

Sing with Bliss

A course in the Joy of Singing

B.B. Berg

*This is a handy workbook that is to be used in conjunction with our "Sing with Bliss" work
shops
and to assist you in all areas of your life!*



Breath is life!

Change your breath and you change your life!

Singing is all about the Breath!

Taking a deep, cleansing, and nourishing Breath can help you benefit tremendously in all areas of your life. It will help you achieve creative expression, healing, confidence, poise and a serene way of being.

The Breath is the expansion of who we are.

One of the most ancient and profound methods of connecting to
our own divine energy is
through the Breath.

Our truth is inside of each and every Breath.

Table of Contents:

- ♥ Part 1 - Yogic Abdominal Breathing
- ♥ Part 2 - Let it Go!
- ♥ Part 3 - Laughter Yoga Singing
- ♥ Part 4 - Humming, Resonance, Sound Vibration, Chakra charts and Benefits
- ♥ Part 5 - Vocal Warm ups and Stretching
- ♥ Part 6 - Singing Songs
- ♥ Part 7 - Dynamics
- ♥ Part 8 - Performing, Telling your Story
- ♥ Part 9 - Using your Voice to Change your Life
- ♥ Part 10 - Expressing your Creativity

♥ Yogic Abdominal Breathing

The Yogic Abdominal Breathing technique we use in "Sing with Bliss" can be used every day in all your affairs to enhance and improve your life, so let's get started!

Place one hand on your upper area, your heart chakra, chest area.

Place the other just above or on the navel area. (Your tummy)

Our goal is to breathe deeply into our diaphragm and **not** with the upper chest area.

(Don't worry the lungs will be getting lots and lots of air!)

Now Breathe ***in*** filling up your tummy. This will push ***out*** your lower hand resting on top of that area. (like inflating a balloon)
The idea is to inhale without the hand moving on your upper area.

○ On the ***out*** breath feel your lower hand moving inwards like collapsing the balloon.

(The only hand moving is the one on the tummy)

When we breathe with our chest we are limiting ourselves.

Most people don't remember how to breathe deeply.

When we were babies we inhaled and exhaled fully and perfectly!
As we grew up some of us developed shallow ways of breathing,
(by lifting the chest) therefore using only a fraction of the oxygen
that was available to us.

No wonder as we grew up we became so stressed out!
You deserve this. You deserve to breathe fully, deeply and
completely.

Be abundant in your Breath!

Be abundant in your Life!



Breathe, Breathe, Breathe!

Yogic Abdominal Breathing - Fire Breath

This is a breathing technique performed in Kundalini Yoga.

Breathe *in* and *out* through your nose, pushing the tummy *out* on

the *in* breath and *in* on the *out* breath. Start slowly and work

your way up to a faster pace. This may seem difficult at first but

with practice it can be done easily and flowing. *It's much like a*

dog panting. We do this deeply even though it's rather fast.

♥ "Let it Go!"

This is a method sometimes used by hypnotists at the beginning of their sessions to deeply relax the subject before introducing the suggestions for behavioral modifications.

The difference is we use our voices along with our bodies.

Caution: You may erupt in fits of Laughter and Joy!

Using the Yogic Abdominal Breathing method, take a Deep Breath *in* and squeeze and tense an area of your body. *(Let's start with our hands or arms for example)* Hold hands and arms tight for a second or two while holding the breath. Now, with a huge *sigh sound* just let it all go. *(The idea is to release the breath, the voice and the tensed body part all at once)*

Please don't be shy!

Are you mad at your boss?

Or your spouse?

Or maybe a Joyful, playful sound?

Just allow whatever is there to come out.





Let it Go!
Let it release out to the
Heavens and the Earth!

♥ Laughter Yoga Singing

When we Laugh we are producing Sound and Breath perfectly!

*Also think of all those splendid happy endorphins we are creating
in our bodies, hearts and minds.*

Take a deep breath and feel your abdominal muscles kicking in
while you make each Laughter sound. Ha He Hi Ho Hu

Ha

He (pronounced hey)

Hi (pronounced Hee)

Ho (like Oh)

Hu (pronounced hoo)

You can put your hand on your tummy to make sure it kicks *in*
with every laugh.

