

Vocal Core Resonance

::: Becoming A Spherical Miracle :::

Session 6

Spherical Keys, Explorations and Home Fun

~ Explore honing in on harmonics. Singing with another person, a different note, paying extra attention to the two notes. Get curious about their relationship, and the 3rd energy that the space creates when two notes are holding steady.

~ Find a buddy to hold a tone while you explore movement, and switch roles. Practice holding one tone while another changes their tone. Stay in the center of your sphere.

~ Explore in your sphere calling to another person's sphere with whom you are in relation to. Tone into finding the harmonic proximity between your spheres.

~ When working with Relational challenge: Before having a crucial conversation with another:

- In your sphere, set a tone of how you would like the conversation to go. Can wrap a sphere around the moment in time when you know this conversation will happen, and tone into the qualities and feelings you would love to be present for this communication
- Tone to your sphere, and invite/imagining that in front of you, the other person's sphere is arising before you.
- Sing tones, expressing what it is that you would love for them to understand about your experience
- Tone into what qualities of presence, curiosity, understanding, compassion you intend to endeavor to bring to the conversation. What would you love to know about their experience.
- Wrap a sphere around the relationship, explore the timeline of relating, the moments of intersection, and tone into this sphere the qualities of appreciation, leaning, mourning, and anything else that would like the presence of your heart to be witness to.
- Tone home, releasing the other person's sphere.

