Three Improvisational Meditations for Voice

(for Jessica)

Note: These improvisations can be used personally or publically, as a performance. The length of each can vary from 15 seconds to 5 minutes, or more, or less.

PRELUDE: Eyes open or closed. Breathe a few times with intention, pay attention. Breathe a few times without intention, pay attention.

#1: What is the tone-color of your stomach/solar plexus? Does it change? Is it static? Make this sound audible using your voice, changing it as it changes.

#2: What is the rhythm/tempo or your heart? Improvise using this as the foreground, and at times, the background, but at all times, present.

#3: Imagine a sound that you’ve never heard before, or imagine a sound that you’ve never made before. Then think of a sound of comfort, love, understanding. Create an improvisation linking these two sounds.

Trevor Berens

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