



December 9, 2010

Harmonizing with the Universe

The Benefits of Singing

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Singing is an act of vibration. It takes music from the realm of the unformed- whether that is in your mind or from that magical space of inspiration- and moves it from within to without. From the first breath singing moves the energy in a circular way inside your body. As the breath fills your lungs, it brushes against the second and third chakras~the centers of creation and honoring self and others. Instead of merely exhaling, pushing the air past the fourth and fifth chakras where heart charka and the center of will and intention reside, singing engages both the heart and mind. Sound vibrations from vocal chords resonate in the sinus cavities, filling the head with motion and sound while the brain lights up with the processing of the mathematics of music. This marriage of activities brings the third eye into play and opens the door for inspiration from the crown chakra before sending the sound out into the world.

Once the vibration begins, it is sustained with each note, moving throughout your body and the space around you. This can help you to harmonize your frequency with the world and with the divine. The use of the voice can bring about catharsis, a cleansing from the expression of emotion, which is why we feel better after singing certain types of songs. All of this occurs even if we are not conscious of what we are singing, but when we really connect with an intention, the power of the voice and music together are powerful tools in creation.





Even if you are not a singer by nature or talent, you are not left out. If you have a voice, it is your birthright to celebrate life with song. It doesn't matter if you don't feel you have a nice voice.



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Chanting or humming, singing solo or with others, your voice is yours to enjoy. Whether you sing along to the radio or use vocalization as part of your meditation time, singing and harmonizing are healing activities that bring your body's vibrations into alignment with the universe.

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