



MIND SOUL VOICE

A Path to Vocal Freedom

DOT TODMAN

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BY

DOT TODMAN

www.corevocalpower.com

MIND SOUL VOICE by Dot Todman

(Previously titled **Finding Your Core Voice**)

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A unique vocal training method
that reveals to the singer how
naturally powerful and dynamic
their voice truly is.



To gain the most advantage out of this book,
use it in conjunction with the companion ***Mind Soul Voice***
Workbook. Visit corevocalpower.com to purchase, download,
and print your copy today.

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INTRODUCTION

Our voice is one of the most powerful and immediate tools we have to communicate with, whether it's through song, speech, or simply to order a pizza! We use it so frequently that we give it very little thought, until it comes to using our voice professionally, or under some sort of realized "expectation." This is when it can take on a whole new meaning for us.

In today's world, we are taught from an early age that in order to achieve or succeed at anything, we have to work hard. We were probably told that we have to go out and do something or achieve something in order to be great, or even feel great. In other words, without putting forth a lot of struggle and painful effort, we just won't amount to anything spectacular. Success is earned, period.

Growing up in a society that approaches almost everything from this perspective, it's no wonder that our tendency is to want to control instead of to allow. To control is to micromanage, manipulate, push, force, and mold our circumstances, while to allow is to align, trust, surrender, and flow naturally within them.

Since most of us are controllers, we approach our voice with the same controlling mentality. We approach it with the mentality that "In order to sound great, it's going to be hard work." Unfortunately, this kind of mindset will only result in creating a voice that is "off balance" in one way or another. Then before we know it, we grow frustrated with ourselves because we aren't getting the results we want. Consequently, we try to control even more; and, around and

around we go, only to discover we keep reaping the results we don't want.

The good news is, by understanding that you don't need to control your voice—that you allow it—you'll soon be on your way to letting it settle into its natural alignment, using *CORE Vocal Power*. With CORE Vocal Power® you open yourself up to experience the vocal freedom and expression that you may have thought was never possible for you.

The information in this book will give you insight, and knowledge to help you develop a new perspective on how to use, work with and care for your instrument.



PART I

Aligning

“Every human being’s essential nature is perfect and faultless, but after years of immersion in the world we easily forget our roots and take on a counterfeit nature.”

—Lao-tzu

chapter one

WHAT IS MY WHOLE INSTRUMENT?

If you said, “the voice,” you’re actually less than 33% correct. Does that surprise you? I’ve discovered that our whole instrument is made up of three components, and the voice is only a small part of one of them. Let me illustrate with the two scenarios below.

Scenario 1:

❶ Have you ever found yourself singing a song and while you’re singing, a limiting thought pops into your mind like, “Oh no, here comes that high part where my voice always cracks!” ❷ Then, you begin to notice that you’re feeling anxious and your body tenses up as you brace yourself for that approaching high note. ❸ Inevitably, you miss that high note, and your voice cracks.

Scenario 2:

❶ Can you recall a time when you were singing, and while you sang, an allowing thought popped into your mind like, “Ah, I love how I feel right now!” ❷ Then, you begin to notice that you are

feeling joy and your body is relaxed and free. ❸ Hence, your voice sails through each note effortlessly.

Each of these scenarios have three things in common. Did you notice what they were?

Our whole singing instrument is made up of: ❶ the Mind (our thoughts), ❷ the Soul (our feelings), and ❸ the Body (which includes our vocal cords, genetic disposition, and our body's physical response to our thoughts and feelings).

When any one of the three parts of our instrument is out of balance, it will likely result in a sound that is undesirable, as shown in Scenario 1. In Scenario 2, notice how the present *thought* created an accepting *feeling*, and resulted in a free voice. Wouldn't you rather sing from a free instrument, than a stressed-out, tense one? As you begin to gain awareness of how your thoughts and feelings affect your voice, you'll truly be on your way to finding *your CORE voice*: your authentic, powerful, confident voice. This program is about creating the most favorable conditions for your natural voice to emerge—from your CORE. This means that we are focusing on the inner-work first, (core) and then the outer work (vocal power).

