**Vocal Empowerment**

**Class 5 Notes**

Even if we attain mastery, spherical perfection, we don’t stop attuning. It doesn’t work like that. The next day, life will throw new opportunities and challenges to maneuver. I wanted to share some behind the scenes truth telling about the tour i’m on. There is a lot happening. Im stretched with what’s true with the body. Woke up today and barely had a voice. Immune system compromised. Rest hasn’t been happening. Doing spherical explorations. Daily practice to maintain the sphere as best we can. Like doesn’t always provide spacious windows and opportunities.

What do we do when we don’t have the time, no sense of spaciousness to do spherical exploration, when you’re hopping on planes, cars, lots of beings needing from you. How do you maintain your empowerment.

It come to a peak over the last few days. Miraculous, through spherical explorations, i was able to allow spirit to take over, soften. Made it through the show. After so many times of pushing through. We only get so many free passes before you go down. Need to regenerate. Rebuild immune system. Was almost going to cancel. But I cam on to connect.

I wanted to share adept levels with you, opportunities for you to decide- do i show up to speak, to create a pathway of truth, or do i hide, close, make myself small in order to not show up for the next level of what’s being asked. What opportunities have you been coming up against in your vocal empowerment journey? Are you staying on track? Committed? Excited?

I have my truth to give today. Thats the real power of what we are doing here together. If we share from a place that is true, right now i’m sharing what’s true, not pushing through when i have nothing.

My main message today. It’s like a bonus class. We are going to add another, so we can get into connect next time. I’m doing the work right now to sit in this chair, come out of the covers. I’ve been touring a schedule which wasn’t my preference, but i said yes.

This is a deep and relevant topic for a lot of us. When we say yes with our voice when it’s not all the way true. Say yes to a schedule that i know in advance that would be taxing on my system. Not enough sleep. Pushing my comfort zone. My truth. Around rest so i can come 100% every time. It felt like a good challenge. It’s a means to an end. Time to get back out there on the road, touch more people. No matter what line of work we’re in, what our focus is, there will always be people tell us what to do and where to go.

The structure for music, of touring, how to get music out there. Playing in this structure has been very revealing. Has showed me where its of service and benefit to the whole, and where tis not. We have generations of performers who get chewed up and spit out of this system. Getting a taste of this touring schedule has reminded me of why i’m doing this. We have an opportunity as a community to interact with these systems, and take a look at what is truly sustainable, and what is not. This is the choice to hop timelines.

Often times, on the receiving side as a student, and they just level with me, and tell me about their resistance, this is the moment i’m gonna use to quantum leap to the next level. sO here we are, in this open discussion.

There’s two types of integrity.

The masculine channel of integrity, shares that you are true to your word no matter what.

The feminine channel of integrity is to be true to the moment no matter what.

You don’t mess with that kind of integrity. True to this moment. Now, how do we become a spherical container for both of these forms of integrity to co-exist in a dynamic dance so we can be guided be either? How can we be a spherical container to only say yes to things that we know we are going to feel good about? This is a definition of mastery that i’m committed to and i’m saying yes to.

You can see all the courageous souls out there that are saying yes to social justice work, but you can tell they are dying inside, they are stressed, they are not happy. What kind of reflection is that showing and teaching people?

Third way of integrity, we can touch it, taste it, lean into it, and let that become the core of our orbit as a community. This third form of integrity that honors our commitment and is true to the moment. Using our voice to create a deeper connection.

How can we show up without an agenda.

We’ve set a tone, created a foundation of this work. Here’s the space, here’s the structure. Its flexible. You’ve got tools and practices. When you drop into it, can you let it all go and let your tone guide you?

Design tours- Elijah’s preference

Work with booking agents, book a few events in one location

Schedule myself to be in each place for at least a week. To be able to show up somewhere and have a day to ground in. take a hike. Visit the earth. Connect into the earth. Then wake up, do an event, sound light, intimate sound healing, or full concert. Two or three events over 3-4 days, then workshop. Then 2-3 days to connect, do private sessions, be on the land. Replenish the body. Feel this arch of connection grounding and strengthening the community.

Band of light is to band together. Bring communities together, strengthen the core of what’s happening. You give it all, then receive from the community.

Look at people you consider to be the great voices of our times. All of these vocal empowered people. If you look into their life, these folks feel so much resistance. They encounter so much resistance. Many were persecuted and killed. I have found upon deeper investigations on ym musical heroes, they would feel depleted, they would turn to drugs and alcohol just to cope to get by, numb the fact that they were not honoring their wholeness to keep showing up that the world pressured them to be. I’ve learned that this is not the way. But we still kinda do it sometimes. I feel under the weather because i pushed past, so i could honor my agreements to show up for what i said yes to. To be integrity with the schedule, multiply this by 20-30 years, you can see how artists turn to activities to turn away from what they are feeling into their body

What if we leaned into what we were feeling. No matter what you are feeling resistance to, you can still show up for it.

I am committed to exploring, tasting, discovering, being truth. This journey of truth can be very elusive. Even that word is right at the edge of having lost its meaning. What does t really mean? Reclaim the word truth, reclaim our sacred commitment to it. Part of being a beacon of truth is to show up in it even when it’s uncomfortable.