If you are doing this correctly you will get tired. It's as good as
doing sit ups!

You can use other sounds too.

Ba Be Bi Bo Bu,

Now let's sing the musical scales with our laughter sounds
together!



Laughter is the Music of Faith.

♥ Humming

Now let's try humming!

Put your lips together, take a deep breath and hummmmmm.

Feel the vibration all through you face, lips, cheeks and nose.

Singing is a flow!

Connect your breath and humming so that they flow together.

Hum a familiar song and feel the flow.

Please Breathe as much as you need to and note that because you are not used to Breathing deeply you may get dizzy. It's all good!

Now for a wonderful Healing way to create sound vibrations, breathe deeply and warm up your true voice. Let us Hum each note of the C major scale also known as The Chakra scale.

Here are some fabulous Benefits you'll receive from each note.



CHAKRA CHART OF MUSICAL NOTES

♥ Music Note and Mental-Emotional Realm linked to the 7 Chakras

B is the Crown Chakra and pertains to the Realm of -
Will (Spiritual), Awareness & Super consciousness, Buddhist
consciousness or Cosmic consciousness.

A is the Third Eye Chakra and pertains to the Realm of
Intuition, Clarity, Insight, Perception and Clairvoyance.

G is the Throat Chakra the Realm of Creativity, Imagination, and True Self Expression.

F is the Heart Chakra which pertains to the Realm of Love, Compassion, Empathy and Connection to others.

E is the Solar Plexus Chakra, the Realm of Emotions, Desire, and Personal Empowerment.

D is the Sacral Chakra the Realm of Sexuality, Vitality, Dance and Movement and Being Grounded.

C is the Root Chakra which is in the Realm of the seat of Kundalini Awakening, Primal Will to Survive and Primordial.

Benefits of these musical vibrations

Crown Chakra B

Blood and fluid balance of potassium, calcium, phosphorus, iron,
and other minerals. Spleen stimulant.

Aids in meditation, Pineal gland, connection to the Divine.

In charge of entire nervous system. Restores self-respect.

Third Eye Chakra A

Awakens all the senses, calming one self, improves memory, muscular responses and control. Coordination, pain, and pain control, blood disorders. Intuition.

Throat Chakra G

Throat, neck, blood, voice, speaking ones' truth, circulation, metabolism, ears, Immune system, calms, tissue renewal.

Heart Chakra F

Heart and lungs, shoulders, arms, hands, pituitary and other hormone glands. Temperature controls, ears immune system, circulation. Emotional soothing in all areas.

Singing truly Opens your Heart Chakra!

Solar Plexus Chakra E

In charge of digestive. Nerves and muscular energies, liver, intestines, solar plexus, kidneys, spleen and stimulates Intellectual activities.

Sacral Chakra D

In charge of Uterus, reproductive, endocrine system, fat deposits bladder and lymphatic system.

Links physical and mental energies.

Root Chakra C

Bones, muscles, lower back, sciatic nerve, hips, buttocks,
lower bowel, legs, ankles, feet, prostate gland, blood hemoglobin,
corrects loss of egocentricity.

Locations of Chakras

Crown located at Top of head - Source Energy

Third Eye located in center of forehead - Intuition

Throat located in throat area - Hearing, singing, speaking

Heart - center of chest-Touch, Feeling

Solar Plexus - above navel below chest - Sight

Sacral located between navel and genitals - Taste

Root located at base of spine - Smell

Resonance ♥ Increasing your Vibration

Our bodies were made to Sing. Inside of our skull - bone structure are holes similar to the ones in a guitar. These holes, or cave-like open areas where there is no bone, are what create resonance in our voices. Although it's true, as my dentist once mentioned, that we are all born with different sizes and depths of these cavities in our skull, we can still make the most of of what we already have.

Now try this: Fill up your cheeks with air while keeping your lips nice and gently closed. Make a humming sound while moving your jaws and teeth as though you are swirling around mouth wash or chewing a wad of gum.

