



## A Brain-Centered Approach to Singing

NeuroVocal Method is a new, effective way to teach singing. I'm a certified NVM coach, and use the method as part of my approach. It's a little unusual, and also really effective.

Here are a couple of things about singing you may not have known.

### 1 Your brain sings before you do.

Singing is natural, but also really complex. There's a lot of brain work that goes into singing. You've been practicing the way you sing since you were little, and your brain knows what your experience of singing is to you. When you want to sing, your brain "opens the file" for singing first, and then you sing in the way you've always sung. **That's a kind of memory. It's called a motor memory.**

You have motor memories for all the ways you use your body. Often when you've tried out new skills, they can feel strange or difficult, right? But things you already know how to do feel normal. **Try this to see what I mean.**

Pick up a pen or pencil and pretend to brush your teeth. Normal and easy, right? Now switch hands and pretend to brush your teeth. Not so easy, right? That's because you have **established a motor memory** for brushing your teeth, it applies to only one hand, and your brain does it before you do.

You also have one of these motor memories for singing, which is great. **It's been serving you well.** Because you're here with me, I'll assume there are things about your singing that you'd like to change. That means that we need to change your motor memory for singing. That's what the *NeuroVocal* process does.

As we work together we'll alter, or influence, your motor memory for singing. **We'll make sure that you still sound like you,** but this process will help remove any barriers you may have struggled with.

## 2 Motor memories can be changed deliberately.

Even though singing is something that comes from **inside** your body, you've probably learned how to sing from **listening**, which comes from **outside** your body. That's normal. Nearly everyone learns about their singing by listening.

Applying *NeuroVocal* principles, we can teach your brain to be **more interested in, and attuned to, how your singing feels**. Your brain can learn to experience your singing in a new way. It's a skill that can be acquired just like any skill.

Once you learn how, your brain will start to look for, and create, ways to make sounds that *feel* really good! Those sounds won't seem pretty at first, but they'll turn into amazing singing! You'll have a natural sound and a bigger range.

When your singing feels good, it sounds good too! It may take a little bit of getting used to, but it's worth it!