

Exercise 8

You might feel enormous relief, freedom and release as you get your voice unstuck. It also may be frightening—especially if a loud voice equaled an angry voice in your past. Be gentle with yourself. Go slowly. Alternate finding your voice with listening to music that you like. Let it wash over you, let it talk to you, let any images that arise when you hear the music flutter through your mind.

- ❖ Go to a sports event and cheer. Don't know a thing about sports? Cheer when everyone else does. Yell yourself silly with the other fans.
- ❖ Sing in the shower or in your car — loudly and off-key.
- ❖ Read aloud to yourself: a poem, favorite passage from a book, random ad in a magazine, ingredients in a recipe.
- ❖ Make eye contact with the person who serves you coffee, or the checkout clerks in the store. Say "thank you" and smile.
- ❖ Sing! I highly recommend taking a singing class—especially for those of you who get a big case of stage fright just *reading* this sentence. Taking a singing class with a great teacher will teach you how it feels to have your voice spring from your own body; for you to see how it feels when things are flowing with your voice ringing out from your body.

If you can find a few people to do the following exercise with you, I promise something *wonderful* will happen:

- ❖ Find 4 or 5 people (as many people as you feel comfortable with).
- ❖ Stand all in a row.
- ❖ Have one person step out of the row, take a few steps forward, then turn and face the group.



- ❖ Have that person sing their name to the group.
- ❖ Have the group sing the name back to them.
- ❖ Repeat until every person in the group has had a chance to sing their name and have it sung back to them.

I *promise* that *everyone* will feel different—yes, that means better—for having sung their name and having their name sung back to them.

I highly recommend doing this whenever you are at a cross roads, are embarking on a new venture, or are feeling out of sorts. You will be amazed at what happens for each of you as you spend time sharing this wonderful exercise.