Move around the air and sound inside your mouth and direct your attention so that you feel the vibrations all throughout these areas listed below.

Place your hands on these different areas on your face, head and chest and "will, visualize" the vibrations to go there.

- ♥ ○ On top of your head
- ♥ ○ On your forehead
- ♥ ○ On the bridge of your nose
- ♥ ○ On your cheeks
- ♥ ○ On the back of your neck
- ♥ ○ On your upper chest area

See if you can increase the resonance in each area.

Make it really Vibrate!

I've recorded a Wonderful Chakra Scale for you and placed it on Sound Cloud, so let's resonate! **All helpful links will be at the end of the book.*





The Universe responds to our inner vibrations,
so let us create in our hearts
our own wonderful tones!

♥ Vocal Warm ups and Stretching

1. Reach to the sky, bring in the sun, connect to Earth.
2. Counting our breath in a tone.
3. Relaxing the jaw
4. Making sounds that relax and stretch.

SHHHH, BRRRRR and FFFFFF

5. Sing and Stretch, looking for cheese.

6. More laughter singing

7. Singing scales: Arpeggios, Major, Minor and 7th scales, and

The waterfall scale.

8. "I love you so much" (a minor arpeggio)

& a singing, stretching, exercise.

9. Ear Training with Chromatic scales.

♥ Singing Songs

1. Think of a song that you really like.
2. To begin with, think of something simple
and easy.
3. Now just take a piece of the song, one
line or phrase.
4. Sing it!

Sing this phrase or phrases over and over.

Feel it! Enjoy it!

Now let's change the key!

If you don't understand what this means, it is

simply starting the part of the song you are

singing on a different note so that all the notes that follow are now different.

Perhaps start on a comfortable note and the next time go higher and higher and then lower and lower.

You will soon be able to do it on almost any note.

This is how we increase our range. I like the Song
"I honestly love you" to practice this exercise as it will be fairly
easy and it will also be a wonderful way to
speak to your spirit.

How powerful would that be:

**To sing "I honestly love you" to yourself in the
mirror!**

Another fun song would be Joe Cocker's " *You are so Beautiful* "



♥ Dynamics

Have you ever been moved to tears by a singer? It is a matter of the strong feelings which are expressed through the dynamics the singer is using to interpret the song.

We express our feelings through the sound of our voices.

**Our voices change, depending on
our emotions.**

To create this drama we need to change our voices from loud to soft, whispery to roaring or intimate to colossal.

Sometimes we even do this on a single note.

The crescendo builds up to a climax then relaxes back to normal or soft.


It's like pulling hard on an elastic band and releasing it!

People love the surprise, the suspense, the emotions that this brings forth.

Hold your arms out in front of you, with the palms facing each other. Probably a good distance would be 3 or 4 feet apart.

Now bring your palms *in* to touch each other. This would represent the voice being very soft. Create a tone, any tone, and as you widen the space between your palms make the tone louder, louder and loudest.

Bring it back slowly and reverse the volume.



Learning to give expression to creativity
can be antidote to depression

Diane Ealy Ph.D

♥ Performing, Telling your Story

What do you want to say?

What does your soul need to express at this time?

This is for you!

It's not about thinking what other people would like to hear
or would not like to hear.

It's about "You" and only you!

This is exactly what will be contagious!

When I am about to perform my only thoughts are:

"I want to have as much fun as I possibly can!"

What song can I really enjoy singing?

I visualize my Laughter, my Joy, my being playful and guess
what?

Everyone has fun! One New York critic said that I could
coax a smile out of even the most dour of faces!

It's not about singing the right notes or of my voice or even
the right words.

I have forgotten lyrics to songs and "on the spot"
made up really crazy, funny stuff!

Joke about it!

What if you trip and fall?

Ha! That's funny too!

