

# Resonance (Student)



In order to fully control the voice it is important to understand how to feel and place your 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 coooo!).

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 voice.

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

Think about 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 try to imagine the ball of sound and be assured 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 your tongue in the jaw line, slide up a small way and feel/imagine the resonance moving from under your tongue up into the centre of your mouth. Now do the same but this time sliding down, resonance moves from the centre of the mouth to back under the tongue.

Repeat the process moving further up your range as you go. Feeling the resonance move from the centre of the mouth to the roof of the mouth and back down. Then from the roof of the mouth to above the roof of the mouth. Then from above the roof of the mouth to the top of the head. Then slide from bottom of your range to the top of your range and back down, following the resonance from under your tongue all the way to the top of your head and back down again.

**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 into the nose.

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

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