

The Brothers Koren - Awaken Your Creative Life Force Through Song 2025

In this 9-Module online program, you'll:

- Experience a deep sense of satisfaction as you **unlock the creative potential** to manifest a life you'll feel proud of — through the power of your voice
- **Streamline your creative process** using vocal practices and exercises, including inward focus, generous listening, creative prompts, and *daring-to-suck* games
- Use your voice to produce **positive neurochemicals** to create a reliable and consistent wellspring of inspiration for any creative endeavor
- Listen to your voice, breath, and **core biorhythms** to tap into the harmonious feeling of full body, mind, and soul connection
- Experience the joy of **moving past your voice** resistance by trusting your intuition and creative impulses
- Cultivate self-love by using your voice to **experience self-acceptance** and vulnerability
- Explore the transformative power of **being seen and heard** as Isaac and Thorald create a safe space for you to surrender and celebrate your creative voice
- Use your creative gut to **sculpt and refine your ideas** and liberate your creative voice and self-expression
- Explore the **natural musical laws of the Universe** that support and collaborate with your creative impulses — so they can become a strong foundation for your creative satisfaction
- Discover which of the **5 main creative types you are** so you can take courageous action in framing one of your creative ideas, and then make a final assessment
- **Process trauma and grief** through the *medicinal container* of song

You won't need to know how to sing — no experience is required.

Just bring your voice, your ideas and your curiosity — Isaac and Thorald's course will help you unlock your creative instincts and impulses. All creative modalities are welcome.

Life is a radically creative act. Experience this nine module course from the Brothers Koren to reframe what's possible for you when your **creative process is back in flow**.

— **Katherine Woodward Thomas, New York Times Bestselling Author:** *"I Didn't Know How to Access That Part of Myself Until I Met These Two Gorgeous Angel Men"*

— **Justin Michael Williams, Author, Speaker & Top 20 Recording Artist:** *"Working With the Brothers Completely Opened Me Up in a Way That I Never Even Thought Was Possible"*

What You'll Discover in These 9 Modules

In this 9-Module transformational intensive, Isaac and Thorald guide you through the fundamental skills and competencies you'll need to successfully align with your authentic expressive impulse through the power of your voice.

Module 1: Connect to the Creative Life Force Within to Align With Your Greater Purpose & Achieve a Deep Sense of Satisfaction



Life force is your vital essence.

In folklore, **life force is the life-giving principle** or animating force within all living things. The Sanskrit word for life force, **prana**, is also known as **Qi (chi)** in Eastern traditions. No matter its name, life force is creative in essence because its evolutionary tendency is to thrive and adapt. When we breathe, sing, and create, we **increase the voltage** of our creative life force.

As this course begins, you will come home to an experience of your unique vital life force through its reception and expression within you. You'll learn simple practices to **create, cultivate, and expand your creative voice** through the medium of your choice. You'll also **unearth powerful techniques** to unblock creative resistance as you set the safe container of your whole body instrument.

In this opening module, you'll:

- Experience the benefits of tuning to your own life force to **feel inspired, passionate, and aligned with your greater purpose**
- Know on a deep level that everything in **life is creative**, especially you
- **Unblock your creative resistance** and reduce creative frustration and dissatisfaction
- **Get consistent and profound creative results** by setting the container of your whole body instrument

Module 2: Open Your Creative Channel to Awaken Your Passion, Flow, Health & Creativity



Have you ever been driving, taking a shower, meditating, or walking in nature and experienced a **moment of inspiration**?

That moment is thanks to the **creative brain state** induced by each of those activities.

Isaac and Thorald share ways to **streamline your creative process** using inward focus, generous listening, creative prompts, and daring-to-suck games. You'll uncover how to use your voice to produce positive neurochemicals, which will create a reliable and consistent wellspring of inspiration for any creative endeavor you undertake.

You'll also receive simple voice practices to improve your mental and emotional health, with a focus on connecting to the **boundless creativity** that lives inside you.

