

REMEMBER, like music, fitness, nutrition or anything that we benefit from, the degree of benefits we receive depends on how purposeful we "go at it". At the very least I have experienced a decrease in neck and shoulder tension from 10-15 minute TONING times (I am still very much a novice at this). And on the more profound level there are numerous documented accounts of individuals experiencing healing from fatal diseases and deep spiritual states of mind from TONING.

Realize also that TONING has been around for as long as "Man" has used his/her voice. It is suggested that early "Man's" first vocalizations resulted from trying to mimic sounds in nature, i.e., animal sounds, birds, thunder, wind etc. or vocalizing from wonderment upon witnessing the sun rising/setting, infants cooing etc. And know that TONING is/was the basis for chanting and/or singing for all of the worlds major religions, even Native Indian songs and dances.

#### HOW TO TONE

- 1) Stand or sit so you can effectively breath deep. When you breath fully, your heart slows and you feel calm and peaceful, helping to eliminate the effects of stress. **Breath through your nose deeply. Feel your abdomen expand (chest/shoulders rise slightly). Exhale through your mouth.** Do this a few times, until you're relaxed before you TONE. Take this time to identify any tense "spots" in your body.
- 2) As you breath deep begin to groan naturally, letting out "anything and everything" - tension, emotion, anger etc. Do this for a few minutes, again, until you feel relieved and relaxed. I take this time to stretch my neck and shoulders by rotating those muscles - starting to address the identified tense body areas.
- 3) TONING: Start by vocalizing, in a low range a vowel sound like AH - or AA, EE, I, O, U. As you vocalize, for ex., AH at a low pitch, raise the pitch as a siren goes up in pitch. Or you can stay on the same pitch. **THERE ARE NO RULES!** With one breath you can changes vowel sounds or use one, utilize one pitch or go high/low.

For instance, I am comfortable starting with AH, in a low pitch, then as the pitch rises change to O, OO, EE then ending with EEEMMMMM at a higher pitch. At times stopping when I feel certain parts of my body vibrating - to effect that part. Also, I'll repeat certain vowel sounds at certain pitches if it "feels good", and just keep repeating what feels good.

TONE for as long as you can every day. I find that I do not want to stop TONING once I start because of the comfort and control it elicits.