

## Vocal Empowerment Class 5

Here we are, almost at the half point, the equator of this course.  
*How has the previous week been in sharing truth, being in integrity?*

### ~Distraction~

**Increase your sensitivity, awareness to distractions of social media**  
*Is someone turning the volume up? What frequencies are trying to grab you?  
What's coming into your sphere? What's bumping up against you?  
How are you responding to it? What are you giving and contributing to the world?*

Becoming a ninja of tracking in yourself.  
*Where am I speaking my truth, where am I holding it?  
What is the effect that it has on my sphere, the rest of my day?*

There can be a conversation that can come into us.  
Something as simple as 'how are you doing today?'

Opportunity to use our voice as truth for the moment.  
When we don't, we store the energy in our body, because it doesn't have a place to move.

Open the treasure box of your lungs, your heart, relax your jaw, throat, shoulders, chest muscles, belly diaphragm, then breathe all the way through your channel, and stream your truth, move through. Reverse engineer with our body, respond from a place that's authentic  
Sometimes we don't even know where we are holding, energy and power. We won't speak our truth because 'they may not like us.'

This is a lifelong journey. Take this on as a daily way of being, track yourself.  
*Are strangers in the house? Who is home to greet the energy that comes to the door?*  
As Keepers of a physical temple- energetic structure, spiritual structure, with all the different layers of self.  
*Who will be the gatekeeper?*  
Only us. We are the captain of our ship.

Sitting at the throne of our heart. Able to track and navigate every energy that comes to the door. If we are lost too much in the Maya, 'what happened yesterday/what's happening tomorrow?', we're missing out on all the energies coming and going from our temple because we are not present enough to greet them.

Now when we come to meet any situation where we are using the tool of our voice, We must have the **presence** and the captains seat, Or else it's blowing through a hollow flute. Calling upon our master presence, wholeness, and balance.

### **Review morning practice**

- Tone home
  - Move tone internally
  - Tone into outer sphere
  - Get local universe glowing and shiny
  - Feel and sense 360 degrees, no gaps, no holes
  - Seal this sphere
  - Hold hands out, fingertips,
  - feel, see with inner camera lens this orb around you
  - Tone Home
  - Follow up by opening a sphere of time over our day
- To do this takes imagination, presence, time travel vision  
where we are forecasting into future moments and decided how we were going to feel-  
'pre-paving'

### **Today's Spherical Exploration Tool- SPACE**

Opening wider and wider- to touch the room we're in, the building we're in, the space we occupy. It may include other people, life, plants, animals. With a sphere of space- the wider we go, we can expand and include multiple blocks, multiple miles, see from multiple directions.  
Opportunity to practice expanding vision.

### ***How much space are you willing to hold?***

If you find that you become light headed, bring it back- re-locate yourself in the center  
This is not a kindergarten activity. This is adept spherical training.

In order to hold more and more space, stabilize more presence in the sphere, without getting  
knocked off of our throne.

*How far can you go sonically and visually? How much space can you occupy?*

Tap into the feeling if your sphere getting bigger and bigger. Keep yourself centered as you get  
bigger.

When strong embodied spirits are walking down the street, you can feel their energy field from  
miles away, weeks away.

Imagine the field of our heart expanding and holding the room.

It's not authentic to hold space for everyone. The 'helper'- doesn't need to be the helper for everyone. It can be a very beautiful and justifiable attribute. Just don't be the martyr. Lots of healers have an intention to help. But at what cost?

Mastering our sovereign sphere, stay connected, stay creative.

*Where is the line of over giving?*

Find the line.

Expanding and contracting your sphere- refine and define the edges of what you are holding  
Not holding everyone out of a default. Hold when we intentionally open our sphere to hold them,  
then pull back.

With people who have mastered personal energy, it becomes easier to know what's ours and  
what's not ours.

*Whose stuff is this?*

This practice will help us define how much energy we hold. Earth is feeling things that we are  
processing. We need to know who's who. What does all of this have to do with vocal  
empowerment? If you don't know what's yours, then how do you know what's coming through  
you is yours?

*What are you channeling? Is it yours? Is it your stream? Your signature?*

Our desire to be connected, we are all one- in the BIGGEST SPHERE

But not all of us have mastered our 'I am' sphere. We've got to get fully in our sovereign sphere.

*Notice what's ours what's not ours. What energy are we truly responsible for?*

Live by the rule- 'if I can see it, I track it,'

I have let it into my sphere, it's my responsibility to do something about it. Let it out of my  
sphere, let it in and transmute. It's all a hologram. Its all for you on some level. It's all designed  
for you. Nothing is ours, and its all designed to help us to lean in to our personal mastery. So we  
can join the ranks of the masters and say we are all one from an authentic place. Discerning  
between what's ours, and what we have allowed to come into our sphere.

