**Class 3**

**Stabilize Your Sphere**

Welcome. I know that if you have said yes to your vocal empowerment, that doing it is easier than it sounds. Wherever you are in your journey, hang tight! You are amazing.

As you’ve noticed by now, there’s most likely some resistance on the path. In doing this work, you are not alone, it’s completely normal, and it is a blessing. A blessing because you are finding the edges of your old self. Your previous reality, that’s where the edge was. Life begins beyond your comfort zone. So if you are expanding, touching the edges of your comfort zone, keep occupying your sphere, even though it’s kind of scary. This means your approaching edges of your known reality, and *this is where the adventure begins*.

This is the moment for you. I want to hold this moment with you, this is your moment. You came all this way. Look at what you have been through. Feel it. We aren’t dwelling in it, but acknowledge that you have traveled many lives, many stars to be here. *Why are you here*?

If you can get down to the *why* of what you are doing in this course, what attracted you to this meeting, call upon this. Maybe your *why* has changed. Maybe the original intentions are being blown out of the water by some brand new discoveries you are having inside of yourself.

*Screen time.* What is the screen of the mind? What is the screen telling us, and what are really our own thoughts, our own feelings, our own compassionate choices? We must begin to be able to discern this.

It’s an exciting day to be alive. I’m so grateful to be here with you. Thank you for choosing this path of vocal empowerment

Dropping In

Let’s take some deep breaths together.

Let it flow all the way through you, wash away anything it needs to

Let out a sound, a sigh. Big deep breath in, let out another sound

Any sound that needs to come. Make a silly sound

See how easy that feels

It’s important to have fun and don’t care what it sounds like, feel the joy and pleasure of it

Spherical Exploration

Tone home

Inner toning- noruishing cells within

Tone Home

Outer toning and stabilizing

Tone and spin sphere, claiming this 90 minutes as a temple

Tone home again.

*Notice if you feel more Grounded. Expanded. Focused.*

Why create this space? *Presence*. The truth of you who you are. We can put any words on it. I have a lot of history of studying different paths of truth. The path of music for me is the path of devotion, passion, dharma, and creativity that i’m here to share with the world. Sound, light and movement are the building blocks for creating anything in this world. Honing in on sound as a pathway to understand our experience of why we are here is the greatest gift i can share with you. These are the jewels I picked up along the way that have supported me in how I feel in relationship to life, to humans, to the realm. These are the broader strokes. This is not surface level work. This isn’t singing lessons to make your voice better. This is adept training. Jedi level stuff. *We are not only working with stabilizing our field, we are harnessing the tools that are our birthright of what it means to be human.*

We could do well to ask ourselves these questions- *what is it to be human, what happens to step all the way in, of discovering our own humanity?* If there was a blueprint for what it means to be you, and understand yourself, wouldn’t you want to see it? Do we dare ask, and dare to look inside and find the blueprint. I’ll give you a hint. Its hidden in your fingerprint, and also the sound of your voice. This is why we are here. Exploring the depth, the rawness, the grittiness, the vulnerability, the raw sounds that need to be made through your body to move energy. Your body is like a crystal. At the core of the marrow of your bones, is crystalline. We carry energy. Charge. Slowed down matter. Seemingly frozen. Moving really slow. Reprogrammable. Resettable. Ice castle melting and revealing the perfect structure perfectly there. The rigid places within us melting, reveal the true temple of who we are, living, alive, you. Its you. Your voices is the key that unlocks the ice castle, to melt others hearts, the crystalized shell around other people’s hearts. The power of your love. Intention. Kindness. Compassion, when you let it speak. Not always pretty. Sometimes the truth is a sharp blade, wielded with such grace, with the power to free yourself and others too. *Today we are talking about truth, about authenticity.*

All these things we talk about have to do with strengthening your sphere. My prayer for the **Band Of Light** is to remember we are not what is in our mind. There is something deeper. A resonance. Life force that wants to express itself through your unique and beautiful self.

**Sound Is Light Is Shape**

The sounds you make, the very words i speak now, transmit a frequency of light which has a spectrum of color and hue, which is creating shapes in your mind. I can see pictures starting to form. Speaking your mind. Creates the shape of your reality. I know there’s a bunch of diverse views about the power of your own sound to create reality.

Tune into these topics on your own: Cymatics- the shape of sound. Sonoluminescence- star in a jar- how sound creates light.

*What could the light of our diamond mind create in the world?*

*Light. Shape. Sound.*

 *we have a holy trinity of everything we need to create a world.*

*Word + Light- World*

*Add sound- many worlds*

Do not underestimate the power of your voice. We are creators of worlds. *What is the world you want to create*? Do the thing, show up, activate your sphere, arrive on this dimension, get present, get the glow around you.

Notice the tibetan thangka paintings, depicting the different deities. Tune into the shape of the painting, showing the glow around this. That’s their sphere. That glow is what happens when you accelerate the frequency of your consciousness. Space time moves around you.

When we slow down our frequency- densifying ourselves with daze of movies, food, unconsious behavior. We can snap ourselves out of it by saying YES to the presence with us embodied in our sphere

*Say Yes*

*Claim your sphere*

The more you expand out of your comfort zone, the more true power comes.

True power finds just the right tone, shape, color to create in the moment and be a blessing.

Judgement is the glue that holds the illusions together.

Take out the judgement, illusion falls away

And what you are left with is what’s true

*If you sing to your fear*

*you are polishing your mirror*

*your sphere becomes clear*

*So sing beloveds*

*Sing all the time*

Connecting with others with more presence. What would it sound like to connect with people, bringing in a color, a tone, an energy? Truth? What would that sound like?

