**Class 2 Notes - Stabilizing Your Sphere**

Aloha family and welcome. We are here! We’ve arrived.

Grab your journal, grab your water, make yourself comfortable and get into your space.

*Set yourself up to win!*

*Today, and for all of our sessions.*

Make sure you’ve talked to your neighbors or roommates or anyone one in the space so you can feel comfortable making sounds. Do whatever you need to do to play with your voice, and give yourself a permission slip, signed sealed and delivered, to go deep into the magic.

*Every journey begins with the breath*

*So lets breath. Take one deep breath with me and truly center yourself.*

We are here to sing, open our voices, open our channels of divine energy that allows us to communicate the truth of who we are no matter what is happening in the world around you.

Stabilizing your sphere in the midst of chaos, grief. Using your sound, your current to stabilize.

Last week we got into our sphere. We explored our spherical space and got to know what our voice can do inside a safe space. Now we go deeper. What can this vehicle do?

We want to make sure we can stabilize, and locate ourselves in space and time. Why is this important? Often we’ve got one foot in and one foot out of this world. You can tell if folks are checking out of the moment. What would it take to stabilize and become fully present in the moment? What kind of sounds would help us achieve that state. Also we are going to get into ways to drive our vehicle, to heal, to feel, to take our state somewhere else to meet the moment. We can do all of this with singing! Take a moment close your eyes, picture yourself as 5 years old, and breath into who you were at that moment in time. You had a relationship to sound in those early years that was likely open, carefree, exploratory, didn’t care. Just exploring sound for the first time. How can we reconnect the band of light to that energy and blueprint of being comfortable with the sound of our own voice. This sound has the power to heal us! I’ve seen it happen, thousands of people healing themselves with the power of sound

Prepare for practice- take some deep breaths, move your body, notices what’s happening internally, let out any sound you need to make to make room for this experience.

Practice

Tone Home- locate yourself- hand on heart, feel your hand vibrating

3 breaths- intone- internal toning- feeling your body vibrating and glowing

3 breaths- out tone into our sphere- filling your space with your presence

3 breaths- stabilize your sphere in the midst of what is happening around you

*About Stabilizing*

*What sound would stabilize your sphere?*

I’m not always going to share exact sounds or tones, things i do. This is intentional. Your body knows the answer to the kinds of questions we are going to ask in this course. Learn to trust the sounds that naturally come forward in response to your intention.

If you can make your sound and intention steady, streaming, you can trust that current. Your soul’s presence is trustable. Your voice is trustable. Where are you singing from, toning from, expressing from?

We have been to events, classes, concerts, and the speaker says ‘we are all going to om’

You may have felt something or not, maybe abrasive, going along with it, maybe not feeling it

Where is the om toning from?

Where are they?

For you, as a vocal ninja, you have the ability to change shapes, form, moods. Instantly.

Don’t let anyone tell you that you are stuck where you are.

The way you put your energy in your voice is the way it’s going to impact others.

Make a tone and stream it like a gentle river, and add the vowel ‘eeee’

Notice how this feels, noticing the difference between *singing* and *streaming* a note

Try with different melodies. Relax, get into the flow state with it. Imagine that it has no beginning and no end. You are opening up your sound portal, and it is coming through you.

*That note locates me back to my origin.*

Locating yourself. Stabilizing. We are starting to get a sense of what that means. Stabilized, embodied, in sphered. Getting in this moment. Trustable as a speaker and a leader. Makes your voice, truth and message land in the listener. Makes what you are singing hit with the audience. Think about great speakers and performers. You can feel them *all the way in*. committed to the moment.

You have come to this moment, this class, this journey for a reason. You want to understand and innerstand how to become more grounded in the way that you use your voice. From now on, practice streaming your sound. In every spherical exploration. It’s easier said than done. Takes experience, to take this knowledge and turn it into wisdom. Practice. You can get a whole room to adjust to speak from a place of streaming. Beyond the mind. Involves and includes the mind. Body is relaxed, heart is open, sound is vehicle that flows through all aspects of my being, receiving a spherical wholeness. If we ever pop out of the stream, its ok. Tone home. Come back. Stabilize the sphere. It’s always there. Make the entire day your spherical exploration. Your whole day can be a playground of sound. Each moment. Each interaction. Everything is an opportunity to be in connection. Meet with your voice to stream your answer.

When you choose to be present, chose this moment fully, lean into the moment, what does this actually mean. Showing up, and instead of observing it, you are ready, available. When you sing and speak from this place, make a tone into the space right now. Claim it. Take another deep breath. Claim it even more. Say yes. You can claim and instantly reprogram yourself, your sphere, with a sound, a word. It can happen in a moment, switch up the way you are interacting with it. Hold yourself accountable with your own sound. You actually have to make sound though, funny how it works. Have to use the voice to transform yourself with it.

