



Vocal toning

using your voice intuitively to
create a healing environment

Welcome to class!

I have learned that for some of you, priority one is to say, “No one will ask you to perform. You don’t have to do anything you don’t want to do in this class.”

Of course not, we’re all adults and you should set your own boundaries. But some of you might have a huge aversion to using your voice out loud. I hope today that I can help you embrace your voice at whatever level you choose to use it in your sound practice and in life. Take a deep breath.... whew, that’s out of the way. (grin)

Let’s start with the idea that singing is a natural skill of all humans. When you were five, if I had asked you to sing a song... you likely would have. If I gave you a box of crayons and paper, you would never have said, “Oh, I can’t draw.” Kids draw, and sing and dance and have exuberance that we “grown ups” have lost a bit of along the way. Maybe we can gather a bit of that back today.

I find it sad that we live in a world that has taken creative pursuits and deemed them as only being for the very gifted. Think back a bit before your own time. The phonograph (ie turn table and speakers) was invented in 1875. The first radio broadcast was in 1910. So what do you think people did for music on a daily basis before that? Yeah, they sang. They gathered together and joined their voices, their instruments and made a beautiful noise. A friend of mine calls this “front porch singing.” Even further back, in tribal communities, singing and dancing were community activities. It is what all our ancestors did on a Saturday night. One person in your tribe might be a very outstanding singer but that singer’s being good did not diminish your ability to sing. Now everyone thinks that if you don’t sing like Beyonce or Cynthia Erivo, that you shouldn’t sing. We have stepped back from the joy of expression. Today, we’re going to explore into the ancient territory (for some of you) of making helpful, healing noise with your voice. Know that your voice is uniquely tuned to your body- it’s your perfect healing vibe. Learn to play with it. Learn to use it as part of your self care. Your voice is good for you.

Because you all are in sound school, I'm going to forego a lot of the discussion of what is sound and how it works with you, your body, your emotions. But I am going to start with a bit of a demo. I want to show you one way of vocal toning but more important I want you to see and hear that all notes go together. There is never a wrong note.

"The piano ain't got no wrong notes." - Thelonious Monk

"To play a wrong note is insignificant; to play without passion is inexcusable."

- Ludwig van Beethoven

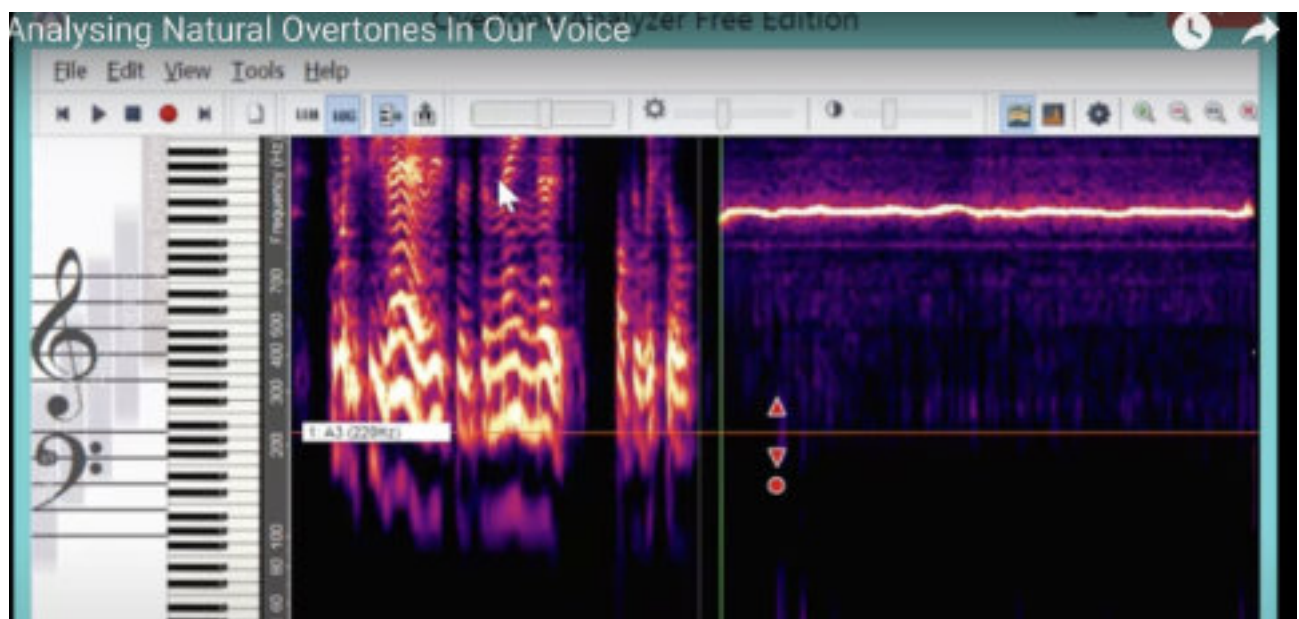
What is vocal toning?