Morning and evening explorations are the place to clear and grow our capacity to open,  
visualize, have gratitude, and track timelines.

### **Triggers**

Placing a Trigger for practice- From nature awareness course- Tom Brown Jr.. and John  
Young. Home nature awareness school.

Every day- pop up into an eagle eye perspective.

*-How high could I go?*

Look down on the body. *How clearly could I picture what's happening?*

*-What direction is the wind blowing?  
-Where is the nearest water?  
-Where is the nearest mountain stream?*

Practice natural tracking- getting a sense of the surroundings, knowing what's going to happen.

It can be an alarm clock or a train whistle.  
Something you know is going to happen multiple times a day

### Practice

Choose a trigger, write it down, abide by it every day.  
Pop into sphere, and get a birds eye view of the land around you.  
Occupy a larger space.  
30 second practice, several times a day.  
Tone, view, tone home, move on with the day.

Bring this into spherical exploration.  
Use sound to penetrate through space.  
like a flashlight through sound.  
Put a lightbulb at the end of your tone.  
Explore a 360 degree spherical vision around you.

Explore different kind of sounds.  
*What's your body doing?*  
Open up your spine, get into a comfortable position.  
Link these three things together.

I'm not going to give you exact sounds to activate these awarenesses-  
you are unique fingerprint, what works for you is unique to you.

### Praying

Use spheres to send light, love, openness to beings to share your heart.  
Sending thoughts and prayers to beings.  
Housekeeping to create the space- send to each of you, students, see you in your spheres, and  
then a sphere around the room to feel connected.

To have influence over a situation, track what images, thoughts, spheres you are sending  
consciously or unconsciously, Wrapping them into spheres.

### Work with vowels-

these are doorways in- between your connection to source

Let your spirit take over  
Let the soul come in  
Let your soul guide the shape of your mouth  
Match the vision within you to come out

What is the shape your mouth and body makes with 'eeeeee'  
Kind of nasal-y, use tongue to make sound sharper, shorter  
*Can make a laser?*  
Ooo, oooohhh, naturally makes a rounder space  
key codes, discover them, feel the shape these sounds are making

Band of light- bend the ray  
Starting with eeeee, then ooooo.  
Get a laser that spins a band of light around you.  
Making a lap around your sphere then spin it and turn it on its side.  
Make an engagement ring to yourself.

This training is about getting all parts of us online  
Move, speak, sing, flow as one voice, as one force of nature

Dream time can become lucid dojo- bringing the sphere into your dreaming.  
You can meet me in the Band of Light Home Dome to practice spheres and magic.

For lucid dreaming-

Create a ritual for yourself before going to sleep  
1st 15 minutes and last 15 minutes of your day  
Most potent times of the day to program your reality  
Many mystery schools understand this- in between veils are doorways to program our reality

Art of dreaming- Carlos Castaneta- book recommendation  
<https://www.amazon.com/Art-Dreaming-Carlos-Castaneda/dp/006092554X>

Look at your hands in your dream to wake up.  
Composing a poem to program reality before bed.  
Create a bridge from the last thing you do to the first thing you do.  
Maintain connection to energy of ritual.

Think of the dreamtime as a limitless field of intention  
All of a sudden we can get things done  
Building into the future in the dreamtime

Most of us are dreaming by default, going through psychological processes  
Once we get into space, get lucid, All of a sudden, we are in the captain's chair.

Dream time is a reflection of the day time

*Are we awake in the dream?* Being a lucid dreamer in this world is an important place to start.  
What a dream we are having right now!

### **Vocal Health**

When we are really starting to use our instrument alot, we want to keep it healthy, hydrated, keep our breath full, wide, body open, checking ourselves, master tracking ourselves.

*What is my body language telling me about myself?*

*Have i drank enough water today?*

### **Loose lips- lip trills**

Put fingers on your cheeks and blow (helps it to be easier, takes the pressure off)

-pinch your cheeks-

Go through each of the vowels internally with lips closed.

Make the shape of the vowel in your throat- go up and down in your elevator.

Keep your body lose, don't hold any tension.

Use this practice after tense moments in your day.

Understand the power of movement to help the sound come through and flow.

### **Home Fun**

Explore Spacial Awareness into your Vocal Spheres

Create a Trigger- multiple times a day

- Pop a sphere to expand and birds eye view
  - *What is my body language doing?*
  - *Have i drank enough water today?*
  - *Hows my breath?*

Loose Lips healthy instrument singing

Tone Home at the beginning and end of all your explorations- this is about you!

Lucid dreaming magic

Before bed speak

"I choose to have a dream tonight

And in this dream I will wake up"

Tone home

Love Wholeness and Balance to you all,

See you next Time!