

The Healing Power of the Natural Voice

This is an introductory excerpt from Lauren Lane Powell's 5 part Sing For Your Soul series now on a 5 CD set.

Does your voice feel and sound wonderful every time you sing or speak or do you feel restriction and hear tight, edgy sounds? Are you "in your body" every time you sing or speak or are you in your head and throat? Do you always speak your truth or do you say what is expected or nothing at all? Do you always sing with all you've got, on key and with a beautiful, healing tone or do you hold back and hit wrong notes or avoid them altogether with tones that are anything but healing?

We are born to sing on key and speak our truth very physically but most of us do not. Following are the first steps to reclaiming your authentic voice! This is also an excellent set of warm up exercises to do prior to singing, speaking and toning for health.

The BREATH

Sit tall and allow your waist to expand as you inhale and release the breath back out again. Now puff the belly out as you inhale even more, on purpose. This allows the diaphragm to drop, filling all of the lungs instead of just the top third. Notice how different it feels than the breath you're probably used to, high in the chest, heaving. And exhale. Most of us take a shallow "thoracic" breath that puts us in the state of fight-or-flight, into a state of stress! By contrast, breathing with the whole body not only brings in more oxygen but I stay more relaxed more of the time because I'm "in my center." Until I rediscovered my authentic voice, I didn't realize how truly physical being "in my center" really is!

The SUPPORT

So with every breath in, push the tummy out from the inside. Now HISS! Hard And Fast! Faster! Harder! Feel your whole waistline contract. Relax. Notice anything familiar? Women who have had natural child birth recognize this push, but it's also same group of muscles that we laugh with! Remember the last time you laughed so hard you almost wet your pants? Didn't your gut ache when your sides split? These are the very muscles we're working with now. These are the muscles we were born to sing and speak with, not the walls of the throat! HISS again, hard and fast!

Notice how many muscles around your waist are working and how low in your groin you feel the grunt! Now notice if any upper body muscles may want to help you HISS. So, last time, deep, low, belly breath and HISS it out! This time as you HISS, roll your shoulders. Make them do something else instead of getting into the action. Can you feel even more intense contraction in your lower gut? When the body pushes the air so quickly through the vocal chords that all they can do is vibrate perfectly, the freedom of the natural voice is insured. So I recommend HISSING a lot! It only serves to strengthen those original muscles.

The TONE

Every time I am to sing or speak I HISS for a about 5 minutes then I do the fun, silly exercise that I thought I had created for kids! It's such a great exercise that I know it will keep me singing well into my hundreds! Ready? Take a deep, low, belly breath and motor boat...you heard me, raspberry with your lips. Can't buzz your lips yet? Push more air out faster, harder. Make those lips PRRRRRR! If they still don't want to do that, stick your tongue out. Yes, it's messier, but it works! Now, add a tone to it, as if you're humming but motorboating too. PRRRRR.

When you do this in the car, and I know you will, please stop short of passing out. You will get a bit light headed for awhile! Think of all the oxygen you're getting! I bet you've yawned a few times already too haven't you?

Now use that motorboat sound to sing 3 notes up and back. That's it, just Do, Re, Mi, Re, Do. Try to sing very short notes starting with the letter "p" to get your motor started. Keep the tones short and explosive and think only of getting your lips prrrring on every single note. Notice what muscles are working? They can't help it! You're not teaching them something they don't already know, you're just reminding them how to work in their original capacity! Where the lips stop and start is the indication of where those ordinary throat muscles still want to help. Push more air out, faster and force those lips to vibrate until you can PRRRR on every note.

I warm up this way every day to remind my waist to work and to remind my throat not to. After I do those 3 note passages all the way up and down my range, then I sing a song...with the motorboat, all the way through. Once you get past the giggles, you'll notice how much fun it is to sing with your whole body, why it feels so good to express from your gut and how physical vocalizing naturally really is! And very soon you'll notice how those lower body muscles kick in when you sing or speak and how relaxed your throat is! Very soon you'll notice how relaxed your whole body is!

So with just these 2 little exercises, 10 minutes a day, you'll be on your way to raising your serotonin levels, releasing endorphins, oxygenating your body, staying relaxed and focused, getting healthier and happier and raising your vibration! All from vocalizing naturally!