

## Musiskill 104 Singing in Your Head

**Learn how to sing in your head if this is something you don't think you can do**

**1.** We do lots of things in our heads – thinking in words, numbers, and images. We can imagine making movements even when our bodies are still. We can also think sounds. Some people may not have done this, or may not be aware that they can do it.

If you want to think about sounds, recall them, compare and manipulate them, and gain music skills, it is useful to be able to create them in your head.

Ear worms are good examples of hearing music in your head. (If you haven't heard of them – they are those fragments of a tune that keep cycling round and round in your head. Maddening when you can't get rid of them).

Brain scans have shown that when we think things, our brains light up in nearly as many areas as when we actually do them. This means that silent practice can be very useful.

**2.** Start by humming. This means you are making a sound, but your mouth is closed so it's more like thinking a tune. Choose a short tune you know really well. A good tune for this work would be one which goes quite high and low - "Somewhere over the Rainbow" would be a very good one. Hum it out loud (which won't be very loud).

Gently put the fingers of one hand on your throat as you hum to feel the little movements and vibrations.

Keep your hand on your throat and hum it again, but this time silently – don't let your vocal cords vibrate. You'll still be able to feel the little movements in your throat.

As you think the notes, your brain is sending the messages to your larynx to change the pitch just as if you were singing out loud.

Try again without your fingers on your throat. Notice how you can still feel the tiny movements going on in your throat.

**3.** Consciously practise humming tunes in your head.