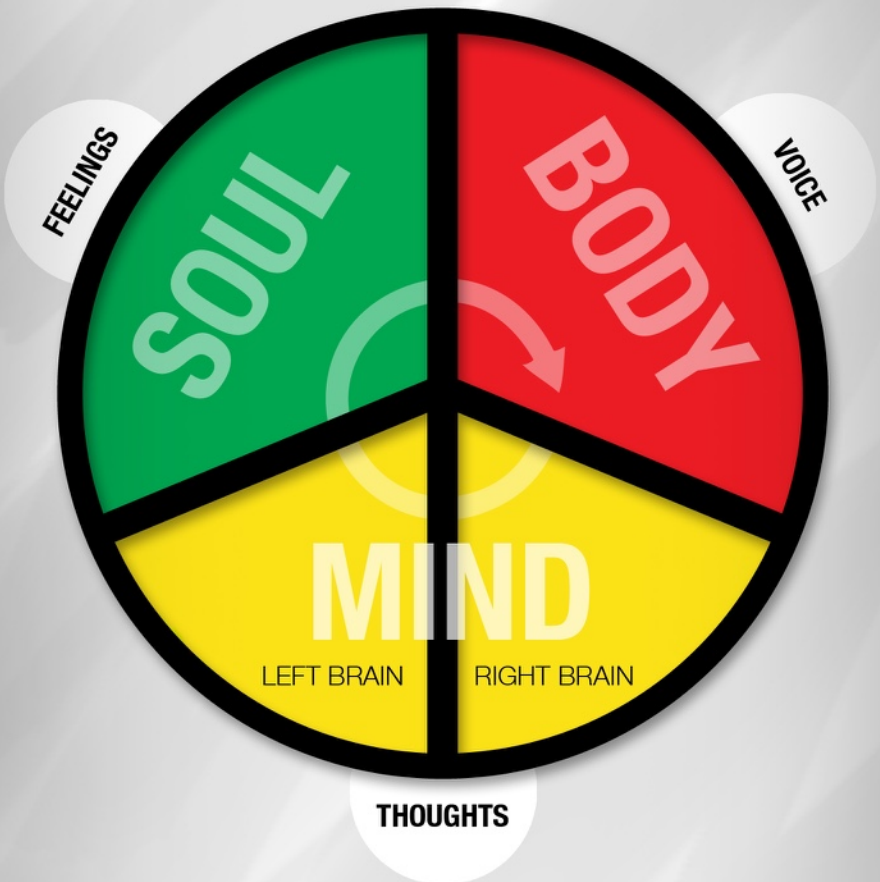
The method of balancing all three areas of your instrument and understanding how they reveal your naturally powerful and dynamic voice is what I call CORE Vocal Power®. I will be referring to *core vocal power* throughout this book.

Turn the page to see a visualization of what a balanced instrument looks like.

The Singer's Peaceful Instrument

Your whole instrument is more than just your diaphragm and your vocal chords; it's your entire being.

Thoughts + Feelings = Voice



reflection questions for you to consider



Based on what you just learned about your whole instrument, take a moment and see if you can complete all of the blanks in the following statements. You may refer to the back of this book, for the answers.

My whole instrument is first my _____, then my _____, and lastly, my _____, which includes my _____.

The best way to have a powerful and dynamic instrument is to make sure it is _____.

The _____ singer's instrument makes a peace sign because when the singer is in _____, they're peaceful and can access their CORE Voice.



CAUSE AND EFFECT: SINGING FROM THE INSIDE OUT

*“[Words] have power, not by repetition,
but by belief and acceptance.”*

— Ernest Homes

The most rewarding thing about being a vocal empowerment coach is seeing a student realize that finding their core voice does not have to be difficult. When a student has this epiphany, her whole disposition suddenly becomes more relaxed. Quite a few have even shed tears of joy.

I’ve already established that our instrument is the accumulation of three things: ❶ Thoughts (Mind), ❷ Feelings (Soul), and ❸ the Voice (includes Body). So now, let’s examine briefly how they affect one another.

Thoughts + Feelings = Voice

Cause  Effect

What we think and feel is what I refer to as our *inner voice* or *inner dialogue*, which serves in this model as the cause. For example, you may think, “My voice is going to crack on the high part...” or feel afraid to make a mistake in front of people. The actual sound quality of our voice is what I like to refer to as the *outer voice*, and is the effect or result of those thoughts and feelings. In this case, the effect will most likely be that your voice sounds shaky.

