

# VOCAL CORE RESONANCE

::: My Word Is My Wand :::

## Session 5

### Spherical Keys, Explorations and Home Fun

- **Make a video of you sharing your tone home along with the one we sent (film with phone landscape mode) and email to [support@elijahraymusic.com](mailto:support@elijahraymusic.com)**
- Make a list of delicious words- what are your favorite words? What words are you friends with? Explore the etymology and roots of them.  
How do they feel to say? Notice your body, speech, mind as you say them.  
Are you congruent?
- Make a list of 10-20 common words you are hearing/reading the most right now.  
Explore the etymology and roots of them.  
How do they feel to say? Notice your body, speech, mind as you say them.  
Are you congruent?
- Explore this week- how can you occupy your words- listen through the words as you say them.  
Where in your body are you speaking from? What is happening within your sphere?
- Write down 3 affirmations you can bring into your spherical practice about how you connect with your voice

Examples:

- ~ 'This is what it feels like to speak from a place of presence'
- ~ 'This is what it feels like to stream my words'
- ~ 'This is what it feels like to let my voice be a channel of the divine'
- ~ 'So this is what it feels like to be congruent'

- Explore singing back and forth, stream non-linguistic sounds allowing moments of words to come in, going back and forth- reconsecrate your language stream. Connect to the monogram of the original language of your soul. Play with allowing sounds and words to emerge with your melodies.

