

BODY SOUNDZ 1

Body Soundz is my most recent experiment. I am exploring organic sounds that are created by the body alone. In Body Soundz 1, we are going to explore sounds created by the breath and also by humming & toning.

Breathing:

Stand with the feet quite wide apart and bend the knees slightly so you have a strong base and firm earth connection.

Inhale slowly and deeply while lifting the arms out to your sides and all the way up as your lungs fill with air. Think of expanding the bottom of the rib cage all the way around – front, back and sides. Now gradually exhale on a “ssshh” sound as you press the arms down to your sides. If you have enough air left once your arms come down, press your hands together in front of you until you have squeezed every bit of air out of your lungs (still on “ssshh”). Take a relaxed breath to recover, then repeat.

Do the same sequence exhaling on a “ssss” sound, like a snake. And again while blowing through the lips, making them vibrate in a “pppphhh” sound. See if there are other voiceless breath sounds (without engaging the vocal chords) you can find to exhale on.

Now repeat all these sequences – but this time “fragment” them. So, instead of one long continuous exhale with the arms pressing smoothly down, you are going to do a series of short bursts, stopping the breath with little punches in the diaphragm, and stopping the arms with each one.

Humming & Toning:

Keep the same stance with your legs and hang your body forward from the waist with your head upside-down. Find a comfortable pitch at the lower end of your vocal range and begin to hum. Being upside-down, you will really feel the vibrations of the hum in your nasal resonators. Stay there humming until the vibrations cause a buzzing feeling all around the front of your face. Breathe whenever you need to, shake out your head and shoulders to increase the sense of vibration.

Still humming and shaking your head and shoulders to stay loose, begin to roll up through the spine – one vertebrae at a time. Once you are up, bend your arms with your fists in close to your chest and use your arms, shaking your fists, to vibrate the whole upper body. As you do this, open up the humming into an “aaah” sound and allow the shaking motion to release the sound from your body, resonating in the head and chest and ringing out into the space.

Try this whole sequence with different pitches – getting higher and higher each time.