

Principle 1: Find the Hunn

Objectives of "Find the Hunn" Exercises:

- Shift the singer's attention from what they hear to what they feel.
- Help them realize that what they feel is providing information about how their voice is functioning.
- Demonstrate to the singer that the voice is part of the respiratory system (the Neuro-Vocal Trifecta) and the nervous system (your attention gives you a specific outcome).

This is weird stuff! 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.

Because it is not possible to make a mistake, you are free to guide the singer toward increasingly more efficient phonation.

NVM TRIFECTA;

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



Hum on "N" to make it easy for them to have a physical experience of their own resonance.



Listen for inefficient laryngeal engagement. If you hear it, it means their "sing" file is open, or 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.



It does not have to be perfect the first time. Close is good enough the first time. Remember the objectives!



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



Bring their attention to their physical experience of making sound.

- NVM Trifecta
- Nasty Triangle principle.