



Sabine Wahlers

# Exercises

from the  
**School of Uncovering the Voice**  
by Valborg Werbeck-Svärdström

Selected Exercises from Public Courses  
by Christiaan Boele.

*May God's protecting ray of blessing  
Pervade my growing soul,  
That it may everywhere lay hold  
Of strength-bestowing forces.*

*My soul shall vow  
To waken in itself  
Life-giving might of love,  
To spread God's strength  
As seed along life's path,  
And thus, with all it owns,  
To work God's will.*

*Rudolf Steiner  
(From *Macrocosm and Microcosm, Lecture 11,  
Man and Planetary Evolution*)*

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**1. Foundation Exercises for Forgetting the Breathing**

mf

mvr

twofold m

**2. Simple Exercises for the Direction of the Sound**

ring (with the shoulders)

ring ning zing

t(vu)

m m m

lmnu (l m n oo)

l m n ng

hum ham hãm him

am mam mam  
am mam mam mam  
lumminge lemminge lum  
lemmingen memmingen  
mingen mongen  
moom mün ming mong  
nym  
fl fl fl fl  
trennen nennen  
n-nen  
mim mim mim.

### 3. Exercises for Relaxation I

gr br  
brr (or bbb) (Fluttering lips, Lip-R)  
bbb f  
rrr  
rrr or bbb  
rrr  
l r l r l r  
bbb rr bbb rr bbb rr

### 4. Introductory (Provisional) Vowel Exercises

#### **U (OO)**

tu yu ruz  
r(u) or r(oo)

#### **O**

ngo ngo  
lo mo nol

ringo-o

**Ö**

yö rö vöz

**Ü**

gür dü zür

**I (EE)**

li mi nil

sisisi dididi mimimi l

**E**

meen (main)

re ze den (ray zey dain)

ve me nez

ne ye ve ye

**Ä**

yä vä näm

väm mäm mäm näm mäm mäm

**A**

lama nal

## 5. **Energetic Belly Exercises for Forgetting the Breathing**

fourfold m

bum-bö bum-bö

hm ma

ts ts kzz

grr grr grr

mrr mrr mrr  
grr grr grr mrr mrr mrr  
gr m r  
m gr m

## 6. **Melodic (Consonantal) Soundleading Exercises**

ring  
ring: Waterfall Exercise  
ring: the Ice-Skater  
moom mün ming mong  
l m n ng

## 7. **Exercises for Relaxation II**

bbb  
bbb Triplet Scale  
r  
r  
lr|rl rr  
am mam mam mam  
am mam mam mam

## 8. **Melodic Vowel Exercises**

**U**  
ru  
  
**O**  
o  
e  
a  
o

ringo-o  
ho yo to ho

**Ö**  
gö lö dö  
yö ö ö

**I**  
bi bi bi  
bri bri bri

**E**  
vé hé hé hé  
ye ye ye ye

**Ä**  
väm mäm mäm

**A**  
bamanalama  
light fa  
dark fa  
ya ya ya ya  
tya a a  
tra ra ra  
far fal la  
ha yang  
a

## 9. **Vowel Combinations**

g(yi) (vu)  
gi u

gi ru  
ruo  
a ia i  
lao lao  
vo a o  
ruiuiuiui noeoeoeon  
noeoeon noeoen  
ring-a ring-o ring-e ring-i ring-a  
Concordance Scale  
tsu to ra bö ché gü lee tsu

**Afterword:**



## TABLE OF CONTENT IN ALPHABETICAL ORDER

a

a

a ia i

am mam mam

am mam mam mam

am mam mam mam

am mam mam mam

bamanalama

bbb

bbb f

bbb rr bbb rr bbb rr

bbb Triplet Scale

bi bi bi

bri bri bri

brr (or bbb) (Fluttering lips, Lip-R)

bum-bö bum-bö

Concordance Scale

dark fa

e

far fal la

fl fl fl fl

fourfold m

gi ru  
gi u  
gö lö dö  
gr br  
gr m r  
grr grr grr  
grr grr grr mrr mrr mrr  
gür dü zür  
g(yi) (vu)  
ha yang  
hm ma  
ho yo to ho  
hum ham häm him  
lama nal  
lao lao  
lemmingen memmingen  
light fa  
li mi nil  
l m n ng  
l m n ng  
lmnu (l m n oo)  
lo mo nol  
l r l r l r  
lrlrl rr  
lumminge lemminge lum

meen (main)

mf

m gr m

mim mim mim.

mingen mongen

m m m

moom mün ming mong

moom mün ming mong

mrr mrr mrr

mvr

ne ye ve ye

ngo ngo

n-nen

noeoeon noeoeon

nym

o

o

r

r

re ze den (ray zey dain)

ring

ring-a ring-o ring-e ring-i ring-a

ring ning zing

ringo-o

ringo-o

ring: the Ice-Skater

ring: Waterfall Exercise

ring (with the shoulders)

rrr

rrr

rrr or bbb

ru

ruiuiuiui noeoeoeon

ruo

r(u) or r(oo)

sisisi dididi mimimi l

tra ra ra

trennen nennen

ts ts kzz

tsu to ra bö ché gü lee tsu

tu yu ruz

t(vu)

twofold m

tya a a

väm mäm mäm

väm mäm mäm näm mäm mäm

vé hé hé hé

ve me nez

vo a o

yä vä näm

ya ya ya ya

ye ye ye ye

yö ö ö

yö rö vöz

## **INDICATIONS FOR THE NOTATION:**

- Christaan always notates blowing vowels with a circle around them. For technical reasons I have used parenthesis. For example: T(VU).
- The lip-R or fluttering lips sound is always notated as BBB.
- G(fr)= G as in the French with Gérard or Jean
- G(ital) = DJ (as Giovanni in Italian, Gee whiz, Giraffe)

### **Legend:**

- General indications for an exercise.
  - Indications for the implementation of an exercise.

Whereby the two categories cannot be sharply separated from each other.

### **Translator's Note on the Pronunciation of Vowels:**

The vowel sounds A, E, I, O, U, Ä, Ö, Ü are to be pronounced as in German. The German vowel sounds are pure, not diphthongs as in English.

Approximate Equivalentents:

A as in Father

E as in Faith (It should be noted that there is no diphthong in the German E (in English there E generally leads into a short EE at the end).

I as in Seed

O as in Oh