(as long as you don't get hurt) but what I'm saying is this:

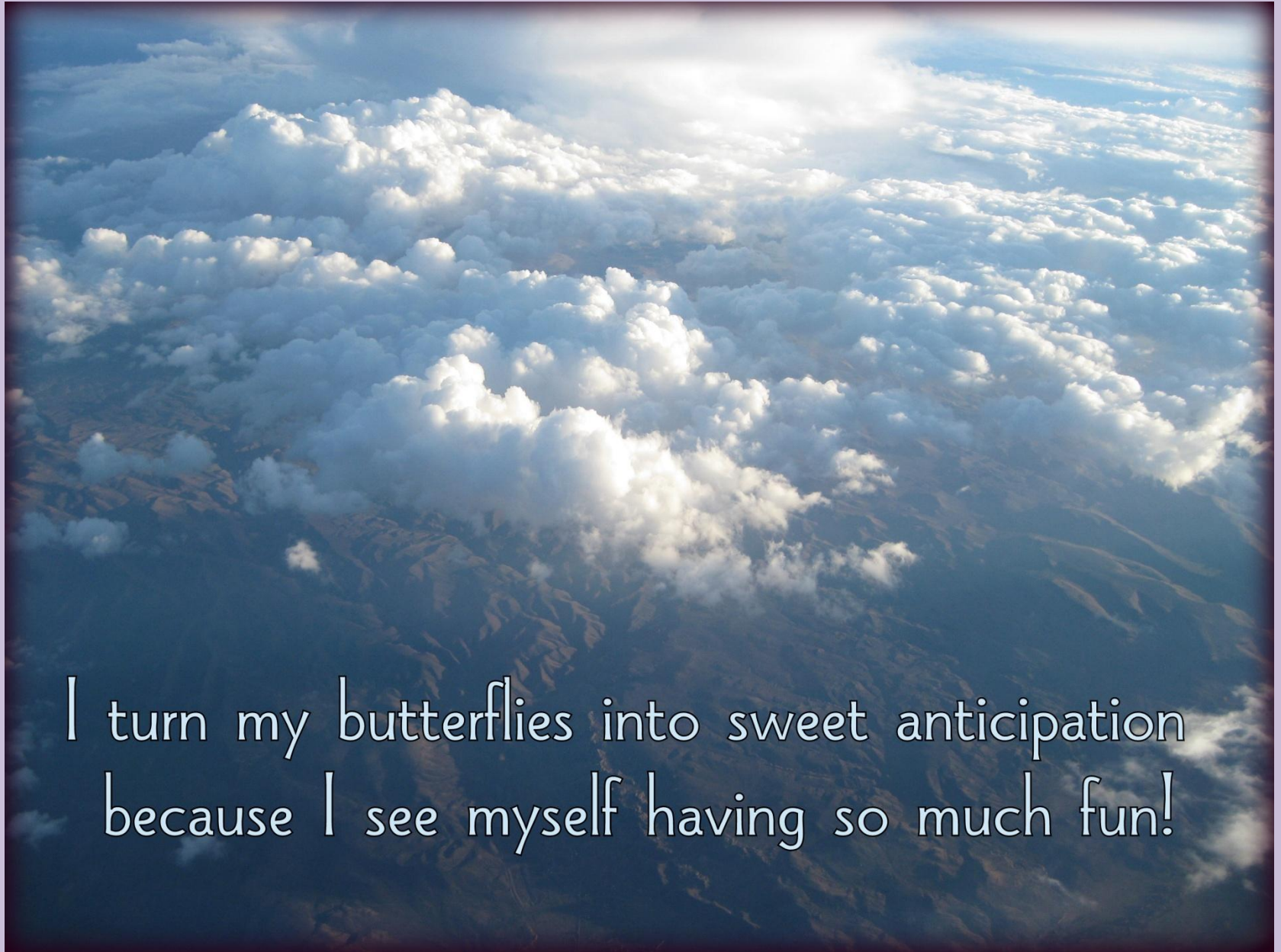
Worrying about your performance will only
bring you more stuff to worry about.

Have Fun!

What is your real motive?

Joy, Joy, Joy!

Your life has purpose. To create inside yourself your own
happiness and then to spread it around!