Present connected embody whole. Locatable. There you are. Its as if the universe has a mail system. Vibrational mail, trying to find you. When you send out a ripple effect to locate you in space and time, those ripples are in limbo because you are in limbo. You are not yet fully in this game. It’s the deeper work of vocal empowerment, pointing us in the direction of being an authentic singer. Trustable. Locatable. Stable. Present. To be present we have to be willing to look at anything pulling us away from this moment. Tone home. Anchored yourself into this moment. Keep practicing

More content for afternoon spherical practice

Practice

~ Start on a low note, ride the elevator up, then stabilize on a high note

~ same thing, but ride it down

~ same thing, but sing with the vowel sound ‘ahhh’ with extra attention on relaxation in your jaw, shoulders, belly, and deep breathing from the belly- practice smoothing out the clips into the voice. Don’t worry to hard about it. Find the stream in the elevator.

*Does your tone get softer?*

*How does it feel to let it come through?*

*How silky can you let it be?*

Going Deeper with Riding the Elevator

~take each vowel sound (a, eee, i, ooo, uuu) up and down the elevator.

Notice how each one feels different in your body. Stay relaxed, and don’t push too much. Come from your depth, not directly from your throat.

~practice staying stable in the sphere while also moving. Stay loose in the body.

Head Voice/ Chest Voice-

two parts of range- high and low

The elevator practice helps to smooth the transition between these parts of the voice. Sometimes there is trauma in these parts depending on what we took in during some part of our journey.

~ride the elevator top to bottom with loose lips. Notice if you are feeling spaciousness.

(Put your fingers on your cheek to support to practice if lip trills are a little hard)

Use the internal sound of ‘ahh’

On input and output with our sphere

Tune into Input. What is coming into your sphere? We are constantly reading, getting updates, checking our phone, seeing and hearing in our environments, radiation, frequencies. It’s all affecting our field.

Then there is the output. What we write out. How we show up. How we do what we do. I propose that you are the guardian of your temple. I would also go so far as to say that you are the greeter of what input comes at your sphere, and you choose what you let in. Be a guardian of your spherical space. This week, begin to play with your sound, and innerstand that these sounds that you are making as you are exploring, become aware that you are creating a field, and see how present you can become with that field, and what other energies are interacting with the edges of your sphere

The reason you want to become completely present is not so you feel good, or become a more trustable leader singer and speaker, even though it’s true. But you become aware of all of the influences in your life and have an awakened relationship to those inputs. We let things into our energy field. If you are the gatekeeper, you have the ability to sweep it out. Clean up the temple. Escort out energies that don’t need to be there. I want to dare you this week with how many ways you can use sound to clear your space, sweep out old energies that don’t need to be there. Be bold, explore sound as a tool clear your field.

You want to be sure that you are not being influenced by something that is not you. How do we know which voice is our voice. You don’t know unless you know yourself. You can begin to entrain, for the first time, your entire energy field will be capable of being occupied with your presence. Occupying your space, no room for anyone else. This is your time, your life, your voice. Time to take the power back.

Additional content for afternoon sphere

~Bee Keeping- send a tone and let go at the end with a little ‘yip’- it’s a way to clear, release something you are holding onto. Like a bee creating propolis with invaders. Sealed off from the rest of the hive so it doesn’t effect. Create mini spheres protective shells, around anything that is harmful to your being. Stabilize it with sound, and let it exit from your sphere.

These practices are master practices. I will greet you in this space. Recalling our master presence. This is some of the most simple and overlooked technology on the planet.

**Review**

Tone home is master key, turns on your sphere- carries the signature of all tone homes from before and after. Consciously imprinting your experience at the end of your practice. Make the intention that it all goes into that final tone into the master key.

Morning practice- sensual, feel good, nourishing. Make the intention to heal and nourish your body.

Afternoon session- elevator practice, short runs and movements. Streaming. Playing with spatial awareness.

Expanding. How big can it get? Can you see it? Feel it? Embody it? Stabilize it?

Playfully occupy it?

*All of this work is designed to become Spherically Sovereign*

*Empowered. Free. Connected.*

*Becoming more of who we are.*

*It is an honor to be with you.*

**HW-**

~Explore the difference between singing and streaming

~ explore the new elevator practices (vowels and lip trills) while streaming

~ work with keeping you temple clear with your voice. Propolis bee magic. Sweep out the temple that is in your space that is doubt, shame, blame, something that doesn’t belong- send it back to source with your sound.

~ play with space. Expanding and contracting your sphere.