



“We need to spend time regularly in activities that feed our souls and develop our right-brain attributes of creativity, spontaneity, intuition, innocence, trust, faith, joy and love. Activities such as writing, painting, singing, dancing, toning, and meditating bring our left-brain and right-brain hemispheres into balance. This enhances our life potentials for optimal health, happiness, abundance, and fulfillment with a strong, whole-brain foundation.”

-Sound Medicine, by Wayne Perry

Creative and Spontaneous Ways to Play!!!!

Vocal Toning = Vocal Painting

- **Vocal Toning Exploration with/or without Harmonic Drone Accompaniment**
 - **Toning** = exploration of sound and vibration of our own voice
 - **Through the use of**
 - Elongated Tones
 - Sustained Sounds
 - Without the use of melody, beat, or rhythm
 - Using a vowels consonant or both
 - Without the use of words or specific meaning
 - Includes sounds of release or comfort (i.e. sighing, groaning, moaning, humming)
 - May include the conscious production of overtones in the harmonic series, called “overtoneing”
 - List above created by Jonathan Goldman, website:
<http://www.healingsounds.com/>
 - **Drone** = a repeated accompaniment pattern
 - **Tanpura Drone** (used today)
 - Tonic and dominant tones played over and over again by an Indian instrument called a Tanpura to create a sound carpet
 - **Advantages of Drone use**
 - To assist the singing, singer, and the musical form
 - Give the music a sonic foundation, or a wash of color
 - Support ear training and tonal development
 - Assist in the development of, and strengthening of, in-tune singing
 - **Sample list of Drone Instruments used in the World**
 - **Tanpura:** http://www.expertvillage.com/video/1073_sitar-tanpura.htm
 - **Shruti:** <http://www.indianmusicalinstruments.com/shrutibox.htm>
 - Harmonium
 - Eektara
 - Bagpipes
 - **Free on-line Tanpura and Shruti downloads ;)**
 - <http://www.karnatik.com/shrutibox.shtml>
 - <http://www.ocf.berkeley.edu/~mrahaim/>

Creative Exploration with Vocal Improvisation and/or Body Percussion

- **Echo Play**
 - Follower repeats an exact copy of the leader's created pattern
 - FORM:
 - Leader (8 beats)
 - Follower (8 beats)
 - Repeat till done
- **Question & Answer Play**
 - Used for creating a conversation
 - Leader creates a **Question** (8 beats) & the Follower will **Answer** (8 beats)
 - Use this list to help Followers explore creating **Answers**
 - Copy Question precisely
 - Copy Question - Change just the ending
 - Copy Question - Change a little bit more this time (be brave!)
 - **Listen to Question - Create your own original Answer completely !!!**
 - **Fun Final Performance Form**
 - **Q:** 8 beats & **A:** 8 beats
 - **Q:** 8 beats & **A:** 8 beats
 - **Q:** 4 beats & **A:** 4 beats
 - **Q:** 2 beats & **A:** 2 beats
 - **Now Together!!!:** 4 beats
 - **Jump Back to top and Repeat if you wish!!!**



“Spontaneous play allows us to shed our skin,
And joyfully honor the child within”
~ Charla ~

The Drum-less Drum Circle

Part I

Yes- **I** E S
(stomp- clap, pat - pat - clap)

Part II

Play it on **the** chair right **there**, 1-2-3-4

Part III

(rest) with pencil, (rest) with pencil,
Play now **off** the beat

Part IV

Get **down** inside the **sound**,
Play it all **day** and all **day** and all **day**

Special Note: Accent all underlined words or letters

The Rhythm Within
Presented by Charla Esser
Handouts
Music in the Morning- IES 2008

Drumming provides opportunities for group exploration in:

pulse, meter, subdivision, dynamics, texturing, listening skills, team work, team building, socialization, and just plain fun!

Dance of the Paper Plates ;)

Supply List:

- **2 cheap white plates per person**
- **1 Rain Forest Recording Sequence & Hooked on Can Can**
- **1 Goofy Leader who loves to play**
- **#! Group-numerous free spirits oozing with curiosity**
- **1 bucket over flowing with joy**
- **Endless Smiles**

This activity was originally learned by from **Phyllis S. Weikart**

Phyllis is an author of numerous books and classroom materials. Key to this curriculum is the unique perspective that focuses on the links between Steady Beat/Language/Thinking/Movement & Music. Phyllis has been sought after as a speaker/presenter & trainer of educators internationally for over 40 years. She is the senior advisor of the Movement and Music Division of the High/Scope Educational Research Foundation. She is widely recognized as an expert in her field for her curriculum development as well as International Folk Dance. Phyllis is Associate professor emeritus, in the Division of Kinesiology University of Michigan .

For more information of Phyllis see:

<http://www.highscope.org>

- **The music used today is available for download from iTunes:**
Hooked on a Can Can, from
Hooked on Classics Collection, by
Royal Philharmonic Orchestra

Thanks for coming to play with me today!

Oceans of Light and Joy,

Come by for a Visit!

www.myspace.com/RumorsQuartet

www.myspace.com/AngeliXMusic

www.myspace.com/TheMUSICofCharlaEsser

www.myspace.com/TheARTofCharlaEsser

Questions?

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