In this module, you'll:

- **Biohack your creative brain** for expanded creativity
- **Create life-enriching neurochemicals with your voice** to get into the creative zone
- Achieve vocal flow states and **receive the health benefits of your harmonic overtones**
- Connect to your passion, **ignite your creativity**, and stay inspired

Module 3: Trust the Musical Laws of the Universe to Gain Inspiration, Guidance & Cosmic Collaboration for Your Liberation



There are a number of laws of physics, patterns, and pre-existing musical laws of nature that improve our lives and wellbeing.

Isaac and Thorald explain some of the **natural laws of the universe** that support and collaborate with your creative impulses. These laws are musical in nature. When understood and harnessed, they become **a strong foundation for your creative satisfaction**.

The universe has got your back, and Isaac and Thorald will show how to recognize and play with these musical laws for your art's sake.

In this module, you'll:

- **Uncover your unique musicality** through self-study of advanced music cosmology
- Harness the musical laws of the universe to **unleash your creative genius**
- Receive the **benefits of the musical laws** in practice
- Experience your **liberated voice** through the mirror of the musical modes

Module 4: Explore the Brothers' Creative Process Design & Begin to Awaken Your Song So You Can Live a Vital & Joyous Life



A global study entitled “75% of People Think They’re Not Living Up to Creative Potential” exposed a persistent need for reframing and **demystifying the creative process**. Over 30% of people report feeling like they aren’t creative, but it’s been shown that *all of us* are creative.

Creativity is essential to living a vital and joyous life, but for many, it feels out of reach. Isaac and Thorald’s teachings show you that **all you have to do to live a life of infinite creativity is include activities in life that you already enjoy**.

Through the hundreds of Songwriters Journeys and many workshops they’ve led on the creative process, the brothers have found that there are **five main creative types**, which correspond to five different modes of being creative within the creative process design.

This module will **illuminate your creative type** and demonstrate how you can generate results in each of the modes of the creative process design, which can be applied to any medium or creative endeavor.

You’ll explore games and creative exercises to reduce creative frustration and self-judgment, so you can **liberate the muse within** for a more satisfying and expressive life.

In this module, you’ll discover:

- The **creative archetypes** and which ones resonate most with you
- The gifts of each of the 5 modes of the **creative process design**
- How to use the **radical harmonics** of collaboration
- The **limitless power** of your own creative process

Module 5: Liberate Your Creative Voice Through Downloading & Sculpting to Easily Open Your Uniquely Playful & Generous Self-Expression



Creating from scratch can feel daunting. Many people experience overwhelm as they approach a blank canvas or blank page to explore a new creative impulse.

Isaac and Thorald share techniques for creative stimulation, gestation, and emergence, as you practice what they term “**being the downloader.**”

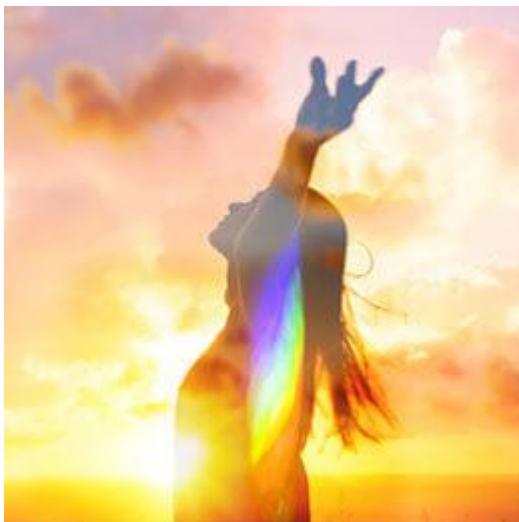
You will learn to **trust your first creative impulse** and enjoy playing with your ideas. You will discover techniques for using your creative gut to sculpt your ideas. You will choose an idea that resonates most with you and move it along the creative process design.

Any self doubt that threatens to stop you from beginning a new creative project will be redirected into a sense of willingness, generosity, and flow.