Say this sentence

My name is\_\_\_\_\_\_\_\_\_ and i stand for \_\_\_\_\_\_\_\_\_\_

Speak this sentence with the tone of truth.

You are holding the pen of your reality. You are holding the wand

We all have a default story that plays. What happens? Can we be done with that?

Let’s play this game called life with presence. This is what exploring the sphere is all about.

You have come so far. Enough practice. We’ve come to explore. We are shown the path when we dare to speak. When we let sound-stream through, it creates the shape of our path. Trust this. From the point of neutrality, focused presence, let’s make some sound together

Exercise- Clearing Unhelpful Thought Forms

Start with Elevator. Become a ninja- a lion, tiger, or perhaps your most present self that is ready to grab a thought. Grab any thought that doesn’t serve. Use the sound to catch it, and send it to the outer sphere, like cleaning the temple and sweeping thoughts out. You can even try eating them! Eat your fears. :)

Emotions are *energy in motion*. Sound puts it into motion. You can always change lanes. Switch it up. You don’t like where you are, find a new sound.

*What does it mean to be in alignment?*

To be a vehicle for truth, an instrument of peace, an instrument of the Divine?

Internal matrix, your own reality, that you are in battle with or in harmony with.

Does that mean living in harmony allows for anyone to come into your temple?

No you become present and be the guardian of your sphere.

*With as simple as making a sound*

*The more you explore, the deeper it goes.*

Where is your sound coming from? What shapes do your sounds make? Toning home helps you align with your truth, the center of your being, and helps you navigate your life from this place. Watch your world change with this. Many world philosophers have come to a similar truth. If you go deep enough into this thing, you have to change from within, then you become a beacon of how the world has changed already. This is how we change the world. By becoming fully empowered and occupying our sphere.

On Language

Minds with legs- language. Etymology. Roots of words. Finding my way through time to keys that have created our language. Language, the english alphabet (*alpha beta)*. When you break down words, they contain keyes of innerstanding beyond what we’ve been told what it means. They have layer of interpretation, ways to be spoken, different tones will have different effects

Nitty gritty of words. How you carry yourself throughout the day, the internal self talk, the words you say. These tones can be shifted. When you get into changing the tone of your inner voice, add compassion, your while sphere changes. Different things come into your life. Different relationships. Because you’ve changed what’s within with your own voice. Your voice is the beacon which draws everything to you. Sound is light is shape.

There is a way to listen so deeply that you become the universe listening to them. How vulnerable can you be in this very moment. How can you be that for yourself? Your internal design that is being crafted by your very own voice?

Our organs play a note in the symphony of our body. When i work with clients, sometimes i sing into their organs. When i have them sing their own name, and record that sound into the loop pedal, then slow it down, half speen, even more, they hear their own voice, speaking their own name- they find their way home. To themselves. So if your ever lost, follow the sound of your own voice home. Call yourself back home.

You can also do this for others. This is the most amazing tools you can give to you friends and loved ones. Tribal soul song, tribe circles around folks who have lost their way and sing their own soul song back to them. Sneak this wisdom into your day. How can you be the one to help others come home to themselves.

*Be present with someone, say their name with full presence*. It’s amazing what happens. It’s like two cells connecting. It’s indescribable. That connection is why we are here. It’s what most humans are seeking. We want to connect with something. Give someone a gift this week, see how deeply you can make a connection from a place that is spherically sovereign and present.

Recap on Tone Home

~Master key. The key to your house. Your temple. You carry this key everywhere you go. You carry it in your pocket.

*~Tone home*, and imagine you are putting a key into your lock and turning it on.

~Hone in on the shape and size of your sphere. Try making it 4 or 5 times bigger

~Tone again bring it back to the size it was. Expand. Contract.

~Tone again, and feel your entire spherical space, send the tone around you, feel it activated.

~Tone again, Expanding Your sphere to wrap around and contain the entire building you are in. Even if includes other beings. Being able to be flexible and drive our vehicle

Stream your sound, and wrap the sphere around someone you love. Someone you miss.

Explore holding other people in your sphere, then coming back to you. Can you feel the difference between holding others and not holding them? How can we tone home, into our center and sphere. *That which truly belongs to you can never be taken*.

Any perceived separation is an illusion. When you have a disagreement with someone, or a media monster, wrap your sphere around yourself and that person, offer presence love and compassion, you would change your relationship to the illusion of that person.

~Challenge for the week- practice holding this sphere around someone you love, and someone who is difficult to love. You don’t have to let everyone into your temple and sleep over, and you can still have right relationship to your life, every particle, every person.

*Become the star in the jar :)*

Thank you for diving into the very part of yourself

that could reshape your relationship to your life.

Wholeness and Balanced Vibrations to you

HF-

~Dive into study of cymatics- shapes that sound makes

~Study sonoluminescence

~ take an active practice, an active stance - challenge yourself to occupy your sphere, speak from your heart, track your mind’s voice that’s whispering doubt, observing and expand outside. Look at people in the eye. Be daring and connect.

~ Explore using sound to sweep out the dust in your sphere (thoughts, stories, ect that don’t serve). Use the sound to catch the thoughts and clear them in the way that feels good to you.

~ Become a ninja of language, of how you speak your story into the world.

~ Become as present as possible everytime you speak, or listen- how does it feel in your body? What words am i holding? How can i let that flow through and outside of my sphere

~ In your spherical exploration, say ‘i love you’- part of your toning practice.

~ Go to a mirror 1 x a day, look at yourself in the eyes, and talk to yourself. Get vulnerable. Talk yourself through it. The sound of your own voice is medicine for your soul.

~ Reclaim your space.

~ The power of speaking your name and someone else’s name

~ Explore spatial navigation- expanding and contracting your sphere.

~ Hold a sphere around someone you love. And someone who is difficult to love