



SINGING TIPS

RESONANCE IS POWER

Focus on resonance and placement to give you power in singing. The resonator amplifies and shapes the sound which is generated by the vocal folds.

Resonance is the sound made in the sound box (inside the top of the head and face). It is created *by* the space, and made by relaxing the face, throat and neck, and opening everything up inside.

Resonance makes the sound warmer, richer and fuller, and it makes it carry on longer. As the resonating chambers open up, more harmonics are produced by the creation of wide-open spaces.

TIPS FOR CREATING RESONANCE, FOR CONFIDENCE AND VOLUME

Sing or tone Hmmm. "Lift" the air up to the top of your nostrils and feel the sound buzzing in your head. This is resonance - Hum, tone or overtone until you feel it through your whole body. Keep 'lifting' it up. Feel where the resonance is. Feel where your body resonates.

Find the resonance inside your body - a tingling vibration - Where is it?
Feel the vibrations and consciously move them into the top of the head.
Find the resonance, the tingling vibration, inside the head. Where is it? In the nose? The top of the head?
Keep the resonance placed in the top of your head.
It is these Vibrations that create the resonance.

The more resonance you produce, the more loud and clear your voice will be!

Move your face muscles around to release tension and open up the resonant chambers. Relaxing the body, the throat, the face, open up inside. Make space in your body to make the sound and enable it to vibrate through you. This all helps to create more resonance, energising the body, increasing energy levels and improving the ability to make a louder richer sound.



SINGING WITH EMOTION

Unlock emotional response and colour your songs using emotion, exaggeration, drama, through changing tempo, pitch, volume. Use emotion and passion to turn your song to gospel, blues, jazz. Sing loud/soft/fast/slow, with joy. Or make it sad and mournful.

Put feeling and emotion into your voice and songs. Sing with passion and dynamism. Draw the maximum expression from the core of your being and exaggerate the mood of the song in any way you wish. Become the mood. Become the song, the way YOU want it to be!

GROUP SINGING

Singing together can be a powerful experience. Held within a group, you can rediscover the Silent longing of your Voice along with the feeling of belonging and acceptance as you allow your voice to take comfort in the other voices, feel a safety within the "held" space, and a reassurance that it's ok to let your voice soar in its fullest expression.

Fire your Passion and Unleash your Potential.

Group singing can also lead to improvisation, call and response, or the singing of harmonies that you may never have allowed yourself to do alone!

The photo below is my Dad and I at an impromptu gig at S Petherton folk festival. He had dementia at the time and had no idea I was going to call him up to play his harmonica on my recent revised version of Annies Song ~ specially for my Mum who was in the audience. A beautiful moment for all ! Dad's memory was fading fast at the time – andeventhough he wasn't familiar with this new version, he played the song pretty much note perfect ! Such is the joy of improvisation ~ and the healing of music.



CHANTING VOWELS

Vowels

I - resonates head cavity (eee)

E - resonates throat and upper chest (eh)

A - resonates chest cavity (open throat)

Ah – resonates the heart

O – resonates naval and solar plexus (oh)

Ou- resonates the lower abdomen (ooo)

U - resonates the pelvis and lower body (ew as in yew, with pursed lips)

Consonants

N – resonates nose (lift air up in to top of head to avoid buzzing and nasally sound)

M – resonates mouth area and can also be felt at the top of the head

OPEN THE THROAT EXERCISES

- Make a whimpering puppy sound. Feel it in the back of your throat as your throat opens
- With a sense of aliveness in the eyes, breathe in 'aah,' with a feeling of excitement and feel the coolness on the back of your throat.
- Make the sound Eee, Eee, Eee with a crazy smile on your face and feel your throat open. Now relax your face (lose the crazy smile) but keep your throat open.
- Thymus tap - Tone Ah while tapping the thymus – strengthens the immune system
- Chant I Am
- Massage your heart and say "Even though I feel_____, I know I (I am)_____ and I still love and accept myself." Turn it into a chant, a mantra or a song, as you wish.

Small practises every day lead to big transformations. Each day, remember to activate your voice. Open your throat chakra. Connect with your heart. Open your crown. Open your mouth. And let your beautiful voice resonate through your whole body. The whole of your being.

Let yourself come fully alive with the sound of your soul vibrating every cell of your body.

Your soul is longing to sing through you, just as you are longing for your soul to sing through you.

Now is the time!

In love, light and with many blessings

Jen Wilson

