body, each other, individuals, relationships, world around us, game board of our life, and creating it consciously, creating a contribution into it from a place of consciousness, intention, presence. So as we play with these visualizations everyday, there is a line I want to name. a fine line. the crossing of this line is at the core of every wound, war, disagreement that has taken play. It's the misuse of the first ray. the misuse of willpower. misuse of magic of our creation . This misuse of trying to create the world around us over something else. Mowing down forests. We didn't listen to stay connected to ripple effects of everything we did.

The intention hiding behind what we think we need to do today. This is what true empowerment means. This is what it means to sing

Even if its one person listening, their spiritual ears perk up to the way we use our voice as an agent, an instrument of the divine. This is all of our intention, this is why we came here. We may have individual fingerprints that define a diverse way of how it plays out, but the original intent is the same. If we follow it back to source. to be connected conduits of soul of creator.

What does this have to do with vocal empowerment? What does intention have to do with it? Why does sourcing matter before we go to the next flow? Before we react? Before we use our voice to cast the spell? What purpose does it serve? To make a daily practice in the dojo of our sphere to clarify our intent?

If we are ever going to see a world that is left for our children as a more beautiful world, more coherent, clean air, water, a world that reflects the kind of beauty that we wish to see, it starts with each of us stepping into our spherical power by occupying our space, our body, our field, leading from our heart with all of our systems aligned and congruent, so that every time we use our voice to the best of our ability. None of us our perfect, using our voice as an instrument of the divine. Using our voice as an instrument of the creators design. There's no other reason to be here. Many come off of the ripple, come here to experience love, heart break, the whole range of human emotion, in different kinds of relationship, explore different kinds of things like art, science, technology, things we need to check off on our list of our soul journey, sure. *But what's the energy behind the wind? That's what I want to drop into with you today. what drew you here to this moment?*

If you really looked back, to all the choice points that led you to sign up for this course, you would see a complex river of choices that led to this moment. *How can we create more conscious space to invite in that energy behind the wind that is the very source code of that intention that is guiding us in the first place? If that's the highest version of who we are, what else can we do in our spherical explorations? Every time we check in with each other, how can we upgrade every subtle code of every way we spell our reality? Share more of our authentic presence with each other? What are you present to?*

Instantly reprogram a conversation, breaking the automatic spells we get into. So flat and boring they are. Disrupt the signal, by really showing up inside of it.

How do we show up in moments with folks who are going through the robotic moments of life? Automatically confronted with our own presence, giving more opportunities as a game for increasing presence.

Vocal Empowerment is not just toning, this is the technology. using the voice while we are singing, speaking as a practice.

Singing more than you speak

Who is the one who hush's the child?

Notice how you trained yourself, to pattern your voice to fit into the structure of society. The pattern itself is build on distortion, not from source, not like the forest. Structured to stifle and control our energy as individuals. Coming up with ways to break the pattern of how we speak,

how we use our voice. Vocal empowerment is about walking the path of creative energy, connecting to source, to move and inspire the melodies of creation to move through us. It can happen in words, in how we sing, how we hum, tone, pray. It doesn't have to be an outward concert for people. It's about our connection. *How do we set energy and life force free and into motion?* When we are around people who are contracted- folks who are 'hey I don't like that' and feel that in our body. How do we each take that on? Looking at our power of self responsibility, that which lies beyond being committed. What's one step beyond? It's devotion. it's a deeper frequency. Feel that feeling in your body. *Are you devoted to being an instrument, letting your voice be an instrument of the divine? Can you rest into the current of devotion as the original intent, the original code, the why as to why you are even here?* In that stream of devotion, we will find the current of our empowerment of what we say, what we sing, what we communicate.

This isn't light stuff. A lifetime of study could be spent on any one of these weeks. Not to be mastered over night. The designs of sound. sound for healing. cymascope. the geometries and our picturing of frequency. The power of truth and love. Our own alignment with allowing these frequencies to speak through us. This is something I do every day.

When you are toning home, this is the truest sound you could make if you allow it to be. Allow the center of you to express itself. there could be no greater truth than that.

'Hey man how you doing?'
respond with a tone :)

What are you an instrument for?
truth love compassion devotion
subsets of love
love is all there is
all you need is love
all the great masters agree.

What would love do?
love is the reason we came here

Wing Makers

To be a devotional current of that frequency doesn't mean we don't get angry, and meet situations of disturbance with great truth. That is an expression of love. The "Wing Makers" are huge guides for journey of awakening. They speak of the six heart virtues of different rays and virtues to live a love centered life. Some of them are appreciation, compassion, understanding, forgiveness, valor. different rays and facets on the crystal of living a love centered life. Tune into the frequency, of valor- the sword that speaks truth to power. Those who speak for the ones who do not have a voice. A range of ways we can move from a heart centered place. a heart

conduit an instrument of being the divine. That's what it means to be empowered. That's where power comes from.

