

# Living in De•Light

## The 52 Gifts of a benevolent, flowing Multi-verse

### The Seventeenth Gift



#### The gift of singing for realignment

The moment we start to explore our voice as a newborn, we are singing. With a magnificent mechanism that so easily makes sound and moves pitch up and down in a continuum, singing is an effortless joy. When one sings the chakras open. Singing channels emotion and energetic debris from within the body's center outward in expression. As vibrational beings living in an endlessly vibrating world, we are advised to surrender to the flow. When we truly surrender we start to make sound.

The infant has a soundtrack to their moments of living brought forth by a joy and a desire to explore the voice. And the mechanism does not disappoint. When the tongue shifts a new tone is made. When the mouth opens and changes shapes a new tone is made. Try another position and suddenly a host of harmonic overtones are heard. And then let it move like a siren. Endless play.

And all the while the sound of the voice is clearing toxic and held energetic memory from our energy bodies and from within throughout the cells and organs and systems. The more one sings the clearer the chakras are. And when one aligns the melody and with a conscious lyric of support or clarity, the impact is amplified.

Our vocal expression is an intimate part of us. It is a must to express. When that is controlled or contained from outside influence and pressure, we suffer. To be silenced is one of the greatest injustices. There are religions that will not allow congregants to sing. It frees the spirit and invites spontaneity...silence doesn't.

So, sing...sing often, sing loud, sing with emotion, translate your life into song. No one is judging your voice. You make it stronger and more accurate by singing. Sing your moments, sing your pain, sing your wishes, sing your dreams, sing your losses, sing your successes, sing your love, sing your sorrow...just sing. This gift of the cosmos...the voice. Bless us with your tone. Join in the symphony of the world. You are needed. Do not hesitate again!

### The Seventeenth Gift Activities

- Be like a little one again. Find a safe and quiet, uninterrupted space and explore your voice. Get to know what it can do. Make a tone and move the tongue, move the jaw, move the lips, move the shape of the mouth. Notice how many different sounds you can make. Notice how good it feels just to make sound
- Spend a day singing nursery rhymes and kid's songs, especially the ones you remember. Sing them without a care in the world. Notice how it feels.
- Spend a day listening to singing, especially the tenors. The sheer power and emotion of their expressions stir the chakras and the spirit. Feel them and then make a sustained sound, pulling it up from the earth and become enveloped in that vibrational massage.
- Make up a short 4 line song and sing it out loud. Write a song for you. Write a song for each of the chakras. Write a song for your inner child self. Make sure you sing it out loud to who it is for, each time.
- Make a list of songs you like. Sing them from memory or get a recording and sing along with it. Notice how it feels.
- When something comes up for you, turn to song first. Sing what you feel. Make up the melody and the cadence and the rhythm.
- Find someone to have a singing conversation with. Play with it and notice how beautiful it is. Listen to the voices and notice the differences in their placement, their pitch, their tonality, their strength. Do the same for your own.
- Take a singing walk in nature. Entertain the trees, plants and animals



*"There's a never ending river from Heaven, pouring into us each day. If we close our eyes in ignorance and throw up our resistance, the river won't flow, no way. So why not dredge the Holy Channel Make it deep make it wide. Let the manna bring abundance To the heart of our lives"*