

## **Allowing your life to reveal itself to you**

By Mariah Picot  
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Many of the insights that I have gained in the process of developing and teaching voice have a direct coalition to the process of allowing life to reveal itself to us.

Often when people come for a lesson they have an idea in their heads about how they should or want to sound. I have found this generally true no matter what the experience level or style of music they are involved in. Then when they have an experience of their pure sound resonating in their throats without any preconceptualized ideas, they will often have a huge heart opening because they experience a part of themselves that is beyond any interpretation. The more we have an authentic experience of ourselves it becomes harder to live any kind of lies because the intuitive messages become stronger and just won't let you be out of alignment with yourself.

Sometimes when people come for a lesson, they will release trauma during the session. If there is a pattern that is blocking the expression, the throat will close and I will ask them to sing right where it hurts. Inevitably the emotions come up. Sometimes it's really young stuff, like a baby deciding they are bad and should keep quiet, It has often been past life stuff, ancestral or archetypal. Whatever the interpretation of the event, the person's experience is that they have a very deep release. This started happening with some of my clients up north. I think partly because of the depth of my own healing journey, the perspective and space was open for them to go wherever they needed to find balance. I teach the same as my teacher who works with all the theatre and opera professionals but what is the difference; the perspective and reason for doing it.

In allowing the voice to reveal itself to us as in life, it facilitates the emergence of the feminine aspect. In the voice there are 2 main registers, the chest and head. The chest register is what keeps the throat open and allows for the full range of notes. The head register holds the quality of tone and subtle nuances of expression. Both are needed in full balance to have a well registered voice working with complete ease and flexibility. When the chest register becomes too aggressive as is often the case with a lot of popular music<sup>1</sup>, the head register completely disappears. The creative act of making music becomes totally driven and manipulated. We lose the quality, the beauty, the subtlety, and the ability to drop into vast reservoirs of wisdom and unspeakable experience. If we become too aggressive with ourselves we can often lose the subtle clues which would lead us into having a greater perspective of our life and purpose.

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<sup>1</sup> This is a large topic in itself and goes to the root of how much beauty we are willing to allow in, the argument of art versus expressions of anger and the evolution of our society as a whole as our culture reflects where we are.