

Working with Resonance

1. **Start with the breath.** Give yourself a few moments to check in with your diaphragmatic breathing. Feel the belly expand on the inhalation and retract in towards the spine on the exhalation.
2. **Wake up the face.** Allow all the muscles in the face to move around. Imagine that you are chewing thick spaghetti. Watch yourself in the mirror, and make note of any parts of the face that may not be responding.
3. **Establish a consistent rate of flow.** Breathe out making a firm connection between your bottom lip and our top teeth. The sound will be a gentle “fff.” Make sure that the “fff” can be extended evenly and that the neck stays relaxed.
4. **Connect with vibration.** Allow the lips to touch while the jaw is relaxed (there will be a little bit of space between the teeth). Feel the vibration or buzz on the lips as you hum, “mmm.”
5. **Full body megaphone.** Once the vibration feels easy and warm, open up the sound into an “aaahhh.” After you have done this, cup your hands around your mouth in the shape of a megaphone. Continue with the “aaahhh” as you extend your hands out towards the sides of the room (In their final position it will look like you are giving an elephant a hug!). Notice how the sound expands as you move your arms.
6. **Activate your nasal resonance.** Massage the bridge of your nose and begin to send a hum into this area. You may need to experiment with a higher pitched sound before you begin to feel a buzz. Speak the sound, “mee mee mee” and let the sound come from the nose, it might sound like a little mouse, but don’t worry, this is activating the brightness in your voice that will allow the sound to travel.
7. **Engage your skull resonance.** Yawn wide and feel your soft palate lift in the back of the mouth. As you yawn, accompany it with a higher pitched, well supported sound, like “key!” Place your hand on top of your skull and sense whether or not you can feel vibration on the top of the skull. This takes some time, so don’t worry if you don’t feel anything yet. Keep experimenting.
8. **Tap into the chest resonance.** Finally, make fists out of your hands and gently tap your chest. As you sigh out on an “aaahh” notice whether or not the sound bounces. Experiment with several pitches noticing when you feel the most vibration. Speak a few words with your hands on your chest, noting the changes in vibration.

Working with Resonance (Cont'd)

9. **Choose a phrase.** Try a repeatable phrase that you can speak, focusing on activating the various resonating chambers. "Fear no more the heat o' the sun" works really well. Don't worry if each one feels very funny. The idea is to open up the different chambers.
10. **Focus on three spots.** Choose three different spots, one fairly close, one at the farthest point in the room and the last spot, someplace outside the room. Each time you speak the phrase, send it to a different spot. Make sure that your throat stays relaxed and that you are aware of how the resonators are helping you.