



Recognizing voice problems and solving them with the Echodot-method EP+[®] (Stimmproblematik erkennen und effektiv lösen mit der Echopunkt-Methode EP+[®])

Susanne Amberg Schneeweis

Presentation transcript:

I am very happy to be here and even happier to show and explain my method to you. I want to welcome everybody in the room!

I like singing and I also like to teach how to sing. I have always wanted to help people to develop their voices in the right way. We all are people who love our work. Let's enjoy our time together.

You all are proficient singers and you mostly teach and work with singers who also are proficient. But sometimes also proficient singers encounter a problem. They feel that they have lost their power and direction. That's where I come in. I can help to recover the ability to find their balance and harmony again. We all know: if we want to become a really good singer, we have to be able to sing in a wholesome way. We know singing can be fun and can bring deep happiness, but learning to sing in a professional way will often be difficult or may seem impossible.

I will introduce to you the principles of my method: The immediate awareness of body posture in ones' self and others. This involves the identification and self-awareness of physical blockages.

We want to elevate healthy vocal function through conscious **feeling**. If we realize a natural response of our body movements and breathing, then we have come full-circle in attaining inner energy.

When this happens, the result is achieving static & dynamic, consonance & resonance, rhythm & melody, and the appropriate rituals & symbols.

There are four aspects, which are represented in colours, which always occur in three steps:

Feeling = green **Doing = red** **Believing = blue** **Knowing = yellow**

Now you have found your center and boundaries. Using your capabilities and willpower, you will find inner oneness and harmony. From practice for practice.

Let us begin with something short and simple, as we did when we were infants. We start with beginning to smell and to taste ourselves – it smells good.

That is the very first step from speaking to singing. This very easy exercise helps to put people into their center. Look around you. Now everybody feels centered and is sitting upright.

Step 1: to smell and to taste.

„If you smell well, you will also feel well.“

Now step 2 is about tension. Let us laugh together – can you feel well? When you laugh, you can feel the tension in your face, in your chest and in your center – can you feel it?

Giggling is fun – now you can feel the air in your mouth. And now please think about coughing and do some coughing, then think about sneezing and do some sneezing. These are instinctive reflexes taken by our bodies involuntarily.

Even a smile signifies a certain tension. When you feel sympathy, you smile – you can hold the tension easily. So please imagine the tension of a smile and then do some smiling.

„And the singer's face shines with happiness.“

After step 1 – smell and taste and step 2 – tension, now we take

Step 3: the nose.

Please put your index finger on your nose bone and breathe out and in only through your nose ... – first slowly, then a bit faster.

Then imagine the **feeling** of the tickling in the nose before you sneeze. Can you feel it in the center of your head? Can you also feel it in the middle of your palate?

This is how you get to the place of your resonance.

This training may appear unconventional and perhaps seem a little crazy, but it helps to activate the most important part of our body: Yes, this is our nose!!!!

With the help of our nose we control the flow of air and it is most important to be able to feel and to keep the air as our source of energy and source of all beginnings. Breathing is the most fundamental reflex that remains intimately connected to body motion since our very first breath.

These three basic steps: smell and taste, tension and nose bring statics to body and mind through **feeling**.

The next triad of basic steps focuses on **doing** – it is red and begins with breathing – we know this is a reflex from birth.

The following three steps bring resonance.

Step 1 – breathing like water

It is necessary to find a good and healthy way to control the flow of air. As we cannot see the air, we need an image and a representation for it - please imagine water!

We know for almost 3.000 years, ever since Heraklit has explained so:

„Panta rei“ - everything flows!

We have three options to let the air flow like water in our mouth:

Our tongue – s s

our teeth – f f

our throat – ch ch

It is necessary to feel the balance in the flow of air between breathing out – from rear to front – and breathing in – from front to rear. It is important to learn how to manage this balance. Let the breath like water flow down through your entire body effortlessly and with pleasant ease.

Breathing slowly, your body will relax deeply.

Breathing very quickly – like panting – your body will regain its energy right away.

If you ever feel that your sounds or breathing are blocked, return to the basics and remember these exercises – s – f – ch

Step 2 in our second triad – **doing**: the tongue

The tongue activates the resonance of the head. Now we will start to feel our tongue, to practice with it.

Try and move your tongue along your upper teeth from left to right and back again, then down to the lower teeth. Move your tongue from left to right and back again.

And now please put the tip of your tongue behind your upper incisors – I call this the basic point – and try: d d d – t t t and s s s – l l l li li li .

