

HUMMING & SINGING SCRIPT

Humming and Singing are vocal practices that involve producing sustained sounds through the vocal cords. These activities can range from gentle humming to full-fledged singing and are often used as techniques for relaxation, emotional expression, and mindfulness.

Here are the steps of the Energy Flow® Humming & Singing exercise:

1. Find a quiet and comfortable place where you can sit or stand comfortably.
2. Take a few deep breaths to relax and prepare for the exercise.
3. Begin by humming a simple tune or melody that you enjoy. You can choose any song or create your own humming pattern.
4. As you hum, focus on the vibrations in your throat and chest created by the sound.
5. Allow the hum to be gentle and continuous, maintaining a steady rhythm.
6. After a few minutes of humming, transition to singing a favourite song or a portion of it.
7. Sing with enthusiasm and enjoyment, allowing your voice to fill the space around you.

8. Continue humming and singing for as long as you like, feeling the resonance and vibrations.
9. Pay attention to any sensations in your throat, chest, or body as you engage in vocalisation.
10. As you complete the humming and singing, notice how you feel in yourself and your body.

Reflection questions:

1. How did the vibrations from humming and singing affect your sense of relaxation and emotional release?
2. As you sang, did you notice any shifts in the way your body felt, particularly in your chest or throat?
3. What impact did the act of vocalising have on your mood or energy levels throughout the exercise?