Too often, singers look at me in disbelief and confusion, when I tell them to pay attention to what they do well as a singer. They feel that if they disengage from their inner critic (which is what most of singer’s *inner dialogue* really is), there’s a good chance their voice won’t deliver the desired results. All the while, they are unknowingly stifling their own vocal freedom.

In order to illustrate just how important the cause and effect relationship of our instrument is, and how learning to sing is unique from learning any other instrument since it’s connected to our “vocalized” soul, try the following exercise.

Begin to treat your voice with the same care you would a child (or best friend). It’s easy to understand that by yelling at a child, by harshly criticizing him or her, and by only looking at what they do wrong, the child’s growth and confidence will most likely be destroyed, resulting in resentment, fear and bitterness (which we tend to bury or “stuff”). On the other hand, if we take time to listen with compassion, become aware of the child’s strengths, and patiently love him or her unconditionally, the child is bound to grow into a confident and balanced adult.

Finding your *CORE voice* works the same way. Arianna Huffington understood this principle when she wrote, “The more we refuse to

buy into our inner critics—and our external ones too—the easier it will get to have confidence in our choices, and to feel comfortable with who we are.” My CORE Vocal Power® method will teach you how to have the courage to let go of the inner critic and boldly move into confident, vocal freedom.

As you begin to practice this approach to your voice—handling your voice with care, awareness, and patience—you will most likely experience a shift in how you feel about it. You may even notice a lighter, happier feeling around your vocal expression.

Now is the time to begin experiencing your natural voice at a whole new level!





reflection questions for you to consider

Based on what you just learned about singing from the inside out, take a moment and see if you can complete all of the blanks in the following statements. You may refer to the back of this book for the answers.

Thoughts + _____ = _____.

When it comes to the _____ of our singing, our inner voice is the _____, while our outer voice is the _____.

Most people's inner voice is a _____.

One way to make our voice empowered is to focus on our uniqueness, treating our voice as if it we're our _____ _____.

When you experience a _____, _____ feeling around your vocal expression, you know you have shifted in awareness, opening the door for empowerment to emerge.



chapter three

DO I NEED TO BE FIXED?

Absolutely not! There is nothing wrong with you or your voice. Yet, this doesn't change the fact that most students come to me, hoping I will wave a magic wand and "fix" them.

Oftentimes, they want me to give them a quick vocal trick to mask an issue they have with their voice (which used to be my approach to coaching long ago before I knew better), instead of addressing the root of their problem. The root stems from where the quality of their sound really comes from (thoughts + feelings).

So, the first step is not addressing what needs to be "fixed." It's really about the student shifting their perspective about their voice. When this positive shift occurs, the "problem" naturally fades away, and the student discovers *core vocal power*. From there they are able to build a solid foundation to being empowered as a singer in all singing environments.

Having said this, I do acknowledge that there is an actual science behind creating a more refined voice; however, in order for that science to work properly, the entire instrument has to be in balance.



Many singers choose to only focus on their past weaknesses (caterpillar), which hinders growth. By focusing on their strengths (the butterfly), we allow growth and evolve into empowered singers.

Hopefully by now, you understand what I mean by the entire instrument, which is the mind, the soul, and the voice.

Sadly, few vocal coaches have grasped this truth. Most of the vocal training programs available today don't always work for the singers who study them because those programs only address the voice (outside), while neglecting the thoughts and feelings (inside). In my opinion these vocal training programs are incomplete because they only address 1/3 of the instrument, leaving many singers frustrated

because they are not getting their desired results. The first thing to realize is, you want to be singing—or speaking—with *core vocal power*. In order to do that, refrain from seeing your voice as something you need to fix from the outside, on a physical level. Instead, begin to think of it as something that will transform from within you, beginning with your thoughts and feelings.

