

# Principle 1: Find the *Hunn*

## Objectives of "Find the Hunn" Exercises:

- Shift the singer's attention from what they hear to what they feel.
- Begin raising their awareness of the interoceptive experience of phonating.
- Use what *you* hear to guide them to efficient phonation.

So wierd!! They came to you to make their singing sound *better*. What the heck is *this*?

This is PROCEDURAL MEMORY work. Intelligence does not matter. Intention matters.

They can't do it "wrong!" Over time, help guide the singer toward increasingly more efficient phonation.

You can listen for the NVM TRIFECTA:

- A "buzzy" feeling in the face and/or mouth
- A feeling of "nothing" in the larynx
- Abdominal engagement (or activation)



Hum on "N" : this typically makes it easy for them to have a physical experience of their own resonance.



Listen for inefficient laryngeal engagement. If you hear it, it means:

1. their "sing" file is open, or
2. they are trying to be too loud.



Help them trick themselves into making the sound + pitch without singing. Engage them in the process of tricking their brain.



Your goal for the first time (or two) that you do this with a client is *simply to shift their attention.*



When they are experiencing their own resonance, move them through a *comfortable* range of pitches. Their intention should be to keep the feeling.



The awareness of their experience will grow and change over time as they become more familiar with what to expect.