

—I—

Teach Yourself to Fly

Any number of persons sit in a circle facing the center. Illuminate the space with dim blue light. Begin by simply observing your own breathing. Always be an observer. Gradually allow your breathing to become audible. Then gradually introduce your voice. Allow your vocal cords to vibrate in any mode which occurs naturally. Allow the intensity to increase very slowly. Continue as long as possible naturally, and until all others are quiet, always observing your own breath cycle.

—X—

Sit in a circle with your eyes closed. Begin by observing your own breathing. Gradually form a mental image of one person who is sitting in the circle. Sing a long tone to that person. Then sing the pitch that person is singing. Change your mental image to another person and repeat until you have contacted every person in the circle one or more times.

—XII—

One Word

Choose a word. Listen to it mentally. Slowly and gradually begin to voice this word by allowing each tiny part of it to sound extremely prolonged. Repeat for a long time.

Variations:

1. As above, but increase the speed of each repetition as imperceptibly as possible. Continue beyond the normal pronunciation of the word until the repetitions are as fast as possible. Continue.
2. As variation one but when the top speed has been reached and maintained, reverse the process by slowing down again as imperceptibly as possible until the original utterance returns.

—XII—

One Word

Choose one word. Dwell silently on this word. When you are ready, explore every sound in this word extremely slowly, repeatedly. Gradually, imperceptibly bring the word up to normal speed, then continue until you are repeating the word as fast as possible. Continue at top speed until "it stops."

—XIV—

Tumbling Song

Make any vocal sound, but always go downward in pitch from the initial attack. The initial attack may begin at any pitch level. Go downward in a glissando or in discrete steps continuously. Go any distance in range, at any speed, dynamic or quality, but the breath determines the maximum time length of any downward gesture.