

Resonance

In order to fully control the voice it is important that we understand how to feel and place our resonance.

Resonance is the sensation of sound sitting in certain places in the head e.g., the mouth, throat, nose or head voice (HV is essentially sound resonating in the liquid between the brain and the skull.. so coooool!).

Pitch is controlled using the vertical resonance position and tone is controlled via the horizontal position.

The higher the resonance the higher the note, the lower the resonance the lower the note.

Resonance further forward in the mouth or in the nose will create a thinner tone, the further back the resonance the thicker/rounder the sound.

Obviously your vocal cord position, length and thickness is predominantly what controls tone and pitch but resonance comes in at a close second!

Think of resonance as a small ball of sound or ball of light (ping pong size) in your mouth/head. Some singers will be able to feel it straight away but most won't, in this case really focus on imagining the ball of resonance and we promise you that you will begin to feel your resonance over time if you practice and think about it regularly.

Resonance Exercises

Pitch:

Choose a comfortably low note and imagine your resonance sitting under the tongue in the jaw line, slide up and feel/imagine the resonance moving from under your tongue straight up through your head.

Now do the same but this time from the top sliding down, resonance moves from the top of your head to back under the tongue.

Tone:

Choose a comfortable mid range note and sing it on an 'ah' then again on an 'ee'. You should be able to feel the resonance moving from the back of your mouth for 'ah' and into your nose for 'ee'.

This can be done staccato and/or legato, whatever works best for you.

Move between 'ah' and 'ee' focusing on the sensation. Sometimes closing their eyes really helps with this.