

**BETH DONNELLY & DOUGLAS FELLER**

**RAISING YOUR VIBRATION THROUGH  
MUSIC & QI ENERGY**

# **LET YOUR SONG SOAR!**

**CALM STAGE FRIGHT  
AND ACTIVATE CHARISMA FROM THE INSIDE OUT!**

BETH DONNELLY & DOUGLAS FELLER





# SOARING

## **S**

*Stimulate, Stir & Surround  
your sound with emotion*

## **O**

*Open your heart. Feel the Om,  
Orchestrate your message*

## **A**

*Awake! Activate! Feel the Awe!*

## **R**

*Relax, Remember who you  
are, and Reconnect with the  
endless possibilities of your  
belief.*

## **I**

*Internalize your love for  
sharing your gift. Initiate &  
ignite your power.*

## **N**

*Navigate a New energy  
Network of just being...*

## **G**

*Give Gratitude for the music in  
you;  
Go for that Grande Goal.*





# STEP 1 "SOARING"

**Stimulate, Stir & Surround your Sound with emotion**

Whether you are just beginning to sing, or are a professional performer ...you have something in common.

Music is the embodiment of sound and emotion.

As a beginner, you may learn basic vocal techniques that enable you to produce your musical sound in a way that is pleasing to you and to your audience...a technique that promotes healthy utilization of breath, the onset of tone, and the sound you produce.

We have found, however, that the basic techniques never become common place, and the continuity of your technical work as a singer never stops... especially if you are a professional singer. Being in a state of consistent learning can keep you at the top of your game, and promote immense satisfaction and gratefulness.

So, what kind of emotion should surround your sound as a beginner as you work to learn basic techniques. We would say the emotion of joy in discovery.

As a professional performer, you may find that the fear you once had in front of audiences turns into the love you have for your art. This does something very special to you as you sing. You begin to transcend the technique, and move into the emotion of just being the song.