Vocal toning is using your voice to create a healing environment for you or someone else. You might do that by speaking softly or kindly. Toning can mean humming and I know you have another class in that. You might sing, drum, speak syllables that no one can understand. So, in other words toning is a wide field, like sound healing. You get to decide how you might best use your voice.

When I play one note, that one note resonates with all the cells in my body. Each cell, organ, bone within you vibrates, as well as the energetic vibration of your life force energy. In my practice, there is no one right note to fix this or that. But that also follows that there's no wrong note. Also, know that your voice, its vibration is made for you... it is healing to you. Enjoy it. Use it. Love it.

Your voice is never just one note. It's a spectrum of sound. . This video explains it better than I can.

Link to video- https://www.youtube.com/watch?v=85vx6hwST_U&list=PLz8JwfjZPstDRcG8kjeeZRQxD3jxn9Qi6&index=8

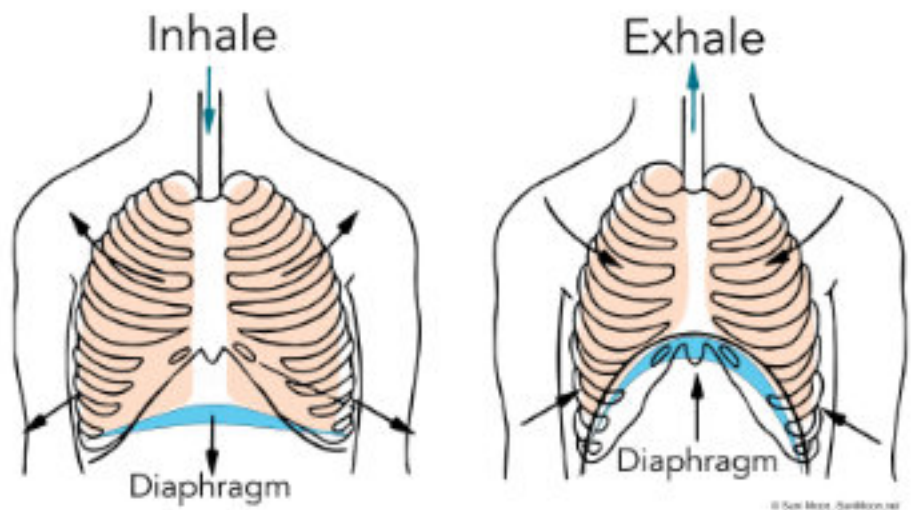


So if you want to effectively offer sound to yourself or another, which instrument might cover the largest range of frequencies... yeah, the voice. And is there any need to be concerned about the quality of your voice or the tone you are singing. No... none at all.

Whether to sigh, hum or say kind words, you are using your voice to help create a safe and loving environment. As sound healers, we use sound in healing ways and the voice is just one more of our instruments. Open up to your higher self, your intuition and make some sweet noise!

Starting with the breath

Settle into your comfortable seat. Sit squarely on your chair or the floor as you can. If in a chair, let both feet rest on the floor, hands loose in your lap. Breathe in, then exhale naturally when you're ready. Just notice your breath. Notice how ribs expand and belly might rise. When you have



inhaled fully, engage your core muscles, meaning pull your belly button in and up a little. This gives me a more solid base for toning, the sound comes out more steady and strong.

Warm up and play!

We'll hum, tone, sing and just see what making sound feels like. Vowel sounds are a great place to start. Inhale, then hum on the exhale, sigh on the exhale, moan on the exhale or just make some noise.

