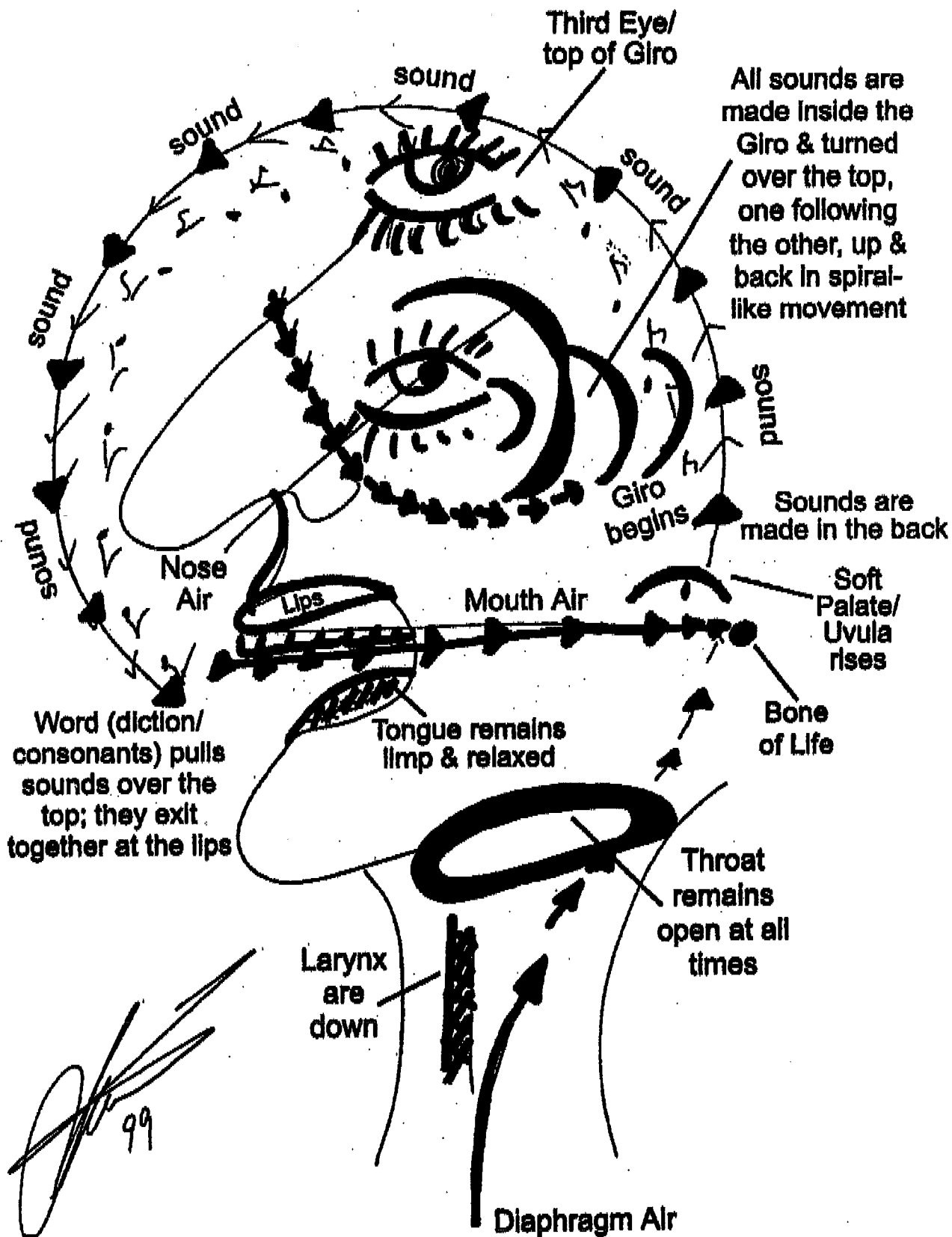


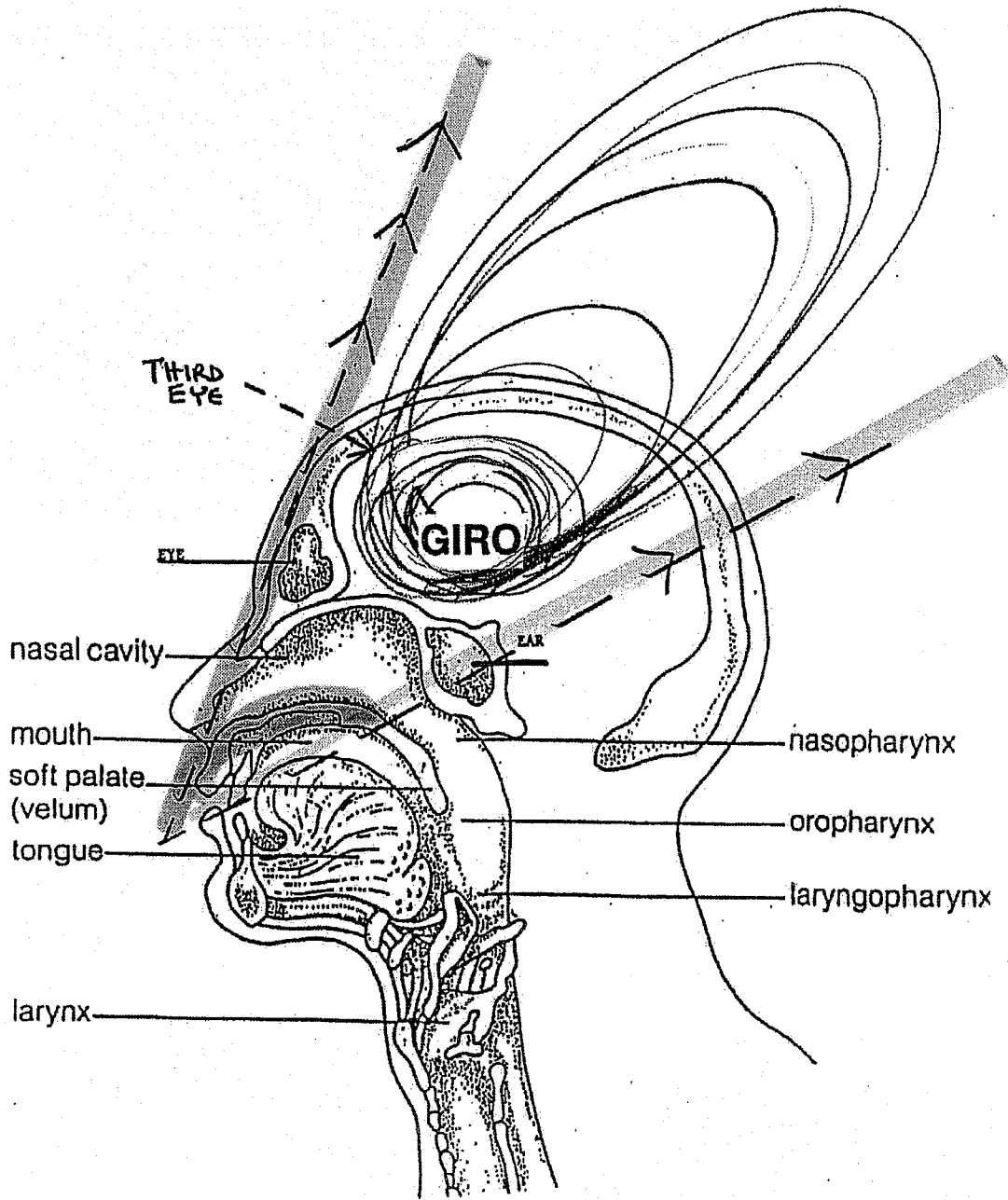
OVERVIEW

HANDOUT #1



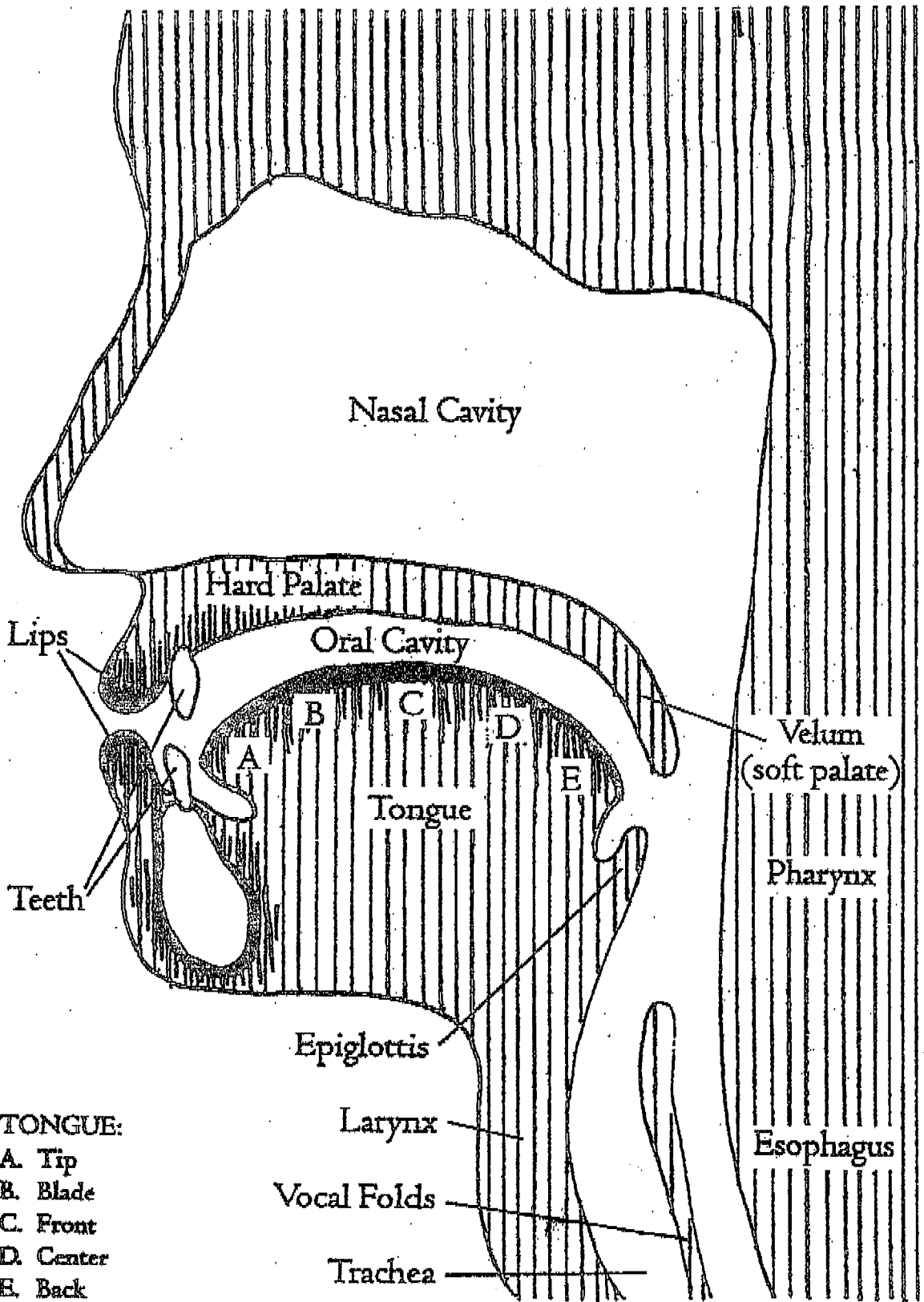
MR. HEAD

HANDOUT #2



OVERVIEW

HANDOUT #3



## DEFINITIONS

## HANDOUT #4

**THE EYES:** The great movers of the sound. Behind your eyeballs, the spheres move the air of the *giro* and, therefore, the sound. You must learn to actually speak your vowel sounds *inside the eyes* and make the word in the same place. Only in this way is the line of the sound secured. If you drop the word (if you speak the words with your mouth and under *the portal bones*), you will lose the roundness and brightness of the sound and the sound will fall into the throat. The eyes are the mirror of your soul, and your soul is in your voice. So speak with your eyes, and you will always be in position.

**GIRO:** The *endless loop* of the voice. THE PLACE where the sounds are resonated; it *turns* on a continual basis, round and round; each sound follows over the top of the other, exiting at the *third eye*, angling toward the front teeth to exit with the word. The bottom of the *giro* is the soft palate, the top is the *third eye*. It is imperative that all