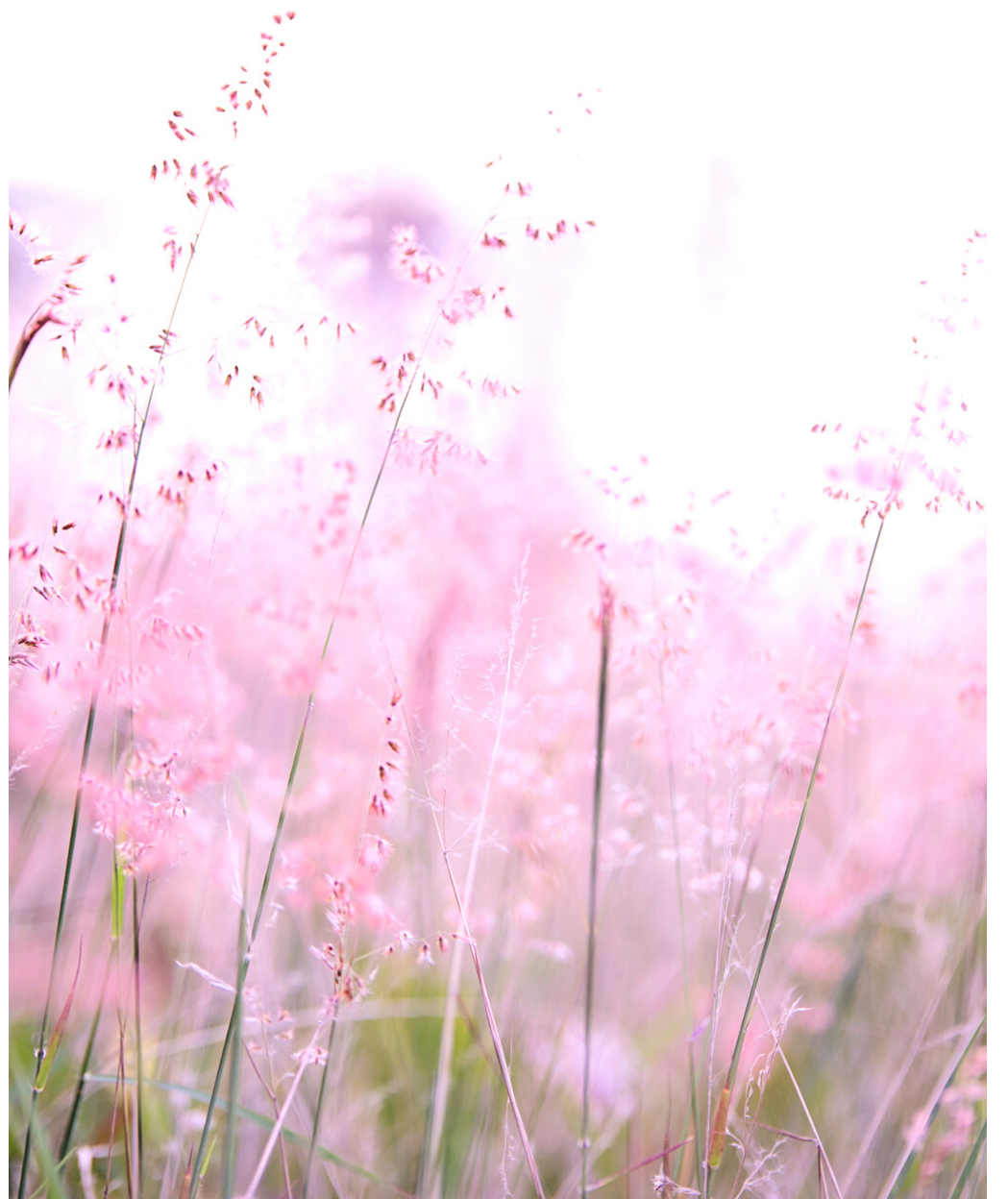




# STEP 2 "SOARING"

**Open your heart. Feel the Om, Orchestrate your message.**

As you prepare the music and text for your song, open up to the lyrics...they are giving you a clue to the emotions behind each phrase. Feel the om...known as the mystic syllable in some eastern religions. In this case, we use it to describe the internal essence of your interpretation of the song. When we go inside ourselves to become aware of the message of the composer and lyricist, we can orchestrate our own personal interpretation. In that way, our audience not only hears what may be a beautifully sung song...they also hear your version of style and content. The goal is to move them emotionally in some way.







# STEP 3 "SOARING"

## **Awake! Activate! Feel the Awe!**

This is where you become awake or aware of your internal power to inspire wonder! Your own feelings color the tones and sounds you create vocally. This becomes your unique interpretation of the song. It is this activation that stirs up an old memory or brings a new one to an audience ready to feel the awe!

