

Singing for the Terrified!

Workshop Notes

Write A Letter to Your Voice

I invite you to reflect on your relationship with your voice with this written exercise.

1. Write a letter from your voice to you, using the following questions as potential prompts.

How is your relationship? Has it changed over the years? How? When?
What are the messages your voice has received from others?
What messages does it receive from you?
What wisdom and advice does your voice have to share?

Or if your voice had a self-help book recommendation for you, what would it be? (*Daring Greatly* by Brene Brown, *The Subtle Art of Not Giving a F*ck* by Mark Manson, *I'm Okay, You're Okay* by T.A. Harris)

What does your voice need to thrive?

2. Write a reply to your voice's letter. And here's some fun potential prompts.

If nothing else, consider what love song you would dedicate to it if you rang QM/FM 103.5 tonight? (i.e. I Want You Back- Jackson Five, Nothing Compares To You - Sinead O'Connor, Remember the Days of the Old School Yard- Cat Stevens)

3. Consider how this letter could best be of service to you: as a visual reminder of your relationship, mailed to yourself to be revisited later, or repeated periodically as your relationship evolves.

~ FIONA KOSKI

The Body is the Voice, and the Voice is the Body!

The body is the voice, and the voice is the body! If we look past the judgments we hold about our voices, we can recognize it as another limb, another facial expression, another part of ourselves that moves and functions outside of the realm of good/bad, beautiful/ugly.

If it is much like our arm or leg, how does it move? What is its range of motion? How high or low does it go? How growly, scratchy, screechy, or warbly can it get?

Remember, it is your body to experiment with as you choose, to test drive around and get used to its capabilities. Try connecting sound with the movement of your arms, legs, head, body.

What does a fast swinging arm sound like? What does stretching up tall or shrinking down small sound like? When you jump or glide?

Let each movement find a voice, and each voice find a movement, reminding your body and voice that they are one and the same.

~ MERIS GOODFELLOW

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Permission to Exist, Express & Play

Permission to Exist!

Give yourself Permission to Exist without evaluation. Stop measuring yourself as Worthy or Unworthy! You have intrinsic worth. You have a right to take up space, be heard and be nurtured by this Planet.

Permission to Express!

Give yourself Permission to Express without judgment. Stop measuring your voice as beautiful or ugly! Remember this African proverb: "If you can talk you can sing, if you can walk you can dance."

Do you have an early memory of feeling unwelcome or unsafe when you tried to share your ideas, energy or voice with the world? How did that impact your willingness or confidence to sing or speak?

Healthy silences exist in music and in life. They happen when we are resting, listening, learning, processing, enjoying or just being. It feels peaceful, magical or respectful. Unhealthy silences can happen when we are repressing our voice, our beliefs and our ideas due to fear. It is an uncomfortable experience and feels inauthentic, oppressive or disconnected.

Whenever you fall silent, lovingly ask yourself: Is your silence coming from joy & respect or from fear & suppression?

Permission to Play!

Explore your Cutesy Voices! Awkward Sounds! Animal Sounds! Machines Noises! Cartoon Voices!!

Explore your Vocal Palette when speaking or singing!

Range: high, medium, low notes!

Style: short abrupt notes (Staccato) and sustained quivering notes (Vibrato)

Volume: loud, medium, soft sounds

Speed: slowing down, speeding up, varying speed

Silence: conscious pauses and rests

~ LITTLE WOO

Fiona Koski is a dancer, teacher, an acapella nerd, a ukulele enthusiast and passionate about community and socially engaged arts practice. Fiona, along with Catherine Thompson, received a Small Neighbourhood Grant for Mount Pleasant and have curated and created a series of free community workshops.

Meris Goodfellow is a vocal coach in East Vancouver, offering lessons from her home for all voices. She teaches with special attention to how our histories and emotions shape our vocal use, within our bodies and our minds, and works to liberate your true voice. Vocal lessons are tuned to the student's desires and goals. Please email merisdangergoodman@gmail.com

Little Woo is a performance artist, mentor and teacher for Magical Humans who want to express Love and Creativity in THIS lifetime! You can subscribe to her weekly video, work with her in private sessions and take courses at School of Enchantment! Currently, she's gifting "The Magical Sabbatical: Making Time For Yourself" online course at littlewoo.org