

# PRIMAL SOUNDS, FIVE ELEMENTS AND QIGONG

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I. INTRODUCTION: Years ago J. L. Chapman encouraged me to work with the „Primal Sounds“ as a voice-teacher and voice-therapist. In my own Voice-Concept „Integrative Voice-Therapy and Voice-Pedagogy, IVTP“ the “Primal Sounds” are combined with the „Voice-Function-Circle“ and the ancient Chinese system of „Qigong and the Five Elements“. This is an ideal correlation for body, voice and mind. We experience daily substantiation in our voice-work with singers and voice-patients about the efficacy of this concept for voice and health. A short explanation is given via PPT, followed by practical exercises with the whole audience.

II. METHODS: The first „primal sound“ of a newborn baby has led me to develop the „Voice-Function-Circle“ by asking the question: “When is the first moment of the human voice?” My second question: „What exactly happens in this very moment?“ has prompted the development of my Voice-Method „Voice Is Balance“. What does this mean? The whole body and mind system is involved in voice-production, and balance is the key for voice and wellbeing. The power of the voice results from the „physiological stretch-reflex“, the upright movement of the spine. We can experience this in a sitting or standing position.

With the exercises and the philosophy of the Chinese „Qigong“ we have effective means to enhance our mind and body balance as it relates to voice and health. The „Primal Sounds“ are included in the system of the „Five Elements“ which belongs to the ancient „Traditional Chinese Medicine, TCM“ system of health and well-being. All phenomena of human life are represented in these „Five Elements“ or „Phases of Change“: seasons, organs, emotions, weather, nutrition, and also the human voice. Exercises combining short „massage of the sensitivity organs“ together with the „Primal Sounds“ in this workshop, will lead us to the emotional sources of the voice and help us reach an even higher artistic level.

III. RESULTS: Substantiation of the efficacy of working with the „physiological stretch-reflex“ that we experience in our daily work with voice-patients and voice-professionals. Videos and photos from the Phoniatic Department of the „Landeskrankenhaus Salzburg“ which show the direct effect on the closing of the vocal cords, as well as in cases of organic voice problems, such as Paresis etc. We observe the best results in combination with „semi-occluded phonation“ (which, in my opinion, is not limited to tube and straw, but all utterances from coughing to speaking and singing, all consonants and vowels in different support). A common problem for professional singers is the fact that vowels are often very important to them, but consonants less so. Very often this results in a lack of support. For our voice-patients and singers we can underline the significance of balance. The main principle of voice and sound-production is the balance of two energies: Flow and Resistance. The system of „The Five Elements and Qigong“ including the “Primal Sounds” can provide us with many possibilities to enhance our body and mind with “balance-ability” for voice and health.

IV. DISCUSSION: This workshop will not only deliver theoretical information, but will also provide some practical experiences as well as discussion. The exchange of ideas and experiences with each other will create new challenges for speaking and singing voice in pedagogic and therapeutic areas.

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