

Energy in the Voice Studio

By Meribeth Dayme, Ph.D.

What do you want your students to feel and sense when they enter your teaching space? Have you set intent for, or dedicated your teaching space? What thoughts do you place there on a regular basis?

How you answer these questions will set the tone of any space or area in which you teach. You have an energetic responsibility to yourself and your students to have a clear, caring, and welcome space for anyone who comes.

While this article may seem to verge on woo-woo for some of you, I can tell you that teachers who have learned some simple tools to use with their mind will testify that they are clearer, their students respond better, and—big plus—they are not tired at the end of the day.

What's the secret? Intent, thought, and having a clear space. Anyone involved in sports today will tell you how important the mental part of it is to success. They are teaching positive thinking, visualization of the outcome and much more, even to the youngest students. There is more to it than that. What you can do as a teacher of singing to help you and your pupils feel comfortable, learn faster, and enjoy learning every lesson is powerful.

Any teacher that I know in the performing arts can tell you how the energy in the room feels. How do we know that? We just do. (How's that for a scientific answer?)

In Eastern practices *Intent* is everything. You might ask—what does that mean to me as a singing teacher? The answer: a lot. By setting your intent and feeling it, it tells your brain and your energetic biofield to create what it is you want to happen. This idea is well known in the world of self-development, and I have found it extremely valuable in singing and teaching.

Here are some things you can do for yourself and your teaching space. Please note: I use the word "space", because some of you may be in shared space, and it is important to know that you have control of any space you occupy while you are there.

Clear the space regularly. You can do this with your mind by thinking or saying "clear". If you want something more tangible, you can think "clear" and clap at the same time. This will clear

out all the old thoughts hanging around from old lessons, your own thoughts about the lesson—or a million other things. In the world of energy, we know that those around us feel thoughts at some level. What you are thinking matters! In master classes, I have shown this by muscle testing two people; one who is the teacher and one who is playing the role as student. After making sure that the pupil tests strong for having this lesson, I tell the teacher to think (not show or say) something like: "Here comes Susie for a lesson and she always get that song wrong". Interestingly enough, as soon as Susie steps through the door, she tests weak for her lesson. The moral of this story is: each one of us is responsible for our thoughts, and they can affect those around us.

Clear your space at the beginning and end of the day, AND between each pupil. It only takes a nanosecond to think or say "clear." Your pupils do not need to know you are doing it. However, I have one teacher whose pupils love the idea, and they help. What it means is that no thoughts, emotions, etc. from one lesson is left for someone else to walk into. This enables you to begin with a clear slate for each person. No one is drained or left with low energy, including you.

What it means is that no thoughts, emotions, etc. from one lesson is left for someone else to walk into.

Dedicate your space. It can be for something like—I dedicate this room/space to joyful learning, or a place of love—something that people will feel when they come to you.

Make sure you are centered and grounded for each person. It's fun to have something like a balance exercise, a quick yoga pose, Qigong movement or breath to begin a lesson. This will center you and your student.

continued: Energy in the Voice Studio

Do exercises and new things together with your students. That way they do not feel they are being watched or judged. Make it fun to explore ideas such as setting an intention for practice, a lesson, and especially for performance.

Your personal space and your teaching studio are under your control. Decorate it with beautiful thoughts, a warm, caring atmosphere, and lots of love.

I'd love it if you would experiment with these ideas for one week, and remind yourself to clear before each person who enters your studio/space. One effective way to remember to do this is to put a small Post It note on the piano, music stand or a place that catches your eye. It is not necessary to write anything as the note itself is the reminder.

Do this experiment for one week, and then contact me, or the CoreSinging Facebook page to tell me your results. This could be a nice little experiment to share.

Recommended reading: Article: "Health on the Edge," interview of Valerie Hunt <http://healthontheedge.wordpress.com>



Meribeth Dayme is the Founder/ Director of CoreSinging and the author of Dynamics of the Singing Voice, The Performer's Voice, The Singing Book (with Cynthia Vaughn), and numerous articles and videos on vocal pedagogy. She has recently returned to the USA after over 30

years in Europe. As a former university professor of singing and anatomy, she helped establish a new standard for understanding the voice and how it works, has won awards for her work, and is a frequent guest lecturer and master class and workshop leader. Her books on the voice are used worldwide in universities and colleges.



vocal knowledge you can trust

vocapedia.info

HOME

ABOUT VOCAPEDIA

SUGGEST A RESOURCE

brought to you by the National Association of Teachers of Singing