sounds are resonated inside the *giro*. The *giro* moves *up* and *back* only, (never downward toward the throat, always, *upward* into the head and is moved strictly with the air). The *giro* can be big or small, depending on how high or low the note needs to be. The size of the *giro* determines the depth of the voice and the coloration of the sounds. The further you pull up and back, the higher, the larger and the darker the voice will be.

**SPINGING:** Speaking and singing in the same position. *Spinging* is achieved by placing the air all the way on top, behind the eyes and moving the sounds in a circular motion inside the *giro*, while pulling further and further back with the muscles of the eyes. (Visualize the movement of pulling, and the brain will do this for you.) The higher and the further back you *sping*, the more flexibility you will develop inside the movement. The deeper the *sping*, the larger the *giro*; the larger the *giro*, the more color in the voice, hence, the more possibilities for enlarging the sound. The spheres of your eyes move the sounds and *spinging* will make sure that you are always in the correct singing position; behind the eyes, moving up and back at all times.

*Sping* a great deal before you begin singing. Please, although it may sound like a fire engine to you, you must believe me; learning how to *sping* is invaluable in the growth of the voice. Use only sound, at first; then attach vowels to the sound and then add the words. After the breath pattern is established, *sping* the melody (your part line) and tempo of the piece you want to sing, exactly. Then put melody (your part line) and “EE” vowel together. After that feels completely comfortable, add the melody (your part line) plus word. You are teaching the brain the movement of each individual note, so pay attention and do it right; otherwise the brain will learn it incorrectly, and it will be very difficult to unlearn.

**THIRD EYE:** The beginning and the end of the movement of voice. Here the *giro* places the sounds at the end of the turn; from here, the sound angles toward the word (diction/consonants), which occurs at the front teeth and the lips. The *third eye* helps you visualize the exact place where the sounds are, and your ability to achieve a total spiritual opening to the voice depends on it.

## SPINGING ACTIVITIES

Handout #5

Now that we understand the concepts of **Spinging**, let's do some of it.

### INHALE

- HIGH BREATH from the mouth, the nose and the eyes all the way into the soft palate, throat hole
- Lift the soft palate with the breath and the help of the portal bones
- The tongue and the larynx drop naturally
- The throat opens automatically
- All air to move down through the column of air and reach the diaphragm

### SPING

- Keep soft palate high and wide, larynx low, tongue flat and limp
- Energize abdominal muscles by pulling diagonally toward spinal column
- Lift sound above portal bone shelf into the giro and out the third eye to connect with the word sounds exiting the mouth

For our art form **spinging** occurs after the breath pattern is established:

- **Sping** the melody (your part line) and tempo of the piece you want to sing, exactly
- Put your part line and "EE" vowel together
- After that feels completely comfortable, add the melody (your part line) plus word

You are teaching the brain the movement of each individual note, so pay attention and do it right; otherwise the brain will learn it incorrectly, and it will be very difficult to unlearn.

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