There's a huge misconception of what is power. Is power muscle? Fake power. not humanness. not bone. Wing Makers speak about power, they say the true power waits in the whisper. It's what's hidden. The energy behind the wind.

What's the superhero journey you are on?

As a soul, we love to get tested and come out the other side victorious. look at our obsession with superhero movies. As a human family, from this deeper level, we love the drama! Are we gonna get through? We love the journey of it. Notice how you create your own superhero journeys. Over the last 6 weeks: *How many times have you felt like that? How have you been challenged to stay aligned in your energy?* We speak about truth, love, being masters of sound/light and spherical presence to establish a line and root into source energy so we can contribute that energy into the world around us. We don't do that because life is easy. Life is what it is and we do this anyway. We go into our sphere dojo no matter what the energy is. We want to get to the original code. *What is something we can count on, no matter what we are doing?* Conditions are always going to change. we always have our voice, our beating heart. This is the time, to step two feet into this experience. We gotta step up our game. Joy is my favorite way to learn, so I keep it light. I like to keep the joy and a sense of beauty, more than the task-master. But sometimes we need a boot camp, a drill sergeant to get that energy going. You need to find how you learn, and that you are being your own master, your own guide, and pace yourself so you stay on top of your game moving through your resistance to using the tools.

So much is being reborn right now, so much is falling away.

Breath and Water Reminder

I keep saying this, over and over, but we need reminders

If you are breathing deeply, and receiving life into your body, you will have more truth to share with the world. Most of us are shallow breathers, not letting life all the way in. What we share may be on the surface. Letting breath all the way into your body, letting life all the way in...*Watch your breathing? How are you breathing? What are you doing with your breath? Can you feel it all the way through your sphere?*

Please drink lots of water. Most of the time we are dehydrated. Be a reminder for others. One of the best ways to be with vocal health. This is a small way to make the world around you a brighter place.

Prepping for the world

In cases where we don't have the luxury to do an extended vocal practice to get into your deep flow, before you get into a call or meeting, take a few moments to pop a sphere around you.

There's a wisdom path that any ailment can be reversed within 7 breaths. I've noticed that within a tone home, 3 tones in the sphere, and another tone home, I can come back into my sphere.

Become increasingly aware of your intention every time you pop a sphere. My will, Thy will, I am, we are. let's do this in a mini sphere practice.

Mini Sphere Practice

-tone home-

locator beacon location tool. reset button. no matter where you started to go, here you are.

-pop a sphere- 3 tones

Use any tone, get you sphere to glow, open it up until you can feel, sense, and experience the 360 perfection of your sphere. You can simply do it in 3 tones. You'll notice ilm holding a mini sphere in my hands, while visualizing the larger field around me, of the hearts magnetic spherical space, measurable space, enhancing what's already existing with sound. Not just pulling out of thin air. Attuning to something that is there. Most intuitive way to let sound move until I can see, imagine and feel all around me. Until i am spherically sound.

-Band of Light- stream sound as curve around you and spin- a halo, a hula hoop.

What shape of your mouth would you make for this to happen? Feel it. See it. Straight sound has an even tone. send it forward. Then bend the note with mouth and energy once it meets itself, let it strengthen a few times. Spin with vibrato. I didn't consciously think about this. I just let the intention of the self organizing intelligence of the body. *What would spin it?* Draw over the shape over your whole sphere. potent photon energy. Play with the directions. Allow yourself to feel the energy of play. Play is what will make it work. Engage your imagination.

Claim your sphere. Claim your energy. Occupy it. See that your entire life experience is a blank canvas for you to cast upon it the magic and spells that are yours to cast. *What would happen if we had a brand new paint brush, brand new paint?*

Thank You for your devotion, for how you show up.

Have fun

We all appreciate it here

Much love

Peace

Home Fun-

At least one day this week, sing more than you speak. invite your partners to play- sing throughout the whole day.

As much as you possibly can. It's going to feel stupid, maybe silly, edgy, but the dare is on the table. Sing for a whole day. Break the spell we've learned from childhood about speaking. Come

up with something new. Reorient yourself to the energy behind the wind. Unlock a whole realm of possibility. Become available to be an instrument for the magic of life.

Continue your spherical explorations. Morning, noon and night. 33 minutes we are devoting to this work. We've got quite a few things to play with. Go deeper. You have plenty to work on.

Bring in the subtle new signature of Intention. Track 'what is my intent for what I am about to speak'? Am I sourced from my spherical sovereignty. Tracking your intent. Back to the source point. Original intention. Incarnational point. source your sound from this place. The world will reflect back to you the beauty and magic of the creator.