

Step 0:

Before the *Hunn*

Objectives of "Before the Hunn" Exercise:

- Demonstrate how shifting attention changes your experience.
- Easily lead the singer to create an easy, natural, not-sing-y phonation.

In this case the singer observes, in retrospect, how the behavior they were creating was the same each time, but their experience of it changed.

This is a fun “magic trick” that elicits immediate results. It’s also a good trust exercise, demonstrating that you know about brains.

You are guiding an experience. Although certain responses are typical, they are not universal. Go with it, and discover together!

For more details, refer to the script for Principle 1: Find The Hunn.

- Hum on an “n.”
- Hum on an “n” and listen to yourself.
- Hum on an “n” and listen and Identify an element to the sound that sounds buzzy, metallic, insect-like, or some other concept.
- Do that again.
- Bring your attention to the front of your face, and hum on an “n.” See if you can feel the sound element you just identified.
- (If not, suggest they look for a very small feeling and try it again.)
- Hum on an “n” as you pay attention to the front of your face. Is the sound local (can you point to it) or more general?
- Do it again.
- You’ll hum on an “n” again, but before you do, anticipate the feeling you just described to me.
- Do it again.