I turn my butterflies into sweet anticipation
because I see myself having so much fun!

♥ Using your Voice to Change your Life

We are now going to listen to our own voices.

These are the questions we will ask ourselves and these questions will certainly lead to new and better questions!

♥ **Is this really my truth?** Am I saying Yes when I really mean No? Am I people pleasing? Co-dependent?

♥ What kind of tone am I speaking with?

If I want to express myself to someone, am I shouting?

If I want to be diplomatic is my voice soft yet clear?

Even if you say "up yours" to someone this can be conveyed lovingly by the tone of your voice! Our instincts, our innate wisdom sometimes doesn't even hear the words, it listens to the sounds, the tones, the vibrations, the intent.

♥ Am I being clear about my needs? Am I asking for what
I want?

♥ Am I talking to myself (about myself) in a negative voice?

There is no room inside our heads for anything other than self
approval, self loving thoughts and self praise.

And Yes this takes awareness and practice.

♥ Am I speaking of lack, of not having enough?

♥ Am I speaking of Health, Happiness and Pleasure?

Allow me to share a reading to you from one of my favorite books. **see resource material back of book*

If you are not receiving from others what you believe you deserve (for example emotional support, love, respect, etc.) then **these are the very things you are not giving yourself!**

**Through your own voice you can change
the very fiber of your life!**

For the next 30 days listen to yourself.

Pay attention and you will be astounded!

At first just be the observer, then later on create positive declarations to replace the old, worn out, useless words that have become nothing more than just a habit. I am not saying to suppress or repress your feelings!


If you are angry, express that in a song or musical phrase.

I love the old Judy Garland song entitled

"I don't care!" I'll teach it to you. It's fun and great and creates value from my frustrating moments.

Most importantly *do* be kind, gentle and generous with yourself in this process.

It's life changing and you deserve it.



The subconscious is often impressed
through music.

Music has a fourth dimensional
quality and releases the soul from
imprisonment.

It makes things seem possible
and easy of accomplishment!

from the book: *The Game of Life* by Florence Scovel Shinn

Healing transcends linear time, it can occur in an instant.

Sing Affirmations, Declarations!

Let's create some together here in our workshop.

Here are couple of examples to get us started:

"I am now appreciating the Treasure and Beauty of my life."

"I am Loved, I am loved, I am loved."

I am now Open to receive more and more Love."

"I am always guided to my highest path."

"My being is harmoniously connected to my Source!"

So with these and more ideas we can make them rhyme and put a simple tune to them. Just thinking spontaneously here as I write:

The word "Love" rhymes with "above" so how about: "I am being showered with love from the angels above, knowing I am all

I can be, just being me."

Singing causes the Sun of Joy
to rise up in our hearts.



♥ Expressing your Creativity

We have already explored some creative ideas in this book and now I'd like to outline some more ideas for our workshops together.

Let's sit in a circle and if you like join hands.

I will start. I'm going to create a sound with my voice on a musical tone. (perhaps AH or O)

Now one by one please join me but do not use the same
vowel sound or tone as me.

Also do not worry if it's harmonious with my tone.

This is such a powerful exercise because soon we will have a
celestial, angelic, orchestra of vocal sound vibrations flowing
throughout the circle.

Let's change the sounds and tones now but keep it going.

I have done this in groups and we have gone on and on losing
all track of time and space.

**We have truly entered in the moment of now and
higher consciousness.**

Other ideas for our time together.

- ♥ Perform for each other
- ♥ Sings kind words to the person sitting next to you
- ♥ Sing your dreams and goals to everyone.

♥ Harmonize on the C major scale

(each person singing a 3rd up or down from the others)

This one is tricky but I'm here to help.

♥ Sit on the floor and draw an imaginary picture on the ground as you sing for the rest of us.

♥ Lay on the floor and hum and sing.

♥ Create lyrics and tunes about anything you like.

♥ Hug yourself or someone else and sing!