How do we speak truth to power. How do we speak to what we feel needs to be stopped. Where do you sit on the spectrum of choice to speak. In safe situations? In situations that feel unsafe? Like watching a couple where there is abuse happening in front of you.

Instead of shutting down. How do we get small. The throat chakra is burning to speak. You are the closest cell in proximity of cells in the body of god.

How do we speak truth. Even if we can’t change the situation. If it puts yourself at risk to get involved. I want to place on the table an invitation to lean in deeper to your personal commitment to truth to being a beacon of truth, and letting your voice to truly be dedicated to this process. Notice when you shut down, when you close the portal. And question why? If this is the reason we are here, most likely every holographic situation that is drawn towards you is designed to test you to see how ready you are to go to the next level to be an instrument of truth.

This doesn’t mean we are gonna get it right every time. But realize the characters in your movie have been drawn to you more than likely to inspire you, to trigger you, to test you, to provide you an opportunity to step into the next level of your mastery. If this is your belief system, it will be more fun. If this isn’t your worldview, it might just feel like shit’s just happening to me.

You are either in reaction mode, or in spherical mastery responding to things that are in your sphere.

Here is something i’ve been mulling over, challenged inside about this thing.

Something is happening in society. We are finding that there are structures, corporate, government, private entities, who are passing legislature, making it difficult for anyone to speak their truth on social media. Things are getting blocked. Lots of book burning happening right now. I’ve heard it as witch hunts. Chasing down of speakers of truth that are not going along with the media driven narrative that has the agenda of driving folks in a certain direction, not noticing detrimental things that happen as a result of those pop culture narratives.

It’s becoming less safe to have an opinion. Interesting time for the game board. Watching eagle eye view, watching belief systems, how they spread, which beliefs are ok to have, which are shunned. If you want to find out who’s in power of a paradigm, look for what you can’t make fun of, question. Thats where there is juicy truth.

To be committed to truth, to be here at this time as a star being, or simply a conscious being who desires to take care of the planets and be a child of the earth. Whatever we call ourselves, we know we are here, and yet, it’s becoming less safe to have an opinion about the things that are happening to the planet that are horrible.

I tend to stay pretty positive in an authentic way because i find it is the most useful place to be in my joy. I get heavy hearted when i see my brothers and sisters who are speaking truth getting taken out of reality. When we look at human behavioral structures, we see some people closing down the throat chakra, silencing themselves. Entire aspects of history are being swept under the run. Events. People. Civilizations. Covered over, burned down. Brand new stories given, this is what you need to know. This is how it is. If you speak out against this program, you become attacked. There are energetic attacks. Technologies. Targeting individuals.

I don’t talk about how this affects me, except to close friends.

Folks get invited to join secret societies. If they change their messaging. If they don’t, and don’t cease and desist. Nipsy Hussel. Was making a documentary about a dr who had claimed to cure aids. Was taken out.

One example of someone taken out. Those of us who are watching, keeping track, we feel it. For speaking the truth. It’s a deep thing. There’s conversations within conversations happening within the truth community. We have to find ways to speak the message out loud. How do you step up to the resistance of not wanting to show up. This is the game i’m playing. This is what i’m looking at right now.

I value my life. I see my contemporaries speaking similar messages are being targeted. I feel at the end of the day, these challenges are here to take us to the next level of our mastery. There is no other way unless you step into the next level of yourself. At the end of the day, if you take anything away from this course, take away these words ‘All Is Self’

All of these visualizations, meditations, all the teachings, remember it is all about you.

Getting your cell, your sphere into the best health, you are giving the body the best chance of being well. There is no separation here.

There are things that are just for you. What areas of your personal truth journey are for you to talk about, and are for you to do something about. How do we adjust the way we use our voice. I don’t believe we have to use english to share a message to share a message that can affect the whole planet.

You can speak your truth in so many ways, but if you do not express, you will explode! If blood clots, there’s something in the way, something has crystalized there, you have a heart attack. You must flow. Sing every day beloveds. Tone. hum. Whatever form it takes. Use your voice to move your truth into this world.

You will know with great discernment which is which. You will burn with that fire of truth. Sometimes it will into be clear to speak it, so hum it. Find a way to flow it another way. This course is a practice of presence so you know the difference

I feel peoples excitement. Then i leave, i go home, i realize i just said yes to this thing. A few days later i realize it’s not my truth. This is where being so in our spherical presence can make all the difference in the world. Sleep on it, then you can feel if it’s true for your energy.

My prayer for getting on here heart to heart, authentic view and glimpse into when we feel resistance, when we feel bogged down by life, when we don’t want to show up, and we do anyway, we show ourselves that there is truth to be shared. This is power. To be able to show up, be authentic, to open your heart in the face of vulnerability. That’s why children are powerful.

I love you so much. Really grateful to be on here with you to share some truth with you

Please share your insights, what came up for you today.

HF

~Notice, and write down, where you feel *resistance* in your day. Not just your spherical explorations. Relationships, work, relationship to people, social media, thought forms, ideas, belief systems.

~ when you feel resistance, show up in it, speak to it, get curious and get connected to it. Sit in it. Use your voice, hum with it, invite this feeling in a little deeper. Get to know it. Get intimate with resistance. Be with it, be gentle. Don’t back off the fire.

~ i dare you to wake up and reclaim the first 10 minutes and the last 10 minutes of your day.