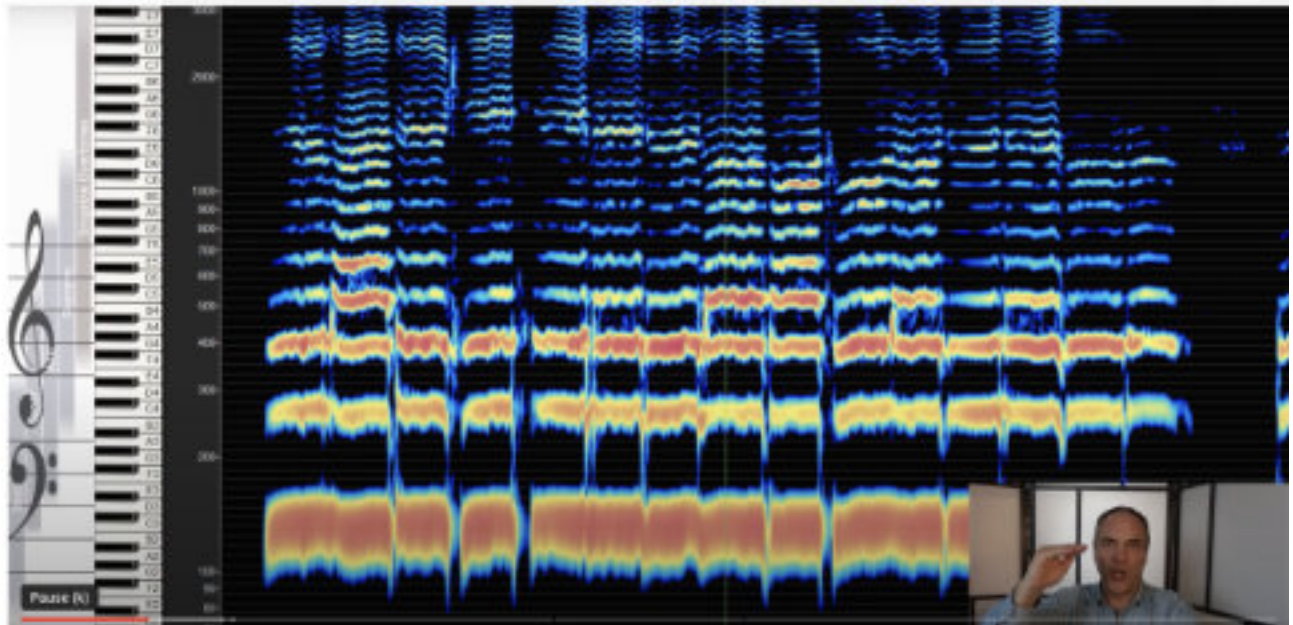
Vowels to try- A=ah, E=eh, I=Ee, O=oh, U=oo

Soft consonants to experiment with- w, h, y, l, m, n, s
Maybe soft words to help you- calm, peace, rest...

How that feel? What did you hear?

Listening Skills

An important part of using tones in healing is to learn to listen and feel the sound in our bodies. First a bit about listening to our voices. There are hearing centers in our left and right brain. Left brain tries to hear perfection, pitch, quality, good enough-ness. Hearing with our right brain is more about emotion, connection, sensation. Often we are left brain hearing dominant because we listen



to more sound than we create. Listening to other people's creations is passive. Creating sound is active. Here's a video that might help you open up the way you listen.

Play saus hearing test video

<https://www.sygyt.com/en/videos/the-saus-hearing-test/>

Listening to yourself

If you're uncomfortable with your voice, this section might sound scary. But this getting familiar with your voice is all part of learning how to help yourself and your clients.

Stewart Pearce is a master voice coach. He taught me that we always have enough breath to speak a complete thought when we're sharing something positive, something heartfelt. But it's very common to find we run out of air, we feel breathless when we're nervous or off-balance in some way.

I experience this when recording short video ads for social media. I just set the camera up and start talking. I stammer,, say UH a lot the first time around. By the 5th or 6th try,, I can usually get my message across pretty clearly in under a minute. But guess what else changes through those practice runs? My tone of voice goes down. I sound a lot more soothing and relaxed on take 6.

Allow me to let Stewart explain this as no one else can. I'm not suggesting you emulate him but he's got some very good information.



There is a free workshop with Stewart Pearce at -
<https://www.youtube.com/watch?app=desktop&v=yzxaPM9BOds>

Our society is oriented to do, do, do. We are very head oriented, always thinking our way through life. The key to a comforting voice, a soothing voice is for you to feel comfortable and safe. We use the breath to accomplish this. That deeper breathing helps your nervous system switch from fight-or-flight mode to rest-and-repose mode. When we're calm, our voice naturally drops into its natural resonance. Breath wide and deep into the rib cage and diaphragm allowing them to expand first, then the belly. The higher tones in your voice resonate in your head, the lower tones resonate in the chest and belly. You want to operate when speaking or toning in a comfortable middle range. The purpose in this exercise is for you to feel more connected to your voice. We're interested in that comfortable feeling. When I talk in my head too much, it's because I'm nervous or anxious. Too far down in my belly doesn't sound natural to listen to, like I'm falling asleep. In that middle ground is where you might feel solid with your voice. Approach making sound this way opens us to the us-ness. The being-ness not the doing-ness. You feel good and people around you feel good. You know how to experience this feeling and recreate it when you speak or tone for yourself or for clients.