When you are in alignment with what you like about your voice, and notice what you do well, it becomes much more free and more apt to cooperate with you. (It's also good to do this because our brain is naturally wired to do the exact opposite.) If you don't yet know what your strengths are, spend time finding out. Think about your favorite singers and why you like them. Realize the truth that the qualities you appreciate in others live within you, only they might be less developed. For example, if you feel your favorite singer is “soulful”, then it is more than likely that you have the seed of this quality in yourself or you would not align with it in someone else. Work at developing your valued qualities from the truth of who you are. Align with that truth from within yourself and work at being okay with letting it show.

The beauty of vocal expression is realizing that just like our fingerprint, we each have a unique voice, or “vocal imprint,” which has the potential to leave a powerful impression on the minds and hearts of those who hear it. In short, there is nothing about your expression that needs to be fixed. The secret is in beginning to appreciate your uniqueness, which is on the path to realizing your fullest vocal potential.



reflection questions for you to consider

Based on what you just learned about being “fixed”, take a moment and see if you can complete all of the blanks in the following statements. You may refer to the back of this book for the answers.

Most vocal training methods only address _____ of the instrument.

When we are in _____ with what we like about our voice, it becomes more free, and more likely to cooperate with us.

Don't focus on past weaknesses, instead look at the _____.

The secret to finding your CORE Voice is to begin and appreciate your _____.

A good way to practice finding our strengths is to listen to our favorite artist(s) and notice what we _____ about them. From there, we can acknowledge that these same _____ live within us.



chapter four

BEGIN WITH THE MIND

*“If our mind is balanced and clear,
we will be able to connect to something
much deeper when we sing... our soul.”*

—Dot Todman

Our mind, the first part of our instrument, plays a huge role in how we use our voice. Over the years, I have noticed how the right brain and left brain function while we sing. Surprisingly, I discovered that each side of the brain can directly influence how we feel about our voice, our pitch accuracy, intonation, rhythm, freedom, and how we approach singing a song.

Ideally, you want to aim for a balanced cooperation between the right and left side of the brain. Generally speaking, it's easier to approach singing through the right brain, but as I've noted above, a balanced mind wired correctly will give you access to your Soul (or core), and optimally this is where you want to sing from. When you have access to your *core voice*, you will sing from a powerful, authentic, knowing place that springs from within you.

When I work with singers one on one, I initially prefer to identify the characteristics of the right and left brain as they apply to that

student. For your convenience, I've compiled a check list below for you to consider—one for each side of the brain.

Without putting too much thought into it, or negatively judging yourself, simply check the item on each row below that you identify with the most, or may describe you in some way.

- | | |
|---|---|
| <input type="checkbox"/> I use logic | <input type="checkbox"/> I use feelings |
| <input type="checkbox"/> I am detail oriented | <input type="checkbox"/> I am "big-picture" oriented |
| <input type="checkbox"/> I use facts | <input type="checkbox"/> I use imagination |
| <input type="checkbox"/> I use words and language | <input type="checkbox"/> I use symbols and images |
| <input type="checkbox"/> I live in the present and past | <input type="checkbox"/> I live in the present and future |
| <input type="checkbox"/> I prefer math and science | <input type="checkbox"/> I prefer philosophy & religion |
| <input type="checkbox"/> I comprehend easily | <input type="checkbox"/> I can "get it" (i.e., meaning) |
| <input type="checkbox"/> I am knowing | <input type="checkbox"/> I believe |
| <input type="checkbox"/> I acknowledge | <input type="checkbox"/> I appreciate |
| <input type="checkbox"/> I use order/pattern perception | <input type="checkbox"/> I use spatial perception |
| <input type="checkbox"/> I know object names | <input type="checkbox"/> I know object function |
| <input type="checkbox"/> I am reality based | <input type="checkbox"/> I am fantasy based |
| <input type="checkbox"/> I form strategies | <input type="checkbox"/> I present possibilities |
| <input type="checkbox"/> I am practical | <input type="checkbox"/> I am spontaneous |
| <input type="checkbox"/> I play it safe | <input type="checkbox"/> I like risk taking |

Now total how many boxes you marked in the left column and write that number in the left square on the next page. Then, do the same for the right column, placing the total in the right square.

Left Brain

Right Brain

If one total is higher than the other, it's likely that side of your brain functions as the most dominant in your daily life, which includes when you sing.

