



## **TRUE VOICE COURSE®** **HILARY CANTO**

### **FREEING YOUR HEARTS VOICE - AN INTUITIVE COACHING PERSPECTIVE**

I'm honoured and blessed to be able to facilitate a person's heart and soul by freeing their voice! I'm not the best to explain technique....I can; however I just naturally – intuitively- facilitate a person's voice from their own inner wisdom. Science proves what an intuitive knows and an intuitive knows what science is proving!

Great singing comes from deep inside...and yes singing can be taught.....but as with all walks of life, there are those who can bring forth that extra gift. We all have a gift whether we are great singers, great teachers, great doctors or whatever and my gift is to bring love to each and every person I work with or have contact with. My outlet for doing this is through the voice...my own voice to facilitate another's voice! Many singers are still only "half" singing. They have not "mastered" singing from their heart and soul...bringing their uniqueness fully to their audience. You know this when you listen and watch and you don't connect with them. You may think yes good but the greatness is when your heart sings with theirs, that to me is the difference between a good and a great singer!

Someone asked me to explain how I teach intuitively ..."words don't come easy"...to explain this! So here goes:-

- A. When a student comes to me.....irrespective of level of singing experience...I first make a diagnostic assessment.....simply....I LISTEN TO THEIR VOICE. I ask them to sing something...and I Listen.

#### **I am listening for:-**

- ❖ Where the sound is coming from in the body as the person sings
- ❖ Where the sound is moving around in the body, neck and head
- ❖ Where the registers are being transitioned or not
- ❖ Where the breath is being produced and controlled or not
- ❖ Where the vowels are being produced
- ❖ Where the consonants are being produced
- ❖ Diction
- ❖ Pitch accuracy
- ❖ Quality of resonance in the voice
- ❖ Nervousness or Over Confidence in the voice
- ❖ Natural Vibrato
- ❖ Power and Projection control
- ❖ Whether they are "listening" to themselves?

- B. Second...I WATCH.....I am "looking" at HOW they are producing their sound.

#### **I am Observing:-**

- ❖ The breathing body language – how are they placing and using the breath in the lower diaphragm, chest, neck, mouth, throat & nose.
- ❖ Their posture/stance. Where and How is the body being used in the singing and breathing
- ❖ What's happening with the neck, head, larynx movement.....is it smooth, jerky, strained etc
- ❖ Body language....nervous tension, shakes, mannerisms, confidence etc
- ❖ Their focus/concentration on the sound they are producing and projecting
- ❖ How are they bringing the sound out

- C. Third.....The **intuition or "SENSE"** factor. This is where I am finding the "missing link/s". From the listening and watching I will have been able to pick up exactly where the work is needed to develop and free the voice.

Then I enter into "facilitation" of the students' voice where it is needed. These are the main areas which I work with the student on.....one or more , whatever is needed. For beginners of course ...ALL.....however sometimes experienced singers need ALL!

- ❖ Physical body warm up and loose up exercises...to relax, balance & strengthen the body.
- ❖ How to LISTEN. Going into silence, listening to the "inner sound" of the body, listening to the "inner voice"! Calming, relaxing the nervous system.
- ❖ Shifting awareness and developing inner resonance with Sanskrit sounds/humming. A "properly produced hum" will resonate the cranium/occipital bones at the base of the skull and create a sound chamber in the head that allows the vibrational resonance to carry through the skeletal system and Vagus Nerve...transmitting the sounds into the cellular memory of the whole body. This allows a shift in consciousness and can make a person feel spaced out...or "ungrounded". It is not used for performance...but it assists voice development.
- ❖ Tones & Overtones. The "power of tones/overtones" is in their true resonance from the body. The throat/mouth acts as a chamber for you to "hear" them....however they are already "inherent vibrations inside"...your voice is just bringing them out into the world. 1<sup>st</sup> – master how to produce the tone; 2<sup>nd</sup> – master the breath control using the sound of the tone; 3<sup>rd</sup> – master the resonance of the tone; 4<sup>th</sup> – master the connection of vowels and consonants on the power of the resonance. Every tone should be clear with a ring & resonance and uninterrupted airflow. If the student cannot "feel it vibrate in the appropriate body place" it isn't being produced properly. The mind does not need to know "how"! The sound just needs to "be"!
- ❖ Find the students "fundamental tone". The Natural True Voice. From this point master vocal dexterity with tones to increase range and power. Practise octaves with tones and hums. Practise sirens with tones.

**TO THIS POINT WE ARE IN NATURAL VOICE ONLY..... THEN.....**

- ❖ Practise Solfege sounds....focussing the tones and consonants with resonant clarity & breath timing.
- ❖ Moving the voice around with the use of intervals, scales and octaves. Pitching accurately with the piano/keyboard etc. Now the voice should shift easily into pitch. The student should be aware of sound more acutely and listening "inside" and knowing what notes they should hit and how! This is the hard work of making the voice practise into a vocal masterpiece! *(If at this point...a student is still not pitching correctly I use specialist harmonic tuning forks and my voice to "adjust the hearing and body's vibration". This is my "one to one" work. Not available on CD of course!)*
- ❖ Finally we work on the "mastering" of singing the songs. Bringing the pure unique resonance through as the song is performed with the phrasing, the breathing, the interpretation/emotion, the light and shade...the power and gentleness.....engaging the audience with their unique personality & singing from the heart!

So to sum up.....my coaching is " TO FREE the HEART's VOICE" and bring the True Spirit of the singers voice to their audience. To master specific genre singing I then refer the student on. I hope you enjoyed reading a different coaching perspective?

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