

# The Honey

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Neuro-Vocal for Popular Styles

## Crib sheet for Honey Exercise (*workshop*)

- Keep the singer's attention on the physical experience of their sound.
- Start in a low-ish pitch range.
- Keep the sound "plain" to allow for the buzzy sound/feeling.
- Use a speech-like volume! Don't try to project this sound.
- Allow the singer to become familiar with this feeling/sound (over 2+ sessions) in low/comfortable pitches.
- Once they're familiar with it, take it over break areas.
- As they keep their focus on the *consistency* of the feeling/sound, they will find ease of phonation and access to higher pitches.

Just like the other thing...still unfamiliar and strange. Allow for emotions...be reassuring.

This is PROCEDURAL MEMORY work. You have to "do" your way to the outcome you want.

Help the singer reach for *consistency* in the feeling (or sound). This will help them allow for natural changes as they move through different pitches.

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