



# VOICE AWARENESS

## { EXERCISES }

### 1•Voice awareness starts with ear awareness.

During the day you start to practice listening to the sounds around you. The wind through the trees, a car passing by, someone shouting, or talking on the phone. air bubbles moving through the central heating, rain against the window, noisy sounds.

This listening is like an active meditation practice. While you listen to the sounds around you, you keep on doing what you are doing. You just listen to what is present and you stay focussed on the here and now.

During this exercise you will start to notice how much sound is surrounding you and how different sounds can be. Just listen to the magical world of sounds around you.. They tell you the story of life through sound. A tapestry of vibrations reflecting what is present.. They all have a different effect on you and your body. Notice how it feels.

### 2•Listening with your heart

When you listen with your heart instead of with your head, you can feel your natural ability to embrace the sounds without having to understand them, or without forming an opinion about them. The sounds are just there and they are; a reflection of life expressing itself in your reality.

Listen to the people around you. Listen to their voices, the way they express themselves. Listen to the differences in volume, the emotional background in their voices, their personality expressed in sound.

Notice the difference between listening with your heart and with your head. Just notice the tendency of the mind to wrap every stimulus up in a nice opinion package. “This sounds beautiful”, or “ she has an ugly voice” Just feel what happens in your body when you listen to the sounds other people make.

### 3•Your voice and your heart working together

It is time for you to use your voice and make your own sounds. It is not necessary to sing a song, just focus on making a sound. When you sing a song with a certain melody and certain words you invite your mind along in this exercise and we do not want that.

Becoming aware of your voice is creating a safe space for your voice. This means that you make it simple and easy for yourself. It is not about singing or making a correct sound, it is about listening to yourself just the way you are in that exact moment. Just open your mouth and choose a vowel like OOO or AAA.

When you listen with your heart instead of with your mind you will notice that your voice is not something you create. Your voice is something you listen to while creating an opportunity for your voice to sound just as it is. Meanwhile you are the curious listener that loves what arises. Just notice what happens and enjoy the feeling.