

# VOICE VARIATIONS

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GYP Module 1

## HOW TO:

Before starting this exercise, pick a simple phrase to use. This phrase can be silly or serious, such as “I love you like a bunch of bananas!” After you have decided on a phrase you are ready to begin.

Now using your selected phrase...

- ❖ Repeat the phrase 10 times in your own voice
- ❖ Repeat the phrase 10 times with an accent
- ❖ Repeat the phrase 10 times in a soft whisper
- ❖ Repeat the phrase 10 times with a loud voice
- ❖ Repeat the phrase 10 times with extra dramatic flair (such as if you were a character in your favorite soap opera).

## LET IT FLOW

Pay attention and experience, the variations in your own voice, its cadence, pace, tone with how you typically hear it. Your clairaudience will come through in a variety of ways and could sound like your own voice in one of these forms!

## WHAT IT IS...

This is an exercise designed to help you to explore the sound of your own voice in your own head. This exercise may help you to differentiate clairaudient messages from everyday auditory experiences.

