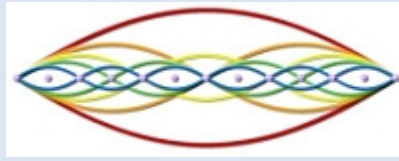


## Ten Tips to improve your overtone singing (loudness, clarity and control)

by Miroslav Grosser, [www.StimmLabor.de](http://www.StimmLabor.de)



1. Increase the volume of your fundamental note and choose the pitch, which you can sing in best quality, sounding relaxed and strong at the same time.
2. Improve your perception through the active focussing of your mind on listening.
3. Slow down to change the quality of the sound. Then imagine that you stop the time.
4. Enjoy the results you obtain already. The rest will come soon. Trust.
5. Repeat what you have done to get the feeling of control and knowing.
6. Try to meditate into the sound itself to feel its nature.
7. Feel the quality of every overtone and try to connect with it.
8. Produce long tones (one or two overtones per breath) so that the body can optimize the use of the resonance chambers and memorize the muscle positions.
9. Practise at least a few minutes every day to build a new habit.
10. Ask yourself why you like to sing overtones and find answers to motivate yourself.

**Good Luck and Have Fun**

with harmonic regards  
Miroslav Grosser, Berlin

