

Speaking “Outside” The Voice Box
An Excerpt from *The 3-Dimensional Business Voice*
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Book two of the *Wilson Voice Series*

Speakers and trainers are always urging us to “Think Outside the Box.” To explore a wider, bigger vision of who and what we are! This is a great idea in creative business. It’s also an excellent idea when it comes to the voice.

To think *outside* the voice box is to think beyond that small area in your throat called the larynx which houses those wondrous vocal cords. When we get “stuck” inside this area, usually called “My throat.”, and we believe that it alone holds the power of the voice, the tendency is to push the vocal cords (throat) way beyond their capacity to create sound.

The main job of the vocal cords is to close over the wind pipe when you swallow. That’s a pretty big job since you swallow every few seconds. Making sound is only a part time job. Therefore the cords often have a hard time doing what you ask them to do vocally. This is especially true if it involves hour after hour of talking. Sometimes the cords just need some help.

Body to the Rescue!

To have those rich, powerful vocal sounds that last all day, you will need the cooperative effort of your entire body. It takes the pelvic diaphragm (compressor), the abdominal diaphragm (pump), the lungs (breath), the resonators (space), the brain (the captain of this ship), and the open mouth, (the gateway through which all the glorious sounds must pass.), to do the job well.

After the vocal sounds are created and projected out of the mouth, they will expand again utilizing the “air space” created by all 3 Dimensions of the voice; Depth, Width and Length. When we learn how to speak “Outside the Voice Box”, we will fill up the air space as far outside the body as we can project the breath carrying our voice. Think of your ‘voice space” as a large ball extending out from your body 3 feet in all directions. Now fill up that ball with your sound. The bigger the space you fill, the fuller the voice will sound. Remember, it is never volume we are seeking , it is always fullness.

The simple truth is; This instrument you are using to create sound with is *acoustic*. Just like an acoustic cello with a body, (your body) a hole (your mouth), and where the cello has strings, frets, bows and fingers to make sound, you have lips, tongue and teeth to make and mold the sounds originating from the vocal cords. A major difference between you and the cello is that your sounds are created underneath the hole, (mouth) not in front of the hole. Also the cello is *only* acoustic and has no force to drive it. The human voice is acoustic like the cello but also uses compressed air to move the sound like a wind instrument. (Trumpet, trombone etc.) A good trumpet player need strong breath, *so do you!*

Size Does Matter

Big faces, big necks, big chests, big noses, big resonating chambers, these are the natural tools used to achieve a big resonant voice. Unfortunately, not all of us are blessed with large body parts to create a large natural sound. However, as we learn more about the body’s speaker system, we can utilize the resonators to their maximum. That helps us to achieve a fullness in our sound, way beyond the natural voice. You may never be a James Earl Jones whose full-bodied voice delights the ears, but you can learn to use the most of what you’ve got! (*For a more in-depth explanation of your vocal parts and how they work see: Book one, Chapter three: **The 3-Dimensional Voice: A Fun and Easy Method Of Voice Improvement.***)

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