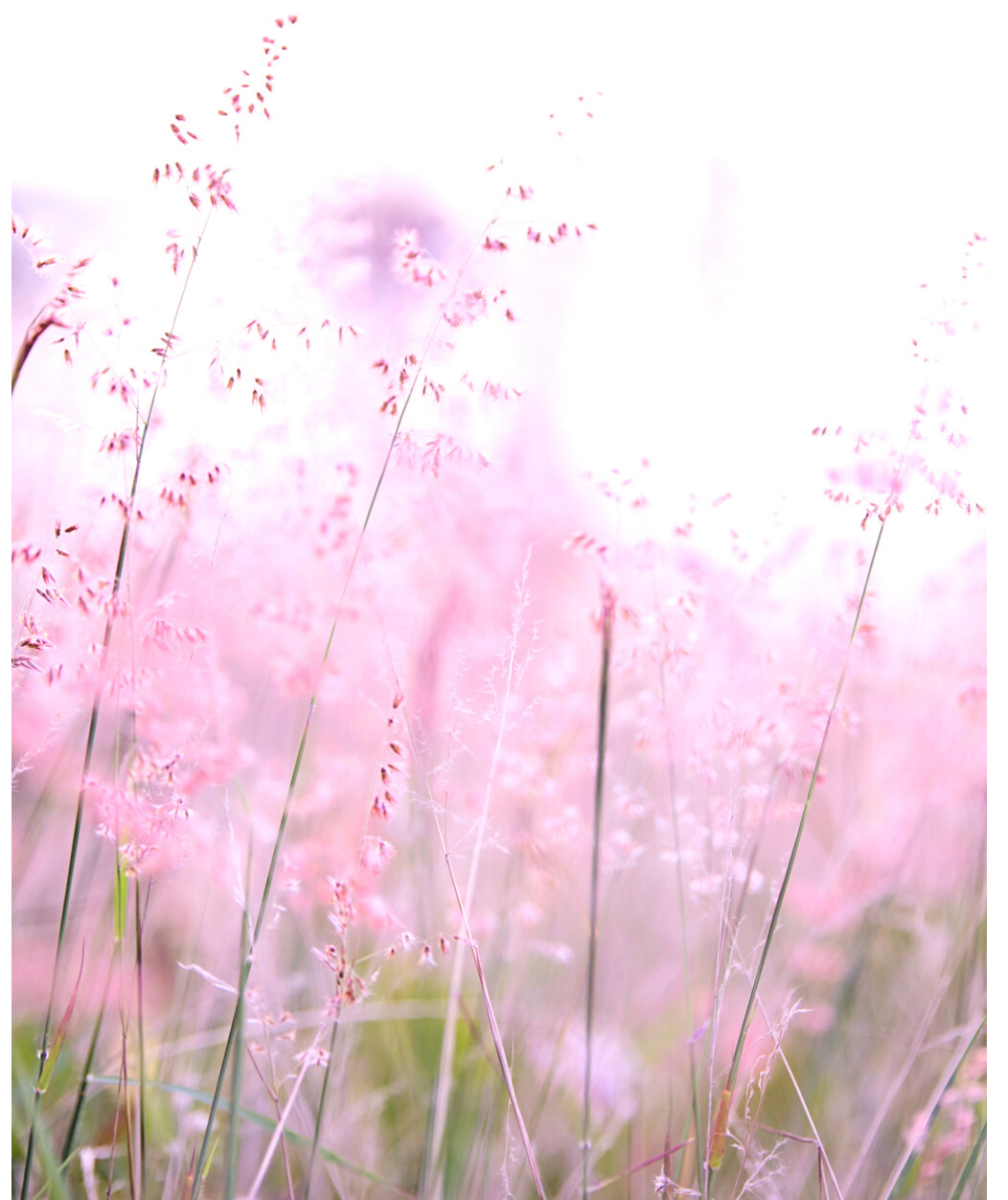




# STEP 4 "SOARING"

**Relax. Remember who you are, and Reconnect with the endless possibilities of your belief.**

Whenever we prepare to speak or sing for an audience, that pesty little voice inside our heads tries to sabotage our success. Step 4 may just turn your fear into love. Yep...that is what needs to happen if you are to transcend all of the negative chatter invading your mind. First...relax...yes, because being anxious really doesn't help. In fact, it interrupts your creativity. And, that is brain science. We personally find it very helpful to stop, and remember who we are. We believe that we have a Divine source, and that we come from that source of Divine energy. So, we connect with that power, and choose to look at the endless source of possibilities, choosing to believe and focus on positivity and appreciation. Whatever your beliefs are...remember that what we focus on brings it closer to us.







# STEP 5 "SOARING"

**Internalize your love for sharing your gift. Initiate & Ignite your power.**

OK...Take that belief we talked about in step 4, and internalize it. Basically we need to make it part of our habit or nature...to love sharing our gift so much that we are not significantly bothered by the fear. A little fear means we are alive, right? So, we just want to utilize the brain science of reframing our neural pathway to consistently focus on the enjoyment of performing music. It becomes such a part of our being, that we can pretty much ignore the occasional fleeting fears by transforming them into excitement! Sound doable? Why wait...initiate and ignite your power! Sing now!

