



## **Chapter 10**

### **Make A Noise:**

### **Sounding, Toning, and Emoting to Release Fear, Grief, and Rage**

### **Exercises:**

Allow me to help you “make a noise.”

I use the following toning practices in my breathwork sessions to help people relax and open their throats. These exercises prime the vocal chords and allow for the exploration of mouth shapes and corresponding sounds. This permits people to make sounds and noises during the subsequent Shamanic Breathwork journey.

Please have a journal and pen ready to record your experience.

#### **Grounding**

Sit or lie in a comfortable area where you will feel safe to make some sounds. I like to do this process in conjunction with an immersion with the elements: sitting in front of a fire or under a big tree; relaxing in the bath or other body of water; perched atop a hill or mountain.

Place one hand on your belly and one hand on your heart, and close your eyes. Begin taking long slow inhalations and exhalations. Feel the belly rise on the inhale, taking the breath into the upper chest and lungs, and then let out a long slow, easy exhalation, allowing the breath to wash over your shoulders and back down like a wave. In and up, the wave crests, and then down and out, the tide recedes. Do this five to ten times to ground and center yourself.

#### **Sensing, Discerning, Perceiving**

For this exercise, we’re going to tone the vowel sounds “Ooo, Ohh, Ahh, Ehh, Eee” (U, O, A, I, E) which are linked to the chakra energy centers of the body. The order starts from a low “Ooo” sound (base chakra) up the scale to a higher-pitched “Eee” sound (crown chakra).



For each vowel, make the sound on the exhalation and hold the sound for as long as you can. Tone each vowel five to seven times.

Put your hands below your belly button onto your root/sacral chakra. Taking a few inhalations and exhalations, tone the sound “Ooo.” This chakra area pertains to your needs for safety and security, comfort in the world, and your inner and outer home. What do you perceive? What qualities of your home and home life do you love? What needs to be changed? Feel the vibration of the “Ooo” sound clearing any obstacles to creating the home of your desires.

Next, place your hands above your naval onto the solar plexus chakra and tone the sound “Ohh.” This is your power center, the seat of fire that inspires your creative actions in the world. Tuning in, notice what you feel. Are you inspired with your life? Do you feel you are living your sacred purpose? Or do you feel stagnant and powerless? Feel the vibration of the sound digesting and eating any blocks and obscurations that prevent you from tapping into your full potential and creativity.

Moving up, shift your hands on your heart chakra. Tone the sound “Ahh” with each exhalation. This is the seat of your Higher Self. Allow the sounding to help you connect deeper and deeper. Love, compassion, joy, and equanimity exist here. What do you sense in your heart? What is your higher self telling you? Feel the vibration and imagine connecting your beautiful heart into the grid of infinite love and compassion.

The hands next go to the throat chakra. Tone the sound “Ehh.” This is the place for self-expression, communication, and self-actualization. What do you sense? Do you feel any tightness or contractions? Do you have a hard time saying what you mean? Or does your communication flow effortlessly with authenticity and integrity? Feel the vibration relaxing the throat muscles and the sound “Ehh” flowing like crystal clear water gently down a stream.

Now, place the palms of your hands above your brow, the third eye chakra, and relax your fingers onto the top of the head, the crown chakra. Tone “Eee.” This is your connection to Source and the place of self-transcendence. What do you perceive? How is your mind? Is it always busy or can you relax easily into a



state of peace? Do you have a connection to something greater than you? Feel the vibration of this sound dissipating any negative chatter. Feel any busyness melting away into the vastness of a clear blue sky. You are not alone. You are part of the great big web of universal infinite intelligence.

Noticing tensions and blocks in any of the chakra toning areas indicates where energy is stuck and where emphasis or focus may be placed during a breathwork session.

## Feeling

Place one hand on your belly and your other hand at the base of your throat. Inhale, the belly inflates. On the exhale, make the sound “Ahhhhh” in a way that is comfortable to you. Feel the vibration in your throat. It may just be a soft “Ah” with your lips slightly parted. Do this three to five times.

On the next go, try opening your mouth a little wider, feeling the back of your throat opening. And as you sound “Ah,” see if you can push the sound from your deflating belly, up and out your throat and mouth, and feel the vibration moving throughout. Do this three to five times. Notice what you feel. Are you confident in making a longer, louder sound or is this a new experience? Is the sound even and strong or a bit shaky and croaky? What emotions, if any, are surfacing?

Lastly, try this again. Take in a fuller inhalation and open the mouth even wider into a big ‘O-shape,’ and sound “Ahhhhh” as loudly as you can. Feel the energy coming from your belly. Notice what you feel. Any physical sensations? Body tensions or pains? Can you tap into any emotions? Sadness? Anger? Grief? Do any tears want to come?

This is a great purification exercise to do when activated or triggered. By the last “Ah,” you may release some tears, have a sob, or even a scream. Remember, it’s okay to feel these emotions; the important part is to let them pass through you.