My method focuses on this basic point, because it is responsible for closing the bodies' streams of energy.

You can feel the flow of air in your mouth – like a liquid – and then you can capture and hold the air in your mouth – ts → tsnn. It is the beginning of saying: nnnno!!! – a tension arises, as we have already experienced in step 2 – **feeling**
or like asking – nnnn??? – or like wondering – ts ts ts – li li li.. .

Can you feel the resonance in your head?

Can we feel our body opening up?

Now we have arrived at step 3 – our lips.

Let's try to get our lips to blow a kiss! What is happening, when we kiss? We think we know, but we don't. It is a very popular action in our life. Think of the International day of kissing, the 6th of July. While we believe that we are giving something when we kiss, air and breath, this is not so. We actually take in air and breath, when we kiss.

And now please – not, what you are thinking – now please let your lips feel your favourite food: pfmh – this will activate the resonance in your chest. And that's the ideal sound to calm down: pfmh – you are doing so well.

The wonderful muscles of your lips can help to relax your whole body. The lips have this power because upper and lower lips together form a circle. This completes the energy cycle – the energy flow of the body.

Now we continue in this triad and start practicing: please imagine you are a horse and we can neigh like a horse – pfrrr –with our arms and hands forming the figure 8, vertically and horizontally. This is how we can experience the unity of our body's movements and sounds.

This is the source of creative vitality.

Learning by **doing** is the best way!

Now we have enough tools for singing and we return our attention to the third aspect which is named „**believing**“. It comprises rhythm, sound and melody. The colour is blue.

Step 1 - rhythm.

The greatest help for speaking and singing in German language is to pronounce the plosives clearly. Please let us enunciate with the lips – p p p – with the tip of the tongue – t t t – with the base of the tongue – k k k. These are the hard plosives: p t k – k t p !!! In the same way but with less air we can pronounce soft plosives: with the lips b b b – with the tip of the tongue d d d – with the base of the tongue g g g – b d g – g d b.

Rhythm is the basis for all types of music, for instance when marching – 1 2 b p d t g k – or when we dance 1 2 3 bdg gdb ptk ktp. These exercises may seem easy, but they are absolutely indispensable to find a way to a mentally powerful and vitally strong enunciation. These exercises lead us to experience how polarity works in our body, swinging between opening and closing the energy circle, because we now both feel and know about this vital polarity.

Now we come to the essential point of sound – the J : Yes – yeah – you – I – playing Jojo by calling Jöö – it is greatest fun!

We bring the plosives p t k together with the streaming sounds s and f.

p and f makes pf and brings pfm → m

t with s makes ts or c and z and brings zn → n

k with s makes ks or x and brings ksng → ng

This ng leads us to the narrow of the throat and brings us to the sound J [jɔt]. By making these unions between the plosives ptk and the streaming sounds s and f, you are engaging in a love act. Such a wedding brings us the children m n ng and j, which I call the sounders – in German „die Klinger“. M n ng makes in German „meine Enge“, my narrowness, which brings about the

essential sound J. Now we can understand and have trust in the role of sound in our lives, because we are really **feeling** that sound is a lovely child of the power that rests in polarity.

These polarity exercises help us reach the next step:

We continue with step 2 – sound

The labial V is holding and keeping the sound. The English V, which is the equivalent to the German W, provides us the key to produce the right sound in all its clarity and power. To bring the upper teeth on the lower lips and keeping this position helps to train the muscles of the jaw, which is the most important joint of the body for enunciation.

There is only one step from speaking to singing.

Let us take some time to practice some sounders.

With piano accompaniment:

1. Rufferz and Quint, ... Kuckuck, Wuff, Miau, J, no,
2. Quart, SOS calling, LNM, W, MNNG
3. Quint and Sext na sowas, na sowieso
4. Octave, Septime and Decime lululustig, Halleluja
Sound is an expression of power and strength!

We have reached the last step of our third aspect „**Believing**“ – No. 3, Melody.

Our oral cavity should feel pleasant and comfortable. We have practiced

barking like a dog – Wuff,

meowing like a cat – Miau,

cuckooing and singing like a bird – Cuckoo and

neighing like a horse – Pfrrr.

Now we can whistle like a happy, cheerful person.

This is the best way to put yourself in touch with your innate ability to express yourself freely.

Let us sing the wonderful Kanon of Leonard Bernstein, „Warm-up“ – dubing (F/4).

