# DARKER 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 **"darker" or "deeper" resonance** means that **the voice carries more lower-frequency energy,** making it sound fuller and **more traditionally masculine.**

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

## How to Achieve Darker Resonance

Darker resonance comes from **shifting vocal vibrations downward and forward.** This means:

- Using **more throat space** (pharyngeal space)
- **Engaging the chest** and **lower parts of the vocal tract**
- **Reducing nasal resonance** and **shifting vibrations away from the front of the face**

## Exercises for Darker Resonance

### Humming for Chest Resonance

- Place your hand on your chest.
- Hum on a comfortable pitch and notice where you feel vibrations.
- Try shifting the vibrations lower by relaxing your tongue and throat.
- Experiment with slightly lowering the back of your tongue to increase space in the mouth, lower the larynx, and increase pharyngeal space

### Open Yawn Posture

- Take a gentle yawn and feel the space open in your throat.
- Keep your tongue tip behind your bottom teeth
- Sustain an "oh" sound while maintaining that open feeling.
- Try saying words like "father" or "hot" with this open space. Always starting first with that open, dark, “oh” sound.

| | | |
|---|---|---|
| Moon | Home | Low |
| Moat | Bold | Hold |
| More | Strong | Stone |
| Mars | Open | Roam |