In this module, you’ll:

- **Embody your creative ideas** by learning to open new creative cycles
- Discover how to **dance with the downloader** within you and create from scratch
- Learn to set the conditions of **playfulness and generosity** with the sculptor
- Receive the full benefits of the subjective **creative realm**

Module 6: Take Courageous Action to Move Your Creative Ideas to Completion by Mastering the Processes of Grounding, Framing, Making & Curating



Many of us have difficulty seeing our ideas to completion, or we find ourselves stuck when we try to make sense of our moments of inspiration.

This module will help you identify and practice key strategies for moving creative ideas from the subjective realm to the objective realm, where form and function take effect and lead your work to completion.

You’ll have a direct opportunity to take **courageous action** in framing one of your creative ideas and then making a final assessment. The final stage of the creative process offers you the chance to make the difficult choices that lead to a clear distillation of your work of art’s message. You’ll feel **deep satisfaction** as you experience the alchemy of distillation and, finally, the completion of your artistic work.

In this module, you'll receive:

- Guidance on how to **bridge the subjective and objective** worlds in framing
- The **benefits of pressure, time, and focus**, a.k.a. the elements of the maker
- Knowledge on how to **honor your creative critic** by being the curator
- Instruction on how to walk away from your work of art as you **enjoy the power of completion**

Module 7: Process Trauma & Grief to Improve Your Mental & Emotional Health Through the Medicinal Container of Song



Whether you enjoy singing or not, music and song offer all humans an opportunity for **self-reflection and safe passage** in processing trauma and grief.

Now that you have moved through the creative process and have reclaimed your relationship to your inner artist, you are invited to explore your inherent musicality and **the medicinal container of song**.

Release emotional trauma and **experience wholeness** through vocal toning, metaphor, and melody. After this highly experiential session, you'll know the transformative power of music to heal on a deep level.

In this module, you'll:

- Discover healing metaphors and the **creative power** of the subconscious mind
- Learn how to **distill your emotion** into song
- Discover how to use song for **mental and emotional health**
- Receive song as a **safe haven** to feel the unfeeling for a fuller, more expressed life

Module 8: Expand Self-love by Exploring the Transformative & Healing Power of Being Seen & Heard



Social psychologists Morris Rosenberg and Claire McCullough wrote that feeling as though you're noticed is "the most elementary form of mattering." Every human desires to be seen. It makes us feel like we matter and **promotes mental and emotional wellbeing**, including reducing our risk for anxiety and depression.

Isaac and Thorald create a **safe space** to surrender to this basic need through celebrating your creative voice. You'll experience your artistic self in the loving and reflective presence of others and become a more integrative artist.

In this module, you'll explore:

- The **healing power** of sharing your art
- **Self-love** through observing yourself as an audience of one
- The **sacred gift** of being witnessed safely by others
- Your creative legacy and **the nourishing power** of preserving your art

Module 9: Sing Together With Your Community of Co-Participants to Experience a Profound Sense of Belonging & Connection



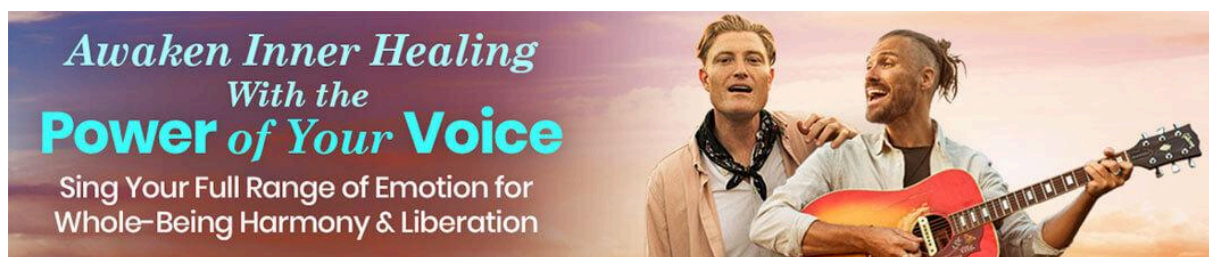
Belonging is a fundamental human need. Psychologist Abraham Maslow recognized this by placing **belonging** firmly in the third level of his Hierarchy of Needs — right next to love.

