

Vocal Empowerment

Class 9 Notes

Happy 11:11. Gateway between 1 world and another world. Between a way of being and another. If there are any beliefs, programs, old habits, take a moment to reflect on these last 8-9 weeks together. Reflect. *What has occurred since you've said yes?* Look at the scope of life, how profound this journey has been. The way life has reflected, and shown to you, your own transformation. Tuning into aspects of the path you want to create more space for, refine. Today is a good day to call them into being, the energies that are available today. Take a few deep breaths and let's pop a sphere around these intentions, and dive in.

Practice and Review

Breathe deep. Tone home. Activate the sphere.

3 tones, sing inside of the body.

3 tones, claim outer sphere, claim space.

See it, feel it, glow it. Bring the whole sphere online

Now- sphere of spatial awareness.

Expand space of your sphere.

7 tones of expansion.

8th tone, bring it home.

Notice how clear it is in here

How does that feel?

How do we use this magic?

We are in the midst of a very transformational and powerful moment. Today I want to get a little bit closer as a tribe, as a family. We've been meeting weekly, cultivating in our own self, our voice of power, becoming more refined in our intention. These tones are not to be underestimated as magic to reshape our reality. Well that's nice, Elijah, but where do we go from here? Once we have our magic wand activated, what do we do? Lets play, with our collective prayer feild, and explore a bit together, and become aware of together in this larger sphere, of points that we are all over the map, holding nodes of connection. We have an opportunity to direct a prayer, wherever it needs to be directed right now. Lots of communities are going through it right now, and we're being called into prayerfulness and healing.

Collective prayer

Let us hold a sphere around our beloved community of California, and the fires that are devastating a big part of our community. Lets practice with holding a sphere, intending compassion, healing, the right conditions to bering coherence, trust, whatever energies you'd like to offer into the space. Holding the loss, allowing the vulnerability of the feeling. Pop a sphere, tone and sing, and create a sphere of unity, of healing, of coherence. This is the work

that is ours to do today. Let's spend a few minutes with this. This is for the earth, our community, animals, nature. I join you in this sphere of prayer. This is what we were made for. Dispel all fear, tune into your root, crown, opening all the way. For the highest good of all beings.

Boundaries are inherent in the work. Rather than shielding, protecting and fear based boundaries, an outward shield of light. Hold and reflect. Protection is inherent in the work.

Theme for Today- Surrender

Look at your relationship to surrender. Let's define 'surrender' in a way where we can be in right relationship with it. Not surrendering and being walked all over. Surrendered leadership, as a concept, creates a different feeling. Surrender is a pathway through to connect to something deeper than our sense of personal power, connecting with the Divine nature of who we are. Surrendered leadership- as masters, let us consider we are leading by example those around us. Leading my own reflection in the mirror. My own voice on the inside. The way I speak to myself when no one is looking. *Am I being a good leader to myself? In example by behavior. To those who look to me as a guide and reflection? Have you been the first one to dance on the dance floor? Have you let the Divine move you?*

Surrendered Leadership can look like so many things. I challenge you today, on this day when the world is on fire, children are starving, when your fellow man are in uncomfortable situations, and then there is us connecting with clean water and the internet? *How are we using this privilege to lead a love centered life, regardless of the details? What ripples are you creating with every step? How are you going to carry the wand forward in your life? How are you going to create with it?*

How can I get in the groove and stay there? It takes discipline, refinement, playing with the voice every day, putting in the 10,000 hrs to become an effortless vocaliser. Takes devotion. And there's something else that is involved with 'streaming' flow state. *How do I stream more, let go of my little egoic attachment of what I need to say, how I need to sound, how I need to present myself?* Then the divine is taking care of it. Letting go of the extra weight and baggage, this lightness of being can stream through us in our communications.

Choose to be a guardian of when we get to open the gates, and know when to create our spherical sovereignty again. Being surrendered and in leadership as 1 tone, one stream, *what would that sound like? Discover and explore as a tone, what that is for you?*

Surrendered Leadership as Streaming and Being In The Flow

Practice-

3 tone homes

Tone into your sphere

3 tones into our sphere- Add the frequency to surrendered leadership

Now Jam With Me!- JAM HAPPENING- Let go of your inhibitions!

“if you’re thinking, you’re stinking”

Harvy Herbert- mentor

With streaming, can’t get too much into your head. It’s not about trying to come up with something. Don’t need to always anticipate the next move. Let go of your mind. See what happens if you let your voice, from a surrendered place, become a leader, and see what flows through from that space. Let’s move and play again! Call and response, and become a surrendered leader of what you’ve got to say.

*Intend that you are going to dive into the flow,
and let the flow dive in through you!*

JAM HAPPENING

Using our voice is such an everyday part of our lives. Toning and creating magic with our voice can be a very confronting process. *What can you do to play more, jam more?* This is what got me inspired to share this course! *How can we go deeper?*

If you want to sing, become empowered in your vocals, in your clarity. You gotta practice, connect, explore, jam. To get into flow state, I start, toning and humming, loose lips, I imagine my tones are a stream, been streaming out forever, and I’m joining the flow of this stream. Now it only takes me 1 or 2 tones to pop into flow state. If I’m in my mind, harder to get in there. So if I see it, feel it, embody it, I become and step into the stream, so it’s not me singing, it’s the stream streaming through me as I sing.

When we get clear on our non-negotiable ‘yes’s’, what we are absolutely clear on, if we protect those, what we have time for, the ‘no’s’ take care of themselves. Pearl’s wisdom- Never said no raising her kids. Redirected them to what their ‘yes’s’ are. Enter the world with a feeling of ‘I can do anything.’ What a powerful gift. Be so committed to ‘yes’- be the river, the ‘no’s’ are the banks of the river. Everything else slides on by. Plenty of opportunities to clearly communicate that and practice. This is the work. Vocal Empowerment.

Thank you for meeting me in this work, and doing this dance with me

HF

- Free-write- ask yourself ‘What does surrendered leadership look like for me in this moment of my life?’
- Look for opportunities where you get to reflect this wisdom that you are now embodying through this course. How can you invoke it in your communication with your relations? The person teaches best what they most need to learn. Look for opportunities to jam with, share your voice with. Be bold and adventurous this week!

- Choose a song by next week, that inspires you, you want to sing, learn, a song that challenges you. Learn this song, and by the end of the 12 weeks record this song, and send it to me, so we can celebrate our crew rocking their voice. Over the course of this week, mirror this singer, how are they pronouncing, get into the subtle details of their tone, vibrato, listen intently. Take it line by line. Type into the forum, share your song with our crew.