

MMMMMMM: atune to your inner voice and vibration. Low and soft tone

HAAAAAAAAA: upward energetic movement. Start soft and allow voice to expand slightly. Allow jaw to relax as you hold the tone for your comfortable exhale

NAAAAAAAAAH: downward energetic movement. Start louder and allow voice to soften slightly. This sound comes from the nasal and should sound like you are gargling. Allow jaw to relax as you hold the tone for your comfortable exhale

HREEEEEEEEE: Horizontal broadening of the vocal tissues; stimulates the muscles of the face and the vagal nerve paths. Give it a big smile shape and show your teeth as you extend your exhale comfortably with the tone

HNUUUUUUU: pointed at the pituitary gland, stimulating sensations in your forehead and prefrontal cortex. Pucker your lips and crinkle your eyebrows. Make your face look like an angel fish

OOOOMMMM: Expansion of the sound vibration. Equal parts of O and M. If your O is 3 counts, make your M 3 counts (or whatever length you can handle). The sound is on exhale so as long as your exhale is, split it in half and use each half for the O then the M

ANNNNNNNN: Vibrates the back of the head and stimulates the vagal nerve. Lips are slightly parted and tongue rests on the ridge about 1/3rd the way back from your upper teeth on the upper pallet.

HAMMMMM: Vibrates the front of the head and face and stimulates the nerve endings in the face also attached to the vagal nerve center. Lips very lightly touch and mouth is lightly closed for the duration of the sound.