You are really connecting with a real part of you, a higher part of you and creating sound from that place.

I'm going to lead you through an exercise in class to explore our relaxed voice, our heart centered voice. The link above includes this exercise if you'd like to practice more.

How to use toning, how to practice toning-

The answer here is any way you wish. Toning is done through our sounds. We are sharing vibration with ourselves and others to bring healing. Remember when I did the demo with the bowls and we heard the sounds of aliens landing? Know that as you tone, you are adding to the sound vibration in your client. Whatever you say or tone is creating additional harmonics in the client. While when I use a bowl, I create one note. When we work with metal bowls or gongs, there are more notes but the number of notes in our voices is amazing. We saw the visual of that in an earlier video.

So, whether you feel strong in your voice or not, using it adds richness to your healing work. Trust your intuition in this work as you do with all of sound work. When you use your voice from the place of love and harmony, from the heart center, you are magnifying the energy of healing, the belief in the power of healing that you are helping your client create and believe in.

Some practical ideas:

- Lead yourself / your client in an easy breathing practice, just suggesting they breathe in a bit more deeply and exhale slowly. "Breathe in and out, receiving and releasing." You can do this anytime as you work, sometimes repeatedly if you notice yourself or your client seems tense. The two of you can do breathing together.
- When you're playing on your own, explore toning with your instruments. Take a deep breath, get into your calmer state. We usually are calm when we're playing, especially alone. So use that time to see how it feels to tone. Remember, you're not trying to be Aretha Franklin, you are being your best you. You are working as a healer, to yourself and for your client. Loving intention is your power. No one is judging but you. Let it go. Open up and use your voice.
- Try to get into the habit of adding deep breathing to your day. I do 10 long, deep, easy breaths in the morning and always add some breathing when I'm feeling rushed or tense. Remember on the exhale to try humming, or sigh, or tone. Practice engaging core muscles and see how that affects the length or steadiness of the tone.

When you practice toning alone, remember to start with the breath, then allow your voice to warm up with humming, sighing or soft tones.

Light language and overtone singing

We may not get to this in class. But if you enjoy toning and explore more, you'll likely cross paths with two terms.

Light Language

For some people, when they are toning, very real syllables may come through instead of vowel sounds. These may sound like words but maybe not words you understand. That might be your subconscious singing or it might be what's called light language. You might see it as channeling song. I have a friend who does it quite beautifully and to her, it's beings from another realm singing through her. I do it sometimes but I try not to do it unless I know the client is open. A client with strong religious leanings might be concerned that some spirit is singing through you... OH NO! haha. Seriously, when we're working with clients or groups, we must be first considerate of them. That's why opting to use vowel sound, while founded in antiquity is always a wise choice in the now. Do you. Explore light language if you wish. There's a link to my friend Kelly in References.

Overtone singing

Overtone singers create two or more notes or tones at once by changing the shape of their lips, jaws, tongue which changes the resonance of your voice. I took a class many years ago with Bruce Manaka, link below, but you'll find many examples of it online.

Overtone singing is thought to have originated in southwestern Mongolia. It is most commonly practiced in Mongolia, but is also found in other parts of the world. The Tuvan people of Siberia and central Asia practice a sacred throat singing technique called khöömei. The Tuvans believe that imitating natural sounds allows them to establish contact with spiritual entities.

There's an amazing video showing different styles of overtone singing. <https://www.youtube.com/watch?v=7zZainT9v6Q>

There you have it!

Vocal toning- like so much of what you will learn in sound school is some basic direction and a lot of encouragement to follow your intuition. Remember that sound healing with toning or with any other modality you work with is not about you. It's about being of service. You aren't performing, it's not a show. You are engaging with energy of sound to assist yourself, your clients and our world to heal and elevate.

You are "good enough." You have a natural aptitude and connection to sound or you wouldn't be here. I was drawn to sound healing the first time I held an old Tibetan bronze bowl in my hand. That was 30+ years ago and I'm still learning more every day.

Trust yourself, trust your intuition and always put your client first. Talk to them. Listen to them. Watch their face while you're working. Encourage them. Love them. You can't heal them. They are in charge of that aspect of life. But you can create an environment where healing is more likely to grow. You can help your client believe that healing is possible. Sometimes you have to remind yourself of that too. When the spirit moves you, I hope you tone for them, I especially hope you tone for yourself. Healing the healer is often our biggest job.

Have fun.

Sending you much light and love.

