BRIGHTER RESONANCE

What is Resonance?

Resonance is **how our vocal energy filters through our vocal tract** i.e. from the voice box up through the **mouth and nose.** A **"brighter" resonance** means that **the voice carries more higher-frequency energy,** making it sound less full and **more traditionally feminine.**

Resonance is different from pitch. *While increasing pitch can help create a more feminine voice, resonance plays a crucial role in shaping how your voice sounds.*

How to Achieve Brighter Resonance

Brighter resonance comes from bringing all the **vocal energy (vibrations) away from your throat / chest and into the front part of your face** to modify the sound This means:

- Using less **throat space** (pharyngeal space)
- **Raising the larynx**
- **Increasing nasal resonance** and **shifting vibrations towards the front of the face**

You will **feel a gentle buzz** in the front of your face when you have the resonance placed correctly. As you focus on bringing the vibrations onto your face, **keep your throat relaxed and make sure you don't squeeze your throat muscles** as this can cause strain. Make sure you are **positioned upright, keeping your shoulders relaxed.**

Exercises for Brighter Resonance

Start by saying the 'm' and 'n' sound for about 2 seconds each

- Place the palm of your hand on the top of your head and feel the vibrations from your head.
- Concentrate on these vibrations instead of listening to your voice.
- Try saying 'mm-hm' as if you are agreeing with someone or 'mmmm' as if you've just had something delicious.
- Once you find a buzzy 'm' and 'n' sound open out to a vowel e.g. M-ah, M-or
- Repeat 3-4 in a row e.g. mah-mah-mah-mah