

## **"HOW TO STOP PUSHING YOUR VOICE"**

by Roger Burnley

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One of the main problems singers experience is either losing their voice or becoming hoarse after singing for an extended period of time. This is a result of the larynx or voice box, as it is commonly called, being "pushed" up or out of position while singing or even speaking.

I'm sure most of us have seen singers or even ourselves, have the veins on the sides of the neck protrude and become very prominent while performing. In certain cases this can lead to more serious vocal problems such as polyps or nodules. Everyone has a different way in way they physically produce sound, whether singing or speaking, so it is advisable to obtain professional guidance in addressing this problem and begin to develop new habits.

There is one idea that the singer may use to help correct the problem of "pushing" for high notes. Begin with first feeling a relaxation and openness in the back of your throat. You can simulate a bit of a yawn to better be able to get this feeling. Now when you are singing, think of that feeling of the openness right before you are approaching the higher notes. It's helpful to think that instead of going "up" for the particular note or words, that you are actually opening the back of your throat and bringing the notes or words "down".

You should first practice this without too much volume or loudness. It may feel at first that you will not reach the desired note. Keep practicing in an easy way until you start to feel the result. You must also be very careful not to open too far or to start to have the sound go too far down in your throat. The goal of all of this is to train your body to keep the larynx more relaxed while singing. Keep in mind there may be more adjustments that are necessary for you personally, so again I recommend professional consultation.