

## *The Voice Stylist's Guide to Resonance*

*Learning to manipulate resonance to achieve feminine vocal quality.*

In order to manipulate our resonance, we first must understand what resonance is. Resonance is where sound reverberates in your body. The goal of resonant voice feminization is to bring your voice to the forward most part of your face which creates a softer and increasingly feminine quality in the voice.

**Descriptions of feminine resonance include a voice that is thin, bright, heady, forward focused and clear.**

Begin by humming gently and noticing where you feel the most vibrations in your body. Go ahead and write down where the vibrations are. You might feel them in your belly, your chest, your throat, jawline or face.

In order to achieve a feminine resonance, we must bring the vibrations to the forward most aspect of the face. We do this by gently humming, perhaps with an agreeable 'mm-hmm', until the majority of the vibrations are felt in the nose, cheekbones and lips.

What is an agreeable 'mm-hmm' you ask? Well let's do an exercise together in which you agree to agree with me. Read the following three statements and give me an 'mm-hmm' in agreement:

**Puppies are adorable.**

**Pizza is delicious.**

**Naps are amazing.**

Did you feel that agreeable 'mm-hmm', what did you notice? Did you notice your resonance pick up just a touch? Did it travel up and away from the belly, chest and throat? Did it make your lips buzz a bit?

**Note: When I say "humming" I mean saying "mmmmmmm" for as long or as short as you feel you need to for you to find that forward buzz.**

## *That is resonance!*

*Now place two fingers on either side of your nose or cheekbones.*

Go ahead and hum again until you feel the majority of the vibrations in your face. Were you able to feel those forward vibrations?

Practice achieving a forward resonance with humming until it very easy for you. Once you've got that down you are ready to move onto the next exercise. Our goal is to build the skill from simple humming into conversational speech that carries a forward focused, soft and feminine quality to it.

Now that you are able to achieve a forward focused, resonant voice with your humming lets go ahead build on that skill. Using your forward focused hum, open up from the 'M' sound into a vowel:

**Mmmm + ay**

**Mmmm + ee**

**Mmmm + y**

**Mmmm + oh**

**Mmmm + oo**

Now notice, what happened to your forward resonance when you did that? Take note, and try it again.

## ***Words of Encouragement***

Establishing a forward focused and resonant voice that carries into our conversational speech is hard work. You are working to break away from your habitual speaking pattern and you are establishing a better, more optimal, more feminine way of speaking. Stick with it, you will notice change over time.

Let's keep exploring how to feel and maintain a forward focused resonance before we move on and build our skills into words and short phrases.

**Take a deep breath in through your nose**, then breathe out through your nose. Breathe this way for a few cycles of breath.

**At the top of your next breath**, begin to hum 'Happy Birthday' using moderate loudness, noticing the forward vibrations

**Now plug your ears** and work through the may, me, my, moh and moo list two times. Notice both how the forward resonance feels and how it sounds. Unplug your ears and work through that list again.

**Now plug your nose** (pinch your nostrils together) and work through the list again, two times please. Now unplug your nose and work through that list again.

Are you beginning to both feel and hear the difference of a forward focused voice?

Now that you are beginning to feel more comfortable in sustaining a forward focused resonance let's try some words, phrases and sentences together! Don't worry, I'll check in with more tips along the way.

Practice using your forward resonance to work through the following words. Notice these are all words that contain very nasal sounds. That's because those are the most forward focused sounds in English. Use these to your advantage while practicing so you can really get the most out of your work.

## **Word Lists for Resonant Voice Practice: Think forward. Think soft. Think feminine.**

The purpose of producing /m/ paired with the vowels is to establish a nasal and oral resonance awareness. The /m/, /n/ and /ng/ are all naturally forward focused, nasally resonant sounds. However, the remaining vowels and consonants are not as forward focused, and so we must practice carrying that resonance into the oral cavity as well.

/M/	/N/	/NG/
MADE	KNEE	ANGER
MAID	KNEEL	ANGUISH
MAIL	KNEW	BANGING
MAKE	KNIFE	BENGAL
MAN	KNOCK	ENGLAND
MANE	KNOW	ENGLISH
MAP	NAIL	FINGER
MARCH	NAME	HANGER
MARE	NAP	HUNGER
MARK	NEAR	JINGLE
MASK	NEAT	JUNGLE

**Hey there, remember I told you I'd check in with more tips and tricks? Try these out to keep fine tuning that forward resonance.**

Continued Voicing: Hum and find your resonant voice. Continue to hum and feel those vibrations carry into your lips as you open your mouth to add in the vowel or speak a word or short phrase. Voicing starts with the lips closed and continues as the mouth opens to articulate the vowels.

Voicing with a pause: Hum and find your resonant voice. Now really feel the vibrations in the forward most part of the face and in the teeth by keeping the jaw just slightly relaxed and don't clench the teeth. Once you feel that buzz take a pause by stopping the voice then articulate the vowel with a forward focused resonance.

YOU CAN SEE WHEN SHE IS ANGRY.
SHE SHARED HER CHEWING GUM.
I WOULD LIKE TO VISIT ENGLAND.
THE BABY IS GRABBING HER FINGER.
SHE HAD A LONG PINKY FINGER.
THE FLAMINGO WAS WALKING BY THE SHORE.
PUT YOUR SHIRT ON THE HANGER.
HE PUTS THE HEARING AID IN HIS EAR.
THE BABY BIRDS ARE HUNGRY.
THE JINGLE BELL IS HANGING ON THE TREE.
MILK IS GOOD FOR YOU.

Here are some other suggestions for increasing nasal and oral resonance awareness and success.

Yawn-Sigh-Hum Strategy: Did you know that your breath is a very important part of your vocal journey? You can learn more about that in my [Mindful Voice](#) (hyperlink needed) guide. But for now, you can use this technique to increase breath, relax your larynx and reset your resonance when you need a little support.

**Start with a big, voluminous inhale and yawn**

**Turn that yawn into a big, audible sigh**

**Transition that sigh into gentle, forward focused hum**

**Once you're humming, move the buzz to the forward part of the face to pick up that resonance**

Now you can work your words, phrases and sentences.

Remember that agreeable 'mmm-hmm' we talked about at the beginning of this guide? I wanted to point out that you can use that 'mm-hm' ever so casually in your everyday speech to reset your resonance anytime you need to.

People often nod or 'mm-hm' in conversation, so why not use it to your advantage to continually and intentionally reset your resonance throughout the day. A lot of people casually use "mm - hmm" in their everyday filler language, especially to indicate they are actively listening to the speaker, so this is a subtle but effective self-cue for you when starting out with resonant voice.

**It is the micro-adjustments in your everyday speech that will lead to tremendous change over time.**

As you continue to work through this resonance protocol remember to be gentle with yourself and with your voice. This change will not occur overnight. It takes time, dedication and practice.

If you need a visual model check out my [YouTube video on Resonance](#) where I demonstrate some of the strategies discussed in this guide.

And if you would like to further your vocal journey you can sign up for my [Self-Directed Voice Feminization Webinar](#) and use the code **VOICE40 to save 40% at checkout.**

I hope you find these tips and tricks useful! Please share your feedback and requests for other materials.

*Thank you for allowing me to be a part of your journey.*