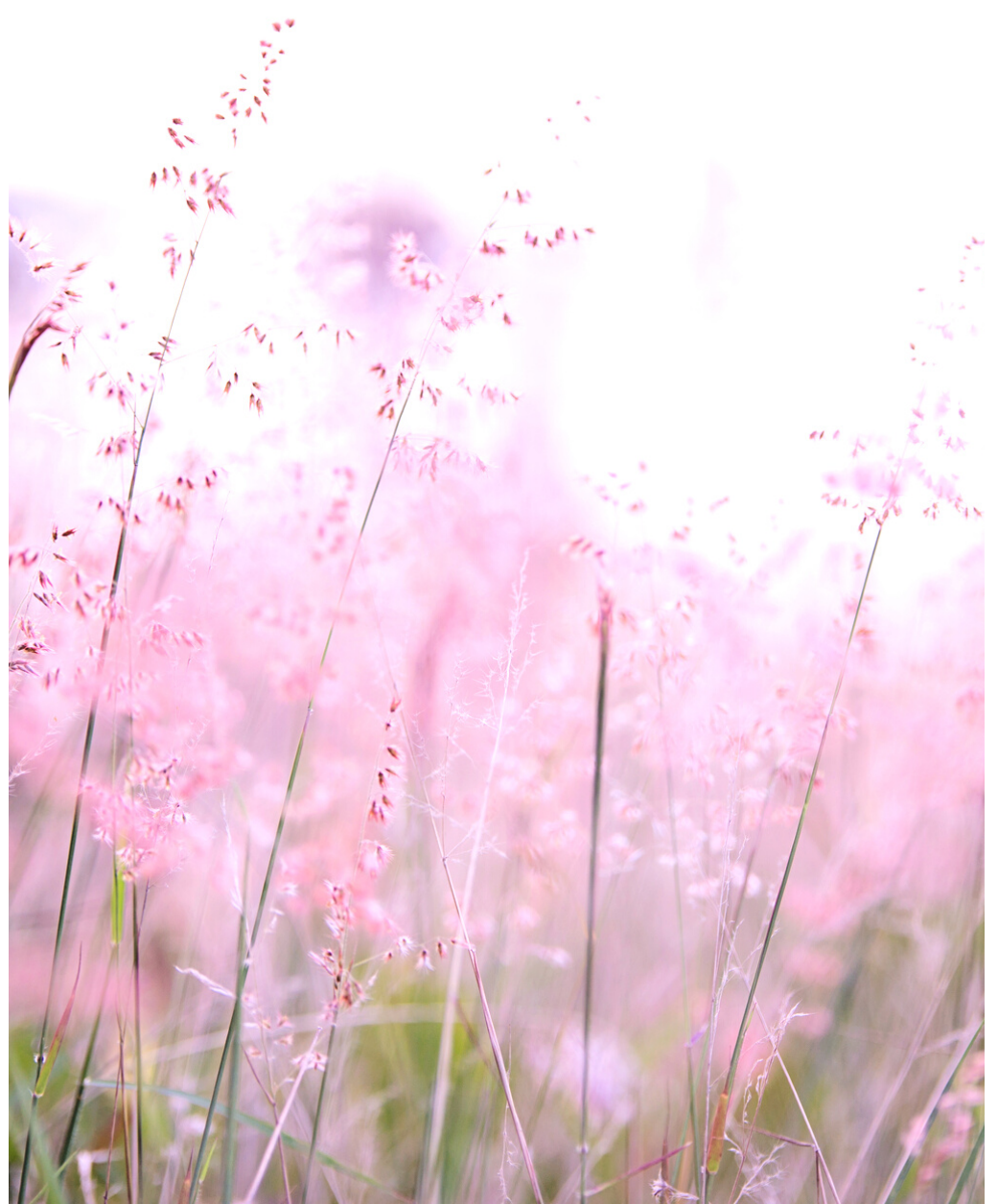




# STEP 6 "SOARING"

**Navigate a New energy Network of just being...**

Building on the new neural pathways discussed in Step 5, now is the time to enjoy your new energy network...all of the connections in your brain that support your new belief system of expectation. Enjoy the study, preparation, visioning, and performing of music in which you have personally invested time, energy and love of your art. Just Be the Music!







# STEP 7 "SOARING"

**Give Gratitude for the music in you; Go for that Grande Goal.**

We believe that gratitude is the magic ingredient to uplift our music to the level of love and service. It is our life passion, and we can hardly envision a day without music in our life. Music has brought us to amazing places in the world...to audiences of 30 in our home studio, to an audience of 30,000 people in Italy. It doesn't matter if we sing for one or for many. What matters is that we give thanks for the music in us, and go for the Grande Goal...to sing!!!!

