

Vocal Empowerment

Class 10 Notes

Theme- Power

Invoke your voice of power. Utilize all the tools we have so far

There is a time to be soft and a time to be powerful. We know when it's time to bring it. Let's bring it! What is that thing that happens that without saying much, or being very loud, you can cut through like a knife? That is what we get to explore today.

Lets create a field together.

3 tone homes

3 tones in

3 tones out

3 final ahhhh's- open hearted spherical merging with your sphere
(imagine, feel, sing it alive)

7 tones- sing to the center pillar flame as a collective.

Focusing to the center flame

We as a community, all tuning into this moment, let's use our focus, our power, to connect to the center of our group field. Into the psychic space of our field. Including all of us, this temple that we work with. We are in an energetic spherical temple, and now let's tune into this center, into the fire that's been lit at the center. All the future ones that will be here. Connect to the center. We are limitless. We are not bound by time and space. Which is why we can visualize, and see the center of this temple we are all dwelling in right now. We are going to do a series of tones, now express from your core, your sphere, your center, what would you sing, if you had the task to have the fire burn brighter, get the flame to grow hotter, more passion, connectedness, presence, let it be so. You can do this by simply showing up. Let the flame show you what it needs to grow brighter. 7 times

Transform from 'ha' to 'eee'

When you get to eee, see how tight, like a laser it becomes, and bring it up to your inner eye
Make a triangle with your fingers at your forehead, and focus your third eye into the center of the group sphere.

Power

A very misunderstood concept. What is true power? Life force energy, sexuality, creativity, passion love? The most powerful feeling in the whole world. Inspired the greatest works of art, start revolutions, topple kingdoms. The pursuit of it, the reaching for it, understand and grasp- its already who we are. What parts are grasping, reaching, still trying to manipulate? Get more money, connection, recognition? What is it? What part of you still doesn't believe that you are already a master? You already contain the keys to the universe, they are within you. The part

that doesn't believe is the thing that gets in the way of our power. Where are they? Can we put them in the backseat, and let the soul drive? Get our lined up ego in service to soul. How may i serve this moment.

The art of Shen Ku- Book Reference

How many people do you see hunched over their phone, zombies, walking dead. Tracking our posture. Heart closed, out of our power. We become a target for lower vibration opportunities when we are not in our power. When we are in our power, make it an exhaltated prayer and being in your power. 3 times a day. 11 minutes each time. Dedicated to being in your power. Feel the power of your spirit flowing through your being. Doesn't matter if your voice is beautiful or can sing acrobatically. Singing 1 note from a place of power, makes a huge impact in the world. The earth, people, are hungry for this. Children in divine innocence and joy, singing their song, it opens our heart. That's what we're here to do, live and walk with an open heart, practice in our sphere. Shield that projects our love, light, power into the world- with discernment. Let's blast our power into this moment. When it's your moment, will you have put in the 10,000 hours in to being in your power when you are needed? Take one breath, one tone, to get the particles in the room into alignment. Get yourself and others back with 1 tone. In the end, it's not about us, it's about being of service to our human family. We naturally want to share this.

**This work has the power to change your reality, to change how you move in the world.
Do the work and it will work.**

Reading

Story about James, sent him soundlight vol 3.

They began a collaboration, and then james wrote this poem.

Poem- 'I Am, We Are'

Types of Power

Electrical vs Magnetic

Electrical, can burn out

Magnetic energy- magdalene- deeper wellspring of energy

Find the synergy for electro-magnetic- lighting shooting through a sphere

This is what we are doing with our spheres-

the EI and the Ma- solar and matter-

the elohim and the mother-

completion I am, We are- always both.

You know what 'they' have said- many ancient wisdom teachings, we come across the wisdom- a species who is trying to take the energy from the earth is a very young species. Once we learn to connect to the power of the sun and stars, that is evolution- when we are wise enough to connect. Alternative energies, renewable energies, magnetic energies. Singing into our spheres every day we are generating this renewable power, and a powerful field, alive, awake,

connected, empowered. Different kinds of energy and people become attracted to us. Come more into our expression.

True power waits in the whisper.

When it's your turn, turn it on. Imagine 8 billion people toning into their sphere? If there is enough of us moving from a spherical presence, oriented to service with each other- everything that pops in we greet consciously- imagine how much power we can co-arise.

The only reason parasites can come into our field is because we are not claiming our field. No room in our sphere for anything but us. If we claim this, if we embody this now, occupy our sphere with presence, a full occupation, what more is possible?

Lets occupy our sphere now
3 Tones.

Give yourself permission to completely clean your temple, clear your space.

To be sovereign and unified at the same time.
Sovereign and Integral
Electrical and Magnetic
We are the holy cross
A compass to locate our-self in space and time

Be in this state, discern that. You are not separate. We are co-mingling our particles with everything. You have made love to everything. We are breathing the same breath. Let us live into this power. Not power over anything or everyone. Its power of knowing thyself. When you speak from that deep place of knowing, you will silence the room. We are tuning in, looking, and listening for examples of connectedness, of love. When you feel a master enter the room, you feel them. When to speak and when not to speak as an expression of your power. An acknowledgement of your frequency of your heart.

Best way to overcome resistance is to simplify- we make it a big deal of it. Trick your ego. Just find the 1 thing you can do. And ninja in the back of your mind. Get around the part of you that has resistance. Hack it by saying you are only going to do 1 thing. Do whatever it takes to get your foot in the door.

Take in the wisdom, do something with it, make it your own- jump in.

Home Fun

-Check out Marya Starks Musical world- www.marya-stark.com
www.maryastark.bandcamp.com

-Download soundlight volumes 1-5 from Elijah's website- for deeper learning about the voice

-Explore www.wingmakers.com- cosmology of content from Elijah's mentor James

-Dr Searl SEG- <https://segmagnetics.com>

-The Coral Castle- <https://coralcastle.com>

-Study- What is magnetic energy? What is electrical energy? What is electro-magnetic energy?

-Work on your song- listen, write out the lyrics, (write out chart). Learn shape of the song.
Stream your song.

*** Most important thing this week *** please have fun with your voice!

Songs from the group:

Sharon- "What I know" by Trevor Hall

Elie- 'Spirit Bird' by Xavier Rudd

Melissa- 'Don't stop me now' Queen

Marya- "This I give" Some

Rose- 'If It Be Your Will' - Leonard Cohen/sang by Webster Sisters