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Return to the Beloved: Vocal Toning Instructions



The Creative Power of Sound

Opening to You

Learning to produce vocal sounds can be intimidating. Our voice is a precious portal into our deeper Self. Expressing ourselves through the voice is not always easy. For eons of time, we have experienced the oppression and suppression of our truth in endless ways. Opening up, consequently, is a process and a journey. We are here to help you open to your sound and your truth by sharing our wisdom and experience working with vocal toning.

Many times, we have observed how sound and consciousness are used to create form and structure in the energy realms. What we have seen and learned is that opening to the depths of our voice is a return to the Beloved.

We create toning tracks to assist you in making this connection. Our tracks are designed to be beautiful to listen to while gently guiding you to into an enriching toning experience. Our audio tracks have been consciously created with great precision, embedded with very fine frequencies, to help you relax into a quiet, expanded space. You may open to your voice when you are ready.

The first several minutes of the track sets the stage with a vocal melody. You can breathe and relax while this musical introduction takes place. Next, the vocal melody is divided into short segments between which you will hear stretches of deep toning. You can simply listen at this point or join in.

After the first few minutes of music, the entire track dissolves into pure vocal toning only which lasts up to an hour or more. You are free to tone briefly or for longer periods. Sometimes we tone for a few minutes, then slip into a deep, relaxed state while simply listening to the toning track. Sometimes we tone for extended periods of time. Each session is different.

You will notice that the cadence of the toning track slows down over the first few minutes. This track is designed to help you relax and slow down too. Once the vocal toning starts, the timing between each toning segment will guide you in taking long, slow, deep inhales followed by long, slow, extended exhales.

It may take some practice, but once you learn how to control your breathing, you will find yourself immersing, easily and naturally, into a very tranquil inner state.

As well, as you relax into the breath and the sound of your voice, you have the potential to lift into a higher frequency state, as we have often done. If this experience emerges spontaneously, simply sit and tone. Bring no other energies or agenda into this golden space.

It takes practice to learn how to take long, slow deep inhales followed by long, slow, controlled exhales. We encourage you to return to your experience, over and over, allowing your skills to improve. The beauty your voice or quality of the sounds you create doesn't matter. We invite you to produce whatever sounds feel organically right to you in the moment.

You're moving energy throughout your being as you tone. You're addressing very personal needs you have in the moment, and the sounds you spontaneously produce reflect what is needed energetically. Trust your knowing on this point.

Also, as you tone, you affect creation. Sound has the power to build or destroy energy forms within yourself and around you as well. You are not just making pretty, ineffectual sounds.

Sound is causal.

As you tone regularly, you build a bridge to your Soul, allowing deeper levels of integration to unfold on the wings of sound. This is powerful work!

Here are some basic instructions:

1. Please make sure your body is well-nourished and hydrated. Your vocal cords will thank you! Try to get a good night's sleep beforehand. A walk in the fresh air or light exercise is very helpful. Lastly, a few minutes of deep breathing will help you relax comfortably into this experience.
2. Find a quiet space where you will not be interrupted. Focus into your soul, breathing it into this sensual experience.

3. Prepare some warm tea to sip on as you tone or have plenty of water on hand. Warm tea helps to soothe and warm up your vocal chords as well.
4. Open up your mouth, stretching it wide, smiling wide, then close it. Repeat several times to loosen up your jaw. Roll your head from side-to-side to loosen up your neck and face. Gently meow like a cat then bark like a dog to warm up your vocal chords.
5. Please sit up (if possible), allowing the lower belly to tilt slightly forward, if it is safe for your lower back to do so. Putting a soft, folded blanket under your sacrum or using a meditation cushion can be helpful. This posture allows gravity to pull the abdomen forward in an organic way, making deep inhalations easy and natural so you don't have to think about it.
6. Use quality earbuds, headphones, or speakers. Arrange your technology so you may immerse in the sound track while hearing the sound of your own voice also.
7. Start the soundtrack. Begin slow, deep breathing in whatever way is most comfortable for you. Be aware that you are engaging in deep, diaphragmatic breathing, intentionally slowing down the breath and the biology consequently. Give yourself time for this relaxation response to unfold. Try to inhale through your nose and exhale through your mouth, if you can. If you can't, don't worry about it. Do what you can comfortably do. If you begin to feel lightheaded, take a break and breathe naturally until balance is restored.
8. Take long, deep breaths, stretching the lungs outward and filling up the lower belly like a big balloon. Go slow. Don't be shy. Learn to open and stretch both the lungs and the belly.
9. Then, slowly, slowly exhale, contracting the belly inward at the completion of this breath, expelling any air that remains in your lungs before beginning the next deep inhale. Do this very slowly and repetitively. We promise it will get easier with practice. Know that while you're engaging with this experience, your simple breath work alone sends clear signals to your biology to initiate the relaxation response.
10. Start to tone when you are ready. Make whatever sound comes naturally. Support your toning with your diaphragm, contracting the belly if you need to. When your vocal toning starts, sound waves, which are mechanical in nature, will clear stuck energy as

they flow through your body. Every level of your being is addressed, whether is it mental, physical or spiritual. Listen to the sound of your voice. Get accustomed to your sound.

11. Don't worry about the beauty, volume or tonality of your voice. Simply relax and enjoy the experience. Changes in your voice, expression and resonance will unfold naturally over time.
12. After your toning session is complete, you may even find yourself humming or singing. Allow your expression to open up in a playful and joyful way. One day, you will experience your Soul pouring out through your mouth!
13. Remember, you are connecting to the voice of your Soul every time you do this work. You are using sound to create an energy bridge that supports and sustains this important connection and deep integration. We wish you the very best upon your return to the Beloved.

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