

# THE SINGING SPHERE CONCEPT

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## Explanation

This imagery concept is based on the Italian voice principles of proper body alignment, relaxed articulators, natural breathing and breath release, balanced vocal-fold vibration, and proper adjustments of the combined resonators. The idea is to think of one's instrument as expanding in all directions with the singing sphere, all the while maintaining the image of an "arched tone" (up and over), a gesture that naturally relaxes and expands the throat, and allows the larynx to lower. The concept of taking a breath (A), releasing it (B), and allowing it to flow consistently in a spinning counterclockwise movement may prove helpful, with practice. If not, disregard it

## Steps

1. Stand tall, up-stretched, and well balanced.
2. Relax the articulators (jaw, tongue).
3. Take a sniff breath, with mouth slightly open (from A to B)
4. Release the breath (from B back to A)
5. Add tone using a well-balanced vocal onset (moan or whine-like).
6. Maintain the thought of an "arched-tone" throughout.