There is a world famous Kanon that can also help: „Shalom chaverim“ (d/4).

I like to hear people singing or whistling or laughing
when they are happy!

We now arrive at the fourth aspect, „**Knowing**“. To know and to apply rituals and symbols is a great help. **Knowing** is represented by the colour Yellow.

Step 1 is vitality, step 2 challenge, step 3 my method EP+®

Step 1, vitality, is a process: first power of traction and then power of pressure. In Italian „la vita“ is also the name for the waistline. It is necessary to find the power in the pelvic room. The

question: „Can you tilt?“, brings the answer: „Yes, I can hold the power vertically and horizontally“, and then the body automatically works diagonally.

Holding our lower lip with the upper teeth helps to train the jaw muscles. The most important joint of the body for all matters of life is the jaw joint, especially for singing. As soon as you feel the polarity in your own body, the training situation becomes a friend and you feel comfortable.

We are always right when we have much time to relax. We know this is yawning, stretching, extending, smelling, tasting, laughing, smiling and so on. Sometimes we need courage to do this, because in society relaxing is not well accepted. We need to allow ourselves to relax again.

Please do it now! I will relax and I can relax!

There is only one step from speaking to singing – by waving with our hands, nodding the head and calling „Hallo“ and „Hallihallo“. It is as simple and easy as was playing in childhood.

Here again the quote of Pablo Picasso: Every child is an artist.

The problem is remaining an artist as you grow up.

In the fourth aspect „**Knowing**“ we now come to step 2 „challenge“

Educating yourself to make quick decisions is a win-win-situation. A good singer breathes deeply, has good posture and a good balance between his head- and chest-resonance. The aim is finding harmony between **feeling** and **knowing** about the right steps in singing, dancing and playing. If we want to become a professional singer, dancer, actor, it is a lifelong challenge to improve ourselves and to gain self confidence day by day. This is necessary to be successful in singing, dancing, acting and also in teaching.

We all have to learn that it is important to take care of ourselves.

In French, English or Italian, the languages sound by themselves, whereas in the German language you need an extraordinary amount of power to produce sound.

Therefore it is especially important to guide the flow of air.

Let us try for instance in French: „Sur le pont ...“ It is easy to hold the sound. Now in English: „beautiful“ – again you can hold the sound easily. In German this is „Schön“.

Sch Once the air has left your mouth, the energy and power are gone. So keep in mind to be careful to hold the air inside and lead the flow of air towards the head: AHA.

Please remember our helpful exercises!

Every difficulty is an opportunity for a challenge to be overcome!



We now come to my method Echodot plus – the 3rd and last step.

P T K – the three plosives, form in the German language the words „Punkt“ and „kippt“ - in English „dot“ and „tilt“. The energy of tension runs through the body by holding concentration, centering and motion.

The sound of our voice produces an echo in the room, in yourself, in your own body, and in other people.

Therefore my method is called Echodot plus : Echopunkt +
The simplicity of EP+® pleases.

Power and strength is maintained

EP+® helps to find the balance of body and mind.

EP+® focuses on restoring the unity of vitality as well as physiological, psychological, mental and spiritual processes.

On this topic I have so far published four books.

My first one was published in 1989, my last one in 2018 and the accompanying set of cards in 2021.

Although the concept of being differs from culture to culture, there are some things that are common all over the world:

We should never lose hope and should find peace!

Let yourself be inspired and bring out the best of your self image and self satisfaction.

From the bottom of my heart, I wish you all to be happy and have all the luck in the world!

EP+® offers constructive ways for achieving balance
through a holistic understanding of the interrelationships

The principles of my method EP+®

Susanne Amberg Schneeweis

There are four aspects: **feeling** – **doing** – **believing** – **knowing**
which always occur in three steps:



	Nr. 1	Nr. 2	Nr. 3
I. Feeling	Smell + taste	Tension	Nose
II. Doing	Breathing like water	Tongue	Lips
III. Believing	Rhythm	Sound	Melody
IV. Knowing	Vitality	Challenge	EP+®

Statics + dynamics consonance + resonance rhythm + melody rituals + symbols

Finding (back) to unity and harmony in the
mastery and intentionality of centering and right measure.

Susanne Amberg Schneeweis

Studio zur Stimmbildung + Körperschulung
1080 Wien, Lerchenfelder Straße 66-68/1/1/64
Tel.: 01 407 66 78, mobil: 0688 8322 322
E-Mail: s.amberg.schneeweis@gmx.at