



Your Voice Tells a Story

Teleclass, June 12, 1 pm Eastern

Class Notes

Introduction:

This seminar is an overview of the voice, both physical and non physical aspects.

My mission as a voice coach is to help people have an experience of the fullest capacity of their voice, and then to guide them to find ways to articulate that experience.

From working with clients and singing students, I made the discovery that the biggest block in peoples voices came from the emotionally charged perceptions and beliefs they were holding that manifested in a physical result. It would start with a thought, become a feeling and then come into the physical voice as huskiness, a nasal quality or any other form of constriction.

Your voice story could be defined as the way that past perceptions impact future expression.

The voice impacts listeners on both a conscious and non conscious levels. We may reject what someone is saying without knowing why. We have a "gut reaction" and it's interesting to observe that the diaphragm, the main support for the voice is on the same level as the gut reaction.

Can you think of a time when you knew that 1) you weren't buying what someone was saying, 2) you knew they weren't giving the whole story or 3) You were tuning them out without knowing why. Could it have been something you were picking up from their voice?

Reference: Blink by Malcolm Gladwell, pages 42 and 43.

Exercise 1

Five to tell the story: _____, _____
_____, _____, _____

Here we start mining for your voice story.

Choose five words that describe your perception of your voice.
The words could be: a physical quality.

An emotiona quality.

Something you feel when you speak.

Something you hear.

Something someone said to you.

Your reaction to hearing your recorded

voice

Fact: Did you know that there are 12,700,000 google results for the search term "fear of public speaking"?

"Fear of dying" had only 12,500,000.

Public speaking could be in front of a large audience, on a teleseminar, a difficult one-on-one conversation, or it could be having to speak up and go against the crowd.

When the outer voice and the expression of passion, creativity and purpose that make up your inner voice are aligned, then your mental and physical responses to the situation are manageable.

Exercise 2

Flip Five for the real story: _____, _____,
_____, _____, _____

If you had five words in the previous exercise that were all positive, congratulations!

If you didn't, take the ones you perceive as negative, and flip the words. Eg nasal could be deep, or connected. Husky becomes clear... etc.

Why did I call this the real story?

Because the qualities you named in this second exercise are the way that your voice really is once you change the perceptions that create the opposite effect.

You can also use this flipping process with affirmations.

Exercise 3

Using Your kinesthetic sense.

Some of our perceptions may come from what we hear. We want to understand our voice from the kinesthetic sense, not the auditory.

(For this exercise, you will need to be listening to the recording.)

As you do the exercise, notice your body's response.

Exercise 4

How to Create Your Voice Field

The vibration of your voice extends beyond your physical body.

Stand to do this exercise. Raise your arms over your head and then draw them down to the side until they are resting against your thighs. Do the same in the front and back.

You have drawn your voice field. First just try to breathe into it. Try to expand and fill the field with your breath.

(For the sound part of this exercise, you will need to be listening to the recording.)

1 Monkey sound.

2 My name is _____.

Follow up exercise: speak your mission and vision for your life into your voice field.

Exercise 5

Accessing the Creative Voice.

**"All the things you thought just before you went to bed,
Made you tremble with a most delicious fear.
What's underneath the bed are the visions in your head,
And it's getting awfully crowded under here."**

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**What are the qualities associated with young children?
(enthusiasm, wonder, excitement, discovery, questioning,
anticipation etc) Name four important ones.**

Qualities: 1 _____ 2 _____

3 _____ 4 _____

Accessing the energies of a child will access a part of the voice that may have been lost when we became adults.

In Feng Shui, children and creativity are in the same bagua. In astrology, children and creativity are in the same house. Read the verse above as though you are reading to a child. Distinction: not as a child.

What are the qualities from above that you are able to put into your reading?

Try transferring those qualities to some adult content.

Follow up activity.

Get some children's poetry or songs and practise filling your voice field with your voice.

Exercise 6

The Inner Voice

Since our outward expression starts in the inner voice before anyone hears the actual words, this is an important piece.

The inner voice is part of the alignment for the voice process.

Does it feel good? Is the thought exciting? Does it contain the qualities of the child?

Does what we are about to say to someone activate the good feelings? How do we feel about the intuitive insight or thought we've just had?

Is it bubbly and effervescent?

The barometer is the emotions.

Exercise 7

The Power Voice

Characteristics: What is a power voice?

To pull all these aspects together into the voice story, think about this model.

The throat area is precisely between the head and the chest.

Or between the mind and the heart.

In this model for the voice, the power of the mind, which I call the secondary internal power, and the power of the heart which I call the primary internal power, equals the power of the voice, which is the external expression of heart and mind.

The voice emerges literally from the body as a representation of our inner world. It carries our experience from the past, our hopes and fears for the future, and the emotional resonance of the moment. If it carries none of these, it must be a masked voice, and having muted the voice, anyone listening knows intuitively we are not all there.

David Whyte, *The Heart Aroused*

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Singers: www.provoicetips.com

Speakers: www.powervoicetips.com

If you are interested in my voice telecoaching program, go to www.katherinescott.com and click on Telecoaching or email me at voice@katherinescott.com. You can also email me with any questions you might have.

