

"LEARNING TO HEAR YOURSELF"

This tip is for singers of all levels. If you're just beginning, have never sung before or are a professional or have had some previous training, this tip will work for you! Hearing yourself while singing takes practice and training. There are many times, for those who are already performing, where it is difficult to hear yourself, even with monitors. So I've come up with a way that will help you develop a very "internal" way of hearing yourself and therefore feel much more secure about what you're singing. Furthermore, for those of you just beginning, this tip will help you feel more secure about hearing pitch and developing your ear (that is your ability to hear and match a pitch with your voice).

First of all I want you to get an image of a vertical line, straight up and down, in front of your face. This represents your range; from the low notes, at the bottom of that line, to the highest notes, at the top of the line. Now I want to give you a place to "focus", internally to be able to hear yourself. This place is right in the middle of your forehead, just above your eyes, some call it the third eye. This is the place you will put all your attention to hear the notes you want to sing. Once you begin to practice using this focus you will find that, slowly but surely, you will sense exactly where the pitch is that you want to sing. So begin with a very simple scale. If you have a piano or musical instrument, start with just an octave of notes (8) from C to C. As you hear the notes played, start to try and match them with your voice. As you continue to focus in that middle place in your head, you will begin to notice that you will be able to recognize whether or not you are matching the correct sound. Do this over and over again and you will notice that you will become much more accurate with matching the pitch, and you will start to develop this internal place to hear yourself that you will always be able to call upon, no matter what the situation.

Now do this with an actual song. This can be done with something you are singing or with other recorded music. Listen to the singer, (if it is pre-recorded music you're working with), and then go to that focus place in your forehead and softly sing along and try to match the notes. If you have a tape recorder, you might even want to tape yourself so that in the playback, you will hear how accurate you might be. Keep practicing! This works with practice and you'll be very grateful when you find yourself in situations where hearing may be difficult.

Regardless of where you use this technique, recording, performing or simply practicing, you will find it invaluable. Enjoy!