Resources and links:

The book "Feel the Fear and do it anyways" by Susan Jeffers

<http://www.susanjeffers.com/home/detailtemplate.cfm?catID=2234>

There are various sound healing books you can find by googling
sound healing.

Books on "Rebirthing" are great for more Breathing exercises.

As time goes by I will be putting up videos and more cool stuff

so please send me an email:

bbbergjazz@gmail.com

Chakra Scale

<https://soundcloud.com/bbberg/chakra-scale-from-my-book-sing-with-bliss-by-bb-berg>

I honestly Love you

<https://www.youtube.com/watch?v=4M8Y18yYodc>

You are so beautiful

<https://www.youtube.com/watch?v=rvx0H3SKdwl>

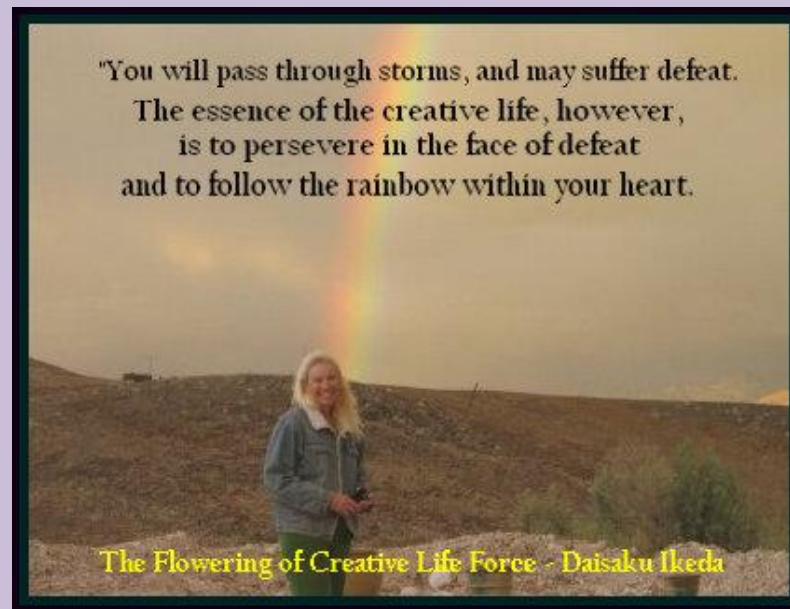
I don't care by Judy Garland

<https://www.youtube.com/watch?v=Q-Q3gd6S1as>

About the Author:

My name is B.B. Berg and I am a professional singer/performer,
teacher, light worker, and, for over half my life, practitioner of S.G.I. Buddhism.

<http://www.sgi.org>



I am author of other books:

- ♥ Sing Shop Integral - a singing textbook in Spanish
- ♥ Desert Dreamers - a bath book for Healing the Soul
- ♥ Free your Life - a book on using the Healing Technique E.F.T.
- ♥ I feel absolutely wonderful about who I am - a pocket sized book of

Positive Affirmations. *for free download:*

<https://bbberg.wordpress.com/2013/10/01/a-free-book-i-feel-absolutely-wonderful-about-who-i-am/>

- ♥ Sensuality and Tears by the Sea - a Poetic Journey into your own
Heart.



Facebook
ButterflyDreamzbbberg

I am also Founder and Creator of Wing Therapy.

Some More links to fun stuff:

Butterfly Dreamz

[https://www.facebook.com/media/set/?set=a.248749381984425.1073741842.230530127139684
&type=3](https://www.facebook.com/media/set/?set=a.248749381984425.1073741842.230530127139684&type=3)

My performing videos:

<http://www.youtube.com/watch?v=DczPvLTPSFI>

<http://www.youtube.com/watch?v=-fPZHm0BXFc>

My music store:

<http://cdbaby.com/cd/bbberg>

My facebook page:

<https://www.facebook.com/pages/BB-Berg-singer-songwriter-actor-performer/117528654937212>

My email:

<mailto:bbbergjazz@gmail.com>



This book and all photos © May, 2016 Barbara B.B. Berg

Photo series entitled: Flying from Spain



Feel free to check out our Healing Instruments on Facebook!