In this final session, you'll be lead through the **cathartic experience** of singing and collaborating as a group. You'll learn enriching techniques for creating group cohesion and collaboration, both as voice leaders and as artists. You'll also experience the benefits of polyphony and harmony through modeling the songwriting process.

In this module, you'll:

- Discover the **healing cycle** of sacred completion and beginning again
- Receive **the gifts of how music finds us** and binds us
- Identify how **your creative genius** can be supported in larger groups
- Learn to **harness the power** of the group mind for your own creative endeavors

***Awaken Inner Healing With the Power of Your Voice* Training Is Included!**



This intensive builds upon the core teachings from the *Awaken Inner Healing With the Power of Your Voice* 7-module course. When you purchase the 9-module intensive, you get access to this powerful resource as well! You can complete this material at your leisure, but it's better to begin before the new sessions start.

In this 7-module introductory course, Isaac and Thorald skillfully show how to activate and unleash your energetic voice through empowering and joyful vocal toning and singing experiences that liberate the healing power of your whole-body instrument. In seven sessions, you'll express unfelt emotions, heal trauma, and liberate your unique and full expression into the world for a life of ease, vitality, and joy.

Each training session builds harmoniously upon the previous ones, so you'll develop a complete, holistic understanding of the practices, tools, and principles you'll need to release your full expression into the world, and heal physically, emotionally, and spiritually.

Module 1: Move Past Your Inhibitions & Sing Out With Your Whole Self to Heal Trauma & Experience a Great Sense of Ease, Vitality & Joy

Module 2: Practice Vocal Toning in a Safe Container for Improved Mental & Emotional Health

Module 3: Align Your Whole-Body Instrument to Feel Free, Open & Fully Expressed

Module 4: Amplify Your Voice as a Sonic Healing Tool to Move Stuck Energy & Feel More Energized, Empowered & Embodied

Module 5: Use Song as a Medicinal Container to Heal Grief, Loss & Dis-Ease

Module 6: Release Stage Fright & Claim the Freedom of Your Expression to Support Mental Health & Whole-Body Healing

Module 7: Heal the World With Your Voice Through Collaboration, Communion & Coherence in the Company of Supportive Community

PLUS, you'll get the *Awaken Inner Healing With the Power of Your Voice* Bonus Offering:

Reclaiming Your Big Voice

PDF Ebook by the Brothers Koren

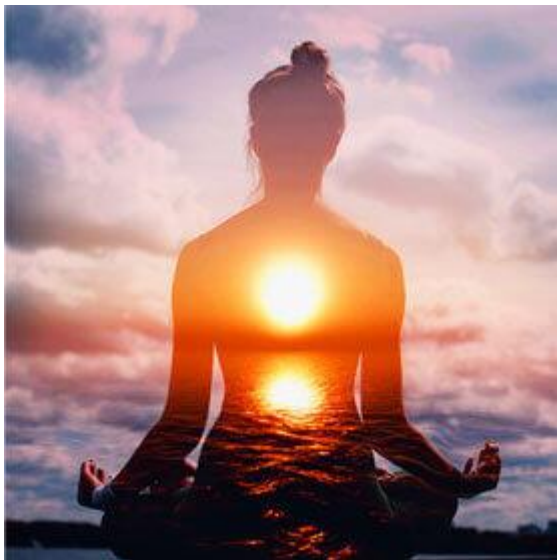
The original price of *Awaken Inner Healing With the Power of Your Voice* on its own was \$297.00, but it's INCLUDED in your registration for the advanced course!

The Creative Life Force Bonus Offering

In addition to Isaac and Thorald's introductory training and transformative 9-module virtual course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

The Practice & Principles of Harmony in Music & Life

Video Masterclass With the Brothers Koren



In this exclusive masterclass, the Brothers Koren provide an overview of the *harmonic series* found in nature, mathematics, and in the way our voices travel and are felt. As you'll learn, the voice creates sound bubbles that ripple out into higher frequency harmonics, or overtones, that follow the pattern of the harmonic series. You'll learn how to use this healing pattern for your own wellbeing and vocal practice.