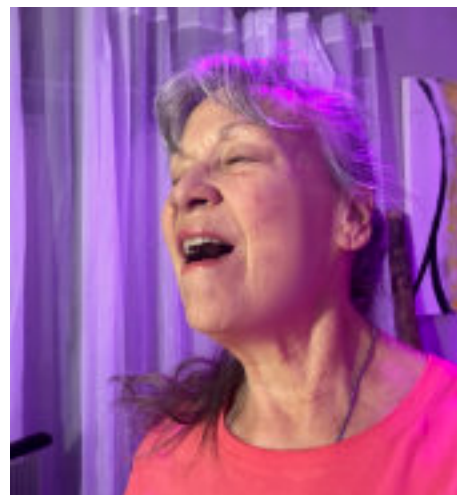
Suni

Suni Moon- a creative, transformative teacher sharing ancient practices in new ways to calm and awaken body, mind and spirit.

SuniMoon.net - about, services, events, blog

Your pdf handout in color with links can be found at
SuniMoon.net/resources/students/

ThisJourney.us - online resource site for sound, breath, meditation and energy



References

As I'm writing this handout, so many things come to mind that I want to share with you and likely I won't remember or have time for all. So, here are things that might be of interest.

Music for People

This organization was created by David Darling, a talented cellist who had a passion for helping all people enjoy music. I've attended some workshops with them and find them so inspiring and freeing. <https://www.musicforpeople.org/wp/>

Light Language

Here's my friend Kelly, Light Bridge channeling She gets into the toning and light language song at 5:30- 7:00 min <https://www.youtube.com/watch?v=6MDdIldlqXE> Kelly Light Bridge on resiliency

Singing bowls and overtone singing with Bruce Manaka healing <https://www.youtube.com/watch?v=yQWAXk7o-Kk&list=PLYzXitzLHll6rIEj8gDqGxmiAqsuro2qM>

Sounds True presentation on Vocal toning with Nicholas Penn

<https://resources.soundstrue.com/blog/sound-healing-meditation-how-vocal-toning-can-deepen-your-practice/>

A short sweet video demonstrating toning- when you think you cant, watch this. 🤗

<https://www.youtube.com/watch?v=C2EMPO0BYJI>

Books

Zen in the Art of Vocal Toning- George W. Grant- A particular system of toning for in groups. We might hv toned to one of his recordings during class. This book comes with recordings but you have to email him to get him to upload them so you can download?

The Way of Song- Shawna Carol Focussed on freeing the voice and connecting to spirit

Toning- The creative power of the voice, Laurel Elizabeth Keyes is one of the first contemporary books written on toning.

Singing and the Etheric Tone- Hilda Deighton, Gina Palermo, Dina Webster- this is the one I'm reading now. It's probably more for singers but has some interesting insights so far.

The Miracle of the Breath- mastering fear, healing illness and experiencing the divine- Andy Caponigro- not about toning but rather the connection of breath and spirit

About suni

Since I was young, I've been on a quest to learn. My mission is to remember and understand the mystical world- seeking insight into mysteries beyond ordinary human knowledge. I've studied sacred writings of many traditional religions, shared in Lakota ceremonies, trekked thru the Andes to learn from descendants of the Incas. I've trained in many healing modalities- energy healing, sound therapy, massage, qigong and more. I've followed the Yogic path beyond the poses to go deeply into meditation and breathwork. I've worked with gurus, shamans and wise men and women all over the world. I've wandered deep into mother nature learning to listen to the trees and receive power from the earth below and the sun and moon above.

Thru all this exploration, I look for simple truths common to many paths. I embrace the power of sound, the wonder of meditation, the strength of our breath and the essential need for self-care on a daily basis. These ancient tools are presented in new ways that suit the energy of our times. I share these tools with you to help you expand, awaken, heal, calm and explore the wonder of the unseen, the less known world.

The most important truth I've learned is that higher wisdom, connection to spirit, awakening, enlightenment isn't something you get from someone else. You came with all that built into you. Life in a world wrapped in fear and greed didn't likely help you find that message. In today's changing world, in the new energies here to help elevate our world- the wisdom, the light you seek is within you. The simple practices I teach are intended to help you connect your physical you and the higher self. That can happen easily and, it grows with practice. The practices are easy and they bring you what you need. Just looking for some hope, or calmness- then you'll find tools here that will help. If you're seeking higher wisdom or to journey to other energetic worlds, that is available to you also.

I am your guide and I share with you what I've learned. You might not resonate with some of the practices. You might really connect and decide to explore further on your own. Great! My path was carved with the teachings of many, many beings and I trust you'll find the path that suits you. Have fun

Image from Wiraqocha temple near San Pedro de Cacha, Peru. I served as high priestess for my group of journeyers. Notice no flowing robes, no fancy anything and it was the most powerful ceremony

