

# RESONANCE

The spaces that amplify the voice are the throat, mouth and nose - i.e. space behind your nose. These “echo-chambers” make the sound and can be developed with practice. Terms like ‘nasal’ and ‘head’ are you to describe these sounding boards as opposed to the chest resonance. Your sound contains all the resonances from all the spaces. ‘Lower’ and ‘higher’ resonances are more about the amount of mixing that takes place in the sound created. You can think of the ‘higher’ resonance as coming from the nasal passage, and the “lower’ resonance as the throat and mouth space. Nut re member any sound is mixed, it is just about the amount of the mix, providing different ‘colours’ to your sound, your individuality!

## Exercises

Before your daily vocal routines you must warm the body, the vocal chords.

- Yawn (a big relaxing down, relaxing the muscles and the shoulders)
- Siren sound (up and down moving up in half steps - vowel ‘e’)
- Octave Sirens pour ascent, scalar staccato movement for descent
- Singing ‘e’ ‘a’ ‘ah’ ‘o’ ‘oo’ on one note, ascending in semitones (stay in comfortable range)

## Higher Resonance

### Finding your resonance

try meowing like a cat, or a meow using ‘ng’ instead of ‘m,’ ngeow. Practice finding and remembering this sensation. Try to hear and feel a forward sound, the sound of your masque.

- Start with humming to get a sense of vibration in your body. Use ‘M’ ‘N’ and ‘NG,’ humming up and down scales
- Start with humming then open out to a vowel sound, trying to retain the sensation
- Scalar exercise on ng

Try this one (slowly) :

Ng Ee Ah Ng Ee Ah Ng Ee Ah

4 Ng Ee Ah simile...

