

## Cheatsheet for Optimal Vocal Coordination

1. Inspiration - Everything comes from the mind and the heart. The first thing we need to do is stimulate them through self-inspiration. This changes the state of the nervous system and the body to be more vital, reflexive and spontaneous. We start with a smile and a desire to express. This leads to the next step.
2. Preparation - The main goal of this step is to transform the body into a musical instrument. The feeling of inspiration guides us to take our preparatory breath stretching the ribcage, throat and face in an upward direction creating an elastic condition. This makes it possible for the body to be reflexive and spontaneous.
3. Inhalation - This step happens at the same time as the preparation. While the body stretches into an elastic condition we draw the air in smoothly, relaxing the airway. We feel that we are taking the air right into the trachea and should notice a feeling of an imaginary balloon inflating inside the upper abdomen.
4. Suspension - After we inhale there is a momentary pause in the respiratory cycle called suspension. In this moment there is a sense of equilibrium in the breathing system. We want to remain in this suspended state to keep the glottis naturally closed for a pure vibration. We use the inhale gesture to accomplish this, realizing the instruction to “sing on the gesture of inhalation.”
5. Intention - The body naturally wants to do what we intend. But it will only do it as well as we think it clearly. This step is where we clearly think the vowel and the pitch we intend to sing. Clearly thinking our intention stimulates the vocal cords to tune the pitch and the mouth/throat to accurately form the vowel.
6. Vocalization - Finally the voice actually starts sounding. If we have prepared effectively all we do is start. There should be no self-conscious action with the breath or the throat. In the state of suspension we can just release the breath and the vocal cords spontaneously start. The vibration acts like a spark to ignite the resonance of the vocal tract. Action in the body is a reflex in response to the vocalization.
7. Continuation - Keeping things going for the duration of the phrase and song is the skill of coordinating the mind and body that takes time to develop. We keep doing all of the previous steps without letting down or collapsing. The basic feeling is staying stretched and not letting go of the inhale gesture while slowly exhaling. We want to rely on the natural physical responses to do the singing rather than conscious, deliberate controls.

Obviously, these are just reminders and not full explanations of everything that is being done. If you found this interesting there are companion videos that further explain, describe and demonstrate these steps inside the VocalWisdom.com Private Community. Go to <http://vocalwisdom.com/private-community/> to find out more.