

SING TO HEAL

FOUNDATIONS



HANDBOOK

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THANKYOU COUNTRY

LOOK AFTER THE LAND

Look after the land, she is our mother
Honour each person, as sister and brother
Honour the elders, share with each other
Then rain will come the land to cover
Then rain will come the land to cover

Written by: Aunty Ruby - Mununjali Country

B.I.G.

Foundational Practice

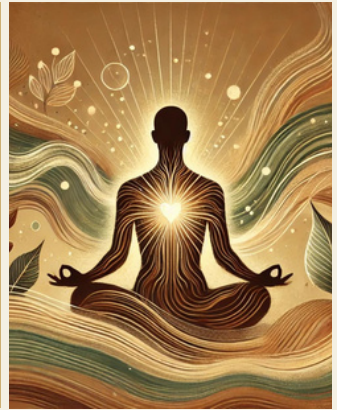


BREATH

Breath is the essential foundation of singing. It not only supports your body physically but also energetically, helping you connect with both yourself and your voice. Diaphragmatic breathing gives you greater control over your breath, which in turn enhances tone quality, phrasing, expression, vocal support, and power.

INTENTION

Intention is a powerful force, directing your energy into every note. As the saying goes, “Where attention goes, energy flows.” When you sing with a clear intention—whether it’s to convey a message, express an emotion, or connect with your audience—it infuses your voice and words with energetic power.



GROUNDEDNESS

Being grounded is a crucial part of a singing practice. It helps calm the nervous system and shifts your awareness from the head to the heart. By rooting yourself in the present moment, you can move beyond the limitations of the mind and fully connect with your authentic voice.



BEAT



What is beat?

The beat is the heartbeat of every song.

It is the foundation of music.

This is called a 'CROTCHET' or a 'Quarter Note'.

This note represents ONE beat.



This is a typical musical staff with 'BARS'.

The horizontal lines the notes for the melody.

The vertical lines represent the bar increments.



The 4/4 is called a time signature.

This tells you how many BEATS each BAR can hold.

Which in this example, is 4 beats per bar.



Can you clap this beat?



THE BEAT OF MOTHER EARTH

The beat, a core element of music, mirrors the steady heartbeat of our Mother Earth. Just as a song's beat is the foundational element, the Earth's heartbeat has the ability to ground us and support our inner song.

Sometimes we need reminding that our Mother Earth is the source of infinite regulation. She has the ability to quite literally slow your heart beat down when you are feeling overwhelmed.

***Mother I feel you under my feet
Mother I hear your heartbeat
Mother I feel you under my feet
Mother I hear your heartbeat
Heya heyha heyha heyha haio x 2***

