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Voicework

“Toning is a form of vocalizing that utilizes the natural voice to express sounds ranging from cries, grunts, and groans to open vowel sounds and humming on the full exhalation of the breath. Music therapists are increasingly utilizing toning in their clinical practice for a variety of therapeutic aims. “ **Shelley Stone et al-** see research below

Vocalising, humming, toning and singing can help us be in the present, to connect with and transform how we're feeling. Connecting to the rhythm of our breath produces more oxygen and activates feel good chemicals, thereby reducing feelings of stress. The sound of our voice vibrates through the cells of our body, producing a balancing and calming effect. It's not about being able to sing particularly well but just using our voice, expressing our self naturally.

Voicework can help us explore our feelings and our sense of self and can be explored within the context of an ongoing therapeutic relationship with a music therapist. Interactive voice work can help a client get in touch with blocked or unconscious emotions which can't always be easily accessed or expressed in words; this can help work through childhood, attachment, trauma issues.



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The best way to find out more about voicework is to try it- try humming, toning, breathing deeply- it can work when lying down, sitting on a chair or cushion, standing or moving gently. This can be helpful especially if you're feeling anxious, low in mood, tired, sad, angry etc.....see how it feels!

Below are links to different articles and videos for further research and exploration. I hope you find them useful

VOICEWORK LINKS

WEBSITES & VIDEOS:

Vocal toning- Susan Hale- US music therapist and voicework specialist
<https://www.youtube.com/watch?v=iWH8J0M6cZw>

Voicework- Soundtravels- info on voicework materials
<https://www.soundtravels.co.uk/at-Voicework-13.aspx>

Sound Healers Association - Benefits of humming- Jonathon Goldman
<https://www.soundhealersassociation.org/blog/139-the-humming-effect-the-simplest-sound-is-the-most-profound-2017-by-jonathan-goldman.html>

Toning video- Carolin Nobles
<https://www.youtube.com/watch?v=66gGfN7j02U>

Natural Voice Network – courses and info
<https://naturalvoice.net/>



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Articles and books about vocal toning:

Toning- Simon Heather College of Sound Healing

http://www.simonheather.co.uk/pages/chapters/thehealingoowerofsound_sample.pdf

**Exploring the Experience and Effects of Vocal Toning- Shelley Snow, Nicola Francesco Bernadi, Daniel Moran, Nilufar Sabet-Kassouf
(academic paper)**

https://www.researchgate.net/publication/325355020_Exploring_the_Experience_and_Effects_of_Vocal_Toning

Sounding the Inner Landscape- Kay Gardner

https://www.goodreads.com/book/show/1124530.Sounding_the_Inner_Landscape

The Fine Art of Vocal Toning. Susan Hale

https://www.soundtravels.co.uk/a-The_Fine_Art_of_Vocal_Toning-384.aspx

The Naked Voice- Chloe Goodchild

https://www.soundtravels.co.uk/p-Chloe_Goodchild_The_Naked_Voice-5793.aspx

Vocal Toning for Health. George Grant

<https://vocaltoning.net/vocal-toning-and-harmonic-overtone/>



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Mindfulness.

Kabat-Zinn has defined mindfulness meditation as “the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally”. By focusing on the breath, the idea is to cultivate attention on the body and mind as it is moment to moment, and so help with pain, both physical and emotional.

“Mindfulness is a way of befriending ourselves and our experience”
JK-Z

“You can't stop the waves but you can learn to surf”- JK Zinn

How often have we realised we have eaten a meal, driven to work, or gone for a walk while thinking about something completely different? Our minds might not be engaging with what we're currently doing. When we're feeling stressed or anxious there might be all sorts of thoughts or worries about the future or about what we did or said or what happened yesterday or years ago. This can create more tension in our mind and body. So bringing awareness to our experience and kindness helps us manage more easily.



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Mindfulness Websites

Mindfulness Based Cognitive Therapy- courses nationally
<https://mbct.co.uk/>

Breathworks- mindfulness and movement activities:
<https://www.breathworks-mindfulness.org.uk>

Tara Brach- psychologist and mindfulness meditation teacher
<https://www.tarabrach.com/mindfulness-daily/>

The Joy of Living. Secular meditation and mindfulness online-
A book with the same title:
<https://tergar.org/programs/what-is-the-joy-of-living/>

Headspace- mindfulness meditation for busy people
<https://www.headspace.com/meditation/meditation-for-beginners>

Breathingspace- Mindfulness based Cognitive therapy-
mindfulness courses and materials
<http://www.breathingspacelondon.org.uk/help-for-depression/mbct-at-breathing-space/>



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MINDFULNESS BOOKS

Mindfulness for Beginners- John Kabbat Zinn

https://www.goodreads.com/book/show/14098.Mindfulness_for_Beginners

Radical Compassion- Tara Brach

<https://www.tarabrach.com/radical-compassion/>

The Joy of Living- Mingyur Rinpoche

https://www.goodreads.com/book/show/289448.The_Joy_of_Living

Your Mind is Like The Sky- Bronwen Ballard (For children)

<https://www.goodreads.com/book/show/40776243-your-mind-is-like-the-sky>





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MINDFUL BREATHING

Breathing helps us regulate our whole system, bringing more oxygen into our body and helping us to calm down. When we're shocked, or have higher levels of anxiety in our body, we can go into fight / flight which automatically pumps extra adrenalin around the body. We can counter act this automatic brain response by breathing deeply. Try breathing in for 4, holding for 4 and breathing out for 4 or longer, then resting. Also you can try visualising breathing in **blue** and breathing out **red**. As mentioned previously, singing and vocalising on a long vocal sound (toning), helps regulate breathing when we're feeling more panicky.

“Breathing in I calm my body, breathing out I smile- dwelling in the present moment, I know this is the only moment”

Thich Naht Hanh- Vietnamese meditation teacher



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Breathing websites and materials

Breathe Well: Easy and effective exercises to boost energy, feel calmer, more focused and productive: Easy and Effective Techniques to Boost Energy, Feel Calmer, More Focused- Aimee Hartley

<https://thebreathingroom.co.uk/aimee-hartley/>

Conscious breathing guided meditation- Plum Village

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

Inspirational Breathing- Nicola Price

<https://www.inspirationalbreathing.com/>

Breathworks breathing materials and exercises

<https://www.breathworks-mindfulness.org.uk/mindfulness-for-health-extra-materials?device=xhtml>



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MINDFUL MOVEMENT

There is abundant evidence to show that tension and trauma are held in the body, so physical activity can help release the blocked energy. Yoga, Tai Chi, Qi Gong and some kinds of dance are powerful, yet gentle ways to practise mindful movement and connect body, breath and awareness- they are known to be very beneficial for people who suffer from anxiety, depression or trauma

Do-In Tapping

Shiatsu college-short video

<https://www.youtube.com/watch?v=9k7XcUAOFo4>

Do in tapping sequence - video17 mins

<https://www.youtube.com/watch?v=9m8BSFvn9Gs>

Qi Gong

Intro to Qi Gong-Peter Deadman

https://www.youtube.com/watch?v=J_QnHG6j9TE

Energy Arts- benefits of Qi Gong

<https://www.energyarts.com/qigong-benefits/>

Yoga- <https://www.nhs.uk/live-well/exercise/guide-to-yoga>