

A LABAN PROCESS for singers!

1. Associate a verb with a phrase of a song , e.g.: "I...beg, resist, struggle" etc.

(See Sample List) Say it with total vocal embodiment of its passionate meaning!!

You might want to add another phrase to help you 'get it' eg: "I must know, or I'll go crazy

2. Find an action that embodies the passion of the verb in the whole body right down to your toes!!!! IT IS NOT ABOUT THE 'PLOT' THOUGH!

3. Repeat the action and the verb as a total embodiment of the meaning and passion of the verb!!

4. Repeat the action and the verb and include the (spoken) lyric. Let the spoken lyric be the climax ('strongest part') of the exercise. *** Continue the action STRONGLY!! as you say the lyric.

5. Repeat the action and the lyric only (spoken) BUT WITH TOTAL PASSION. --- EMBODY THE FULL EXPRESSION OF THE VERB!! BE AS SILLY AS YOU LIKE!!!!!!

6. Repeat the action with the lyric SUNG! With total embodiment of the passion of the verb!!!! **** Watch the part of you that wants to go into getting the notes 'right'!! **** STAY ABANDONED TO THE PASSION!!

THIS EXERCISE IS NOT ABOUT 'ACCURATE' SINGING!!

7. NOW, just sing it. Allow the passion of the verb, now present in your body's 'memory' to arise!!

8. Continue with the rest of the song. Of course, this process is time-consuming initially, but your body starts to catch on, and it will speed up as you loosen up more. It might take a week or so to get through the whole song at first.

9. Relax! Have a beer or some other celebration to reward yourself and mark the growth of the passionate singer / actor coming to life in you!!!

THE GOAL HERE IS NOT TO DISCOVER WHAT YOU ARE THINKING, OR EVEN FEELING WHILE YOU ARE SINGING BUT:

What is my body DOING while I am SINGING?