Most people use both parts of their brain, but not always in ways that are advantageous to them, particularly when they sing. For example, a singer who tends to be detail oriented (left brain) might try to use this skill while she is singing. If she does this, it will get her into trouble because listening to detail while she's singing will block the natural flow and feeling of what she's singing about. As a result, her voice will sound mechanical and without heart or passion. It would better serve her, in this instance, to tap into her right brain, which allows her to tell the “big-picture” story of the song while singing and deliver the heart of the song's message to her audience.

On the other hand, had this same singer needed to write out the musical notation in preparation for a performance, her left brain would have served her perfectly in this mathematical function.

Knowing how to naturally use both sides of your brain in a cooperative way—knowing when and how to apply their unique advantages—is what my CORE Vocal Power® method will give you. As a result, you'll begin to experience your natural *core voice* as your mind becomes balanced and free enough to allow you to express yourself musically from your soul.

Please Note: It is acknowledged that the mind is much more complex than the right (creative) and left (analytical) brain. However, the above list provides a great beginning for people to understand their natural tendencies and perceptions as it relates to vocal expression.



reflection questions for you to consider

Based on what you just learned about beginning with the mind, take a moment and see if you can complete all of the blanks in the following statements. You may refer to the back of this book for the answers.

When singing, it's best to approach singing from the _____ brain, but it's important that there is _____ between both sides of the brain.

A balanced mind, wired correctly will give you access to the _____, and this is where we want to sing from.

Using more of the left brain might come in handy if you had to _____ musical _____. On the other hand, the right brain would come in handy if you needed to sing with more _____.



chapter five

HOW TO TRUST YOUR VOCAL EXPRESSION

[command vs. control]

*“To the extent that we align with our true nature,
we are happy and feel whole.”*

— Gregory Toole

It never ceases to amaze me when singers tell me they want to learn how to control their voice. As I mentioned in the introduction, to control is how we’ve become accustomed to operating in the world, which demands that we constantly strive, manipulate, monitor, and push against what is natural. In truth, control is an illusion that most of us subscribe to because it offers us a sense that we’re running the show and calling the shots. Interestingly, if we have a need to control, what we are really saying is that we have no control.

chapter eleven

THE END IS THE BEGINNING

“What lies before us and what lies behind us are small matters compared to what lies within us. And when we bring what is within out into the world, miracles happen.”

—Henry David Thoreau

We are all unique human beings who may shift in and out of the seven challenging stages throughout our vocal journey. After reading through these modes, you may have found current aspects of yourself in various categories. Perhaps, as you were reading this, you even remembered back to a time when you possessed those traits but have now moved on.

We’ve all made mistakes as singers. The question is: **Are you ready to move beyond them without self-punishment and turn your mistakes into strengths?**

As I’ve reviewed the seven modes of singers in preparation for this book, I’ve recalled aspects of myself in each group and how they’ve manifested at different times along my own vocal journey. Deep

down I continued to trust that I was doing something right, stayed focused on surrendering to the process of vocal mastery, and continued loving myself—like that best friend I mentioned at the beginning of the book.

Perhaps, the **courage** to be persistent is our greatest asset. We don't always have to get it on the first try, but as long as we are persistent we can achieve anything, and once we evolve through the seven different modes, we can access our *core voice* and become empowered singers.

If you only get one message from this book, I hope it's that you realize that anyone can find the inner-strength to close an old chapter that wasn't serving them well, and begin anew!

I outlined the seven modes of singers to help you build personal understanding and awareness about yourself. Once you notice them, combine that knowledge with my CORE Vocal Power® method, which you can use to make the necessary adjustments and shift out of the imbalanced modes.

Fundamentally, I believe that everyone has vocal potential, but many quit because they don't understand their instrument, and might mistake one of the seven modes on their path as a weakness that can't be helped. Instead, we can see them as a necessary part of our journey to make us stronger singers, and choose to explore the possibility of having an empowered voice.

CORE Vocal Power® is a method of bringing the Mind, Soul and Body into harmony. This integrative system provides the “how to” for addressing the modes of vocal empowerment using:

Exercises that address and center the **mind**

Exercises that address and heal the **soul**

Exercises that address and build the **voice**

I'm sure you realize by now, that singing is a process that involves all of you, not just the two muscular folds in your larynx! The great news, is that CORE Vocal Power® will teach you to acquire beneficial skills that go far beyond creating an amazing voice.

CORE Vocal Power® takes you on an inner journey, providing you with empowering principles. These will help you achieve more confidence, awareness, creativity, soul connection, and success in manifesting your vocal dreams from the inside (CORE)–out (Vocal Power)!



“...because empowered singing is more than just hitting all of the right notes.”

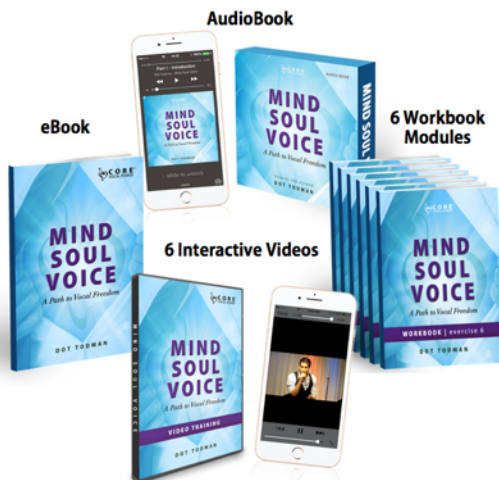
—Dot Todman, Vocal Empowerment Coach



WANT TO LEARN MORE? Get the entire book [here](#)

or

**[CLICK HERE](#) TO WATCH A BONUS VIDEO
THE INTRODUCTION TO MIND-SOUL-VOICE:
A PATH TO VOCAL FREEDOM**





For more information about **Dot Todman**
and the [CORE Vocal Power® method](#)
or to learn about [private vocal sessions](#),
please visit dottodman.com
or call (310) 497-6193.

BlesSINGS!

the reflection question answer section



Questions from Page 5:

My whole instrument is first my **mind**, then my **soul**, and lastly, my **body**, which includes my **voice**.

The best way to have a powerful and dynamic instrument is to make sure it is **balanced**.

The **balanced** singer's instrument makes a peace sign because when the singer is in **balance**, they're peaceful and can access their CORE Voice.

Questions from Page 9:

Thoughts + **feelings** = **voice**.

When it comes to the **quality** of our singing, our inner voice is the **cause**, while our outer voice is the **effect**.

Most people's inner voice is a **critic**.

One way to make our voice empowered is to focus on our uniqueness, treating our voice as if it we're our **best friend**.

When you experience a **lighter, happier** feeling around your vocal expression, you know you have shifted in awareness, opening the door for empowerment to emerge.

Questions from Page 13:

Most vocal training methods only address **33%** of the instrument.

When we are in **alignment** with what we like about our voice, it becomes more free, and more likely to cooperate with us.

Don't focus on past weaknesses, instead look at the **strengths**.

The secret to finding your CORE Voice is to begin and appreciate your **uniqueness**.

A good way to practice finding our strengths is to listen to our favorite artist(s) and notice what we **like** about them. From there, we can acknowledge that these same **qualities** live within us.

Questions from Page 17:

When singing, it's best to approach singing from the **right** brain, but it's important that there is **cooperation** between both sides of the brain.

A balanced mind, wired correctly will give you access to the **soul (core)**, and this is where we want to sing from.

Using more of the left brain might come in handy if you had to **write** musical **notation**. On the other hand, the right brain would come in handy if you needed to sing with more **emotion**.



Dot Todman is a world class Vocal Empowerment Coach known for her award winning holistic approach. She began teaching music at the age of 14, earned three degrees in Theatre Arts Education, Psychology and Music and has since taught in schools, written and directed for choirs of more than 300 people, and coached singers, actors and speakers of all ages for over two decades in all styles and levels.

After surviving a debilitating surgery, Dot committed to a path of self-healing by applying chakra awareness along with mental discipline, positive thinking and daily breathing exercises. This experience helped her create C.O.R.E Vocal Power®, the revolutionary method that addresses a variety of vocal issues. The powerful program has helped singers, actors, public speakers and entrepreneurs fall in love with their voices and perform far beyond their own expectations.

Dot has been featured on NBC, MTV, KTLA5, TV Guide, Gibson, KPFK, Idol Chat, UBN Radio, LA Talk Radio. She currently lives in Los Angeles, California.