

Score 700 in Life! Using the Basics of Barbershop!



What's your current score?

Did you know that we each have an average resonating level of energy or a “score”?

*It's based on seven levels of energy as presented in **The Energetic Self Perception Chart**. We move in and out of the levels with our thoughts, feelings & behavior based on our personal perception of the world. It's our personal daily performance.*

Sweet Adeline's also has levels or guidelines for performance in four judging categories with over 700 being the level of mastery!! Every contest we receive a “score” for how well we have mastered the art of barbershop singing & performing.

A summary of the skills & behaviors that are the foundation of 700 level performances from the judging categories.

1. Mastery of vocal skills
2. Instantly tuned & locked chords
3. Consistently produced vowels w/ matched resonance
4. Balance maintained throughout
5. Consistently energized & engaged
6. Consistently transcends technique****

Mastery of the basics is the foundation! Vocal Skills!! They are in every category.

Without the basics you can't play in barbershop or life!!!

Posture – opens space, creates alignment, adjusts attitude, impacts confidence level
❖ Posture exercise & role play

Posture expert, Dr. Steven Weiniger, responds to the study results, “Physical change in body affects embodied attitudes. By helping children and adults strengthen posture, we give them a physical foundation for a happier life.”

Body posture effects on self-evaluation: A self-validation approach Pablo Briñol1,*, Richard E. Petty2, Benjamin Wagner2
European Journal of Social Psychology Volume 39, Issue 6, pages 1053-1064, October 2009

THE VEGUS NERVE CONNECTION

The **vagus nerve**, the longest of the cranial **nerves**, controls your inner **nerve** center—the parasympathetic nervous system. And it oversees a vast range of crucial functions, communicating motor and sensory impulses to every organ in your body. (Including the voice box, larynx)

[9 Fascinating Facts About the Vagus Nerve | Mental Floss](https://www.mental-floss.com/2019/09/9-fascinating-facts-about-the-vagus-nerve/)
[mental-floss.com › article › 9-nervy-facts-about-vagus-nerve](https://www.mental-floss.com/2019/09/9-fascinating-facts-about-the-vagus-nerve/)

intentionalpassioncoaching@gmail.com

BREATHEOLOGY – Stig Severinsen, MSc Biology & PhD Medicine, 4x Freediving World Champion, Multiple Guinness World Record Holder, Founder of Breatheology®, Author of the

best selling book “Breatheology – The Art Of Conscious Breathing”,
Coach & Mentor.

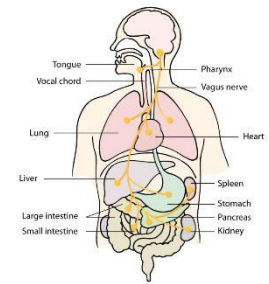
<https://www.breatheology.com/delicate-nervous-system/>

<https://www.breatheology.com/product/breatheology-the-art-of-conscious-breathing/>

Per Bristow is a singing teacher, voice coach and performance coach.

<https://www.thesingingzone.com/>

<https://www.youtube.com/watch?v=zu1CAsnp088>



The **vagus nerve** is basically listening to the way we **breathe**, and it sends the brain and the heart whatever message our **breath** indicates. **Breathing** slowly, for instance, reduces the oxygen demands of the heart muscle (the myocardium), and our heart rate drops. ... So when we **breathe** slowly, the heart slows, and we relax. May 9, 2019

<https://www.thecut.com/2019/05/i-now-suspect-the-vagus-nerve-is-the-key-to-well-being.html>

May 16, 2017 - Diaphragmatic **breathing** is one of the easiest ways to engage your **vagus nerve** and create a "relaxation response" that counters the panic and ...

<https://www.psychologytoday.com/us/blog/the-athletes-way/201705/diaphragmatic-breathing-exercises-and-your-vagus-nerve>

BREATHING – creates potential (resistance) & releases energy (of our choice)

Box **breathing**, also known as **square breathing**, is a technique used when taking slow, deep breaths. It can heighten performance and concentration while also being a powerful stress reliever. It's also called four-**square breathing**.

[Box Breathing: Techniques, Benefits, GIF, and More – Healthline](https://www.healthline.com/health/box-breathing)

<https://www.healthline.com/health/box-breathing>

- ❖ **Breath with Intention Exercise**
- ❖ **Breatheology Exercise**



HOW CAN THESE SIMPLE ACTIONS WE LEARNED IN BARBERSHOP BRING MORE FREEDOM, EASE & SUCCESS?

Proper posture can physically activate an emotional, mental and confident response.

Posture can improve our physical health... digestion, reduce strain

Breathing for relaxation – stimulates our vegus nerve impacting our stress response & physical health.

WHAT IS THE KEY TO SCORING 700??
CONSISTANCY!!! GAINED ONLY THROUGH PRACTICE!

“One of the problems is that we believe in the possibility of a future version of ourselves that’s different from who we are in this moment. We imagine that the future version of us will

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magically begin to take the actions towards the goals we have today, without us altering our actions today.”

Vagus Nerve Exercises

What's the Vagus Nerve?

- Turn on neurogenesis, helping our brains sprout new brain cells.
- Rapidly turn off the stress, hyper-arousal, and fight/flight via the relaxation response.
- Sharpen our memories.
- Fight inflammatory disease.
- Help you resist high blood pressure.
- Block the hormone cortisol and other oxidizing agents that age and deteriorate the brain and body
- Block systemic (body-wide) inflammation - a major factor behind aging and poor health.
- Help us overcome depression and anxiety.
- Help us sleep better.
- Raise levels of human growth hormone.
- Help us overcome insulin resistance.
- Turn down allergic responses.
- Lower chances of getting stress and tension headaches.
- Help spare and grow our mitochondria- this is a key to maintaining optimal energy levels and not harming our DNA and RNA.
- Affect our overall ability to live longer, healthier, and more energetic lives.

How to Activate the Vagus Nerve on Your Own?

Vagus nerve stimulation can be turned on easily through a number of breathing and relaxation techniques:

- Deep/slow belly breathing.
- 'OM' Chanting
- Cold water face immersion after exercise
- Filling the mouth with saliva and submerging your tongue to trigger a hyper-relaxing vagal response.
- Loud gargling with water
- Loud singing

To practice deep breathing, inhale through your nose and exhale through your mouth.

Remember to:

- Breathe more slowly.
- Breathe more deeply, from the belly.
- Exhale longer than you inhale.

Using Breathing to Reduce Pain

You can learn to use breathing exercises to shift your focus away from pain. The human mind processes one thing at a time. If you focus on the rhythm of your breathing, you're not focused on the pain. The moment we anticipate pain, most of us tend to stop breathing and hold our breath. Breath holding activates the fight/flight/freeze response, it tends to increase the sensation of pain, stiffness, anxiety, or fear.

You can proceed as follows: take a deep inhalation into your belly (i.e. expanding your diaphragm) to the count of five, pause, and then exhale slowly through a small hole in your mouth. While at rest most people take about 10 to 14 breaths per minute. To get into parasympathetic/ relaxation/ healing mode it is ideal to reduce your breath to 5 to 7 times per minute. Exhaling through your mouth instead of nose makes your breathing more of a conscious process, and helps you to observe your breath more easily.

As you reduce your breaths per minute and get into parasympathetic mode, your muscles will relax, dropping your worries and anxieties. The oxygen supply to your body's cells increases and this helps produce endorphins, the body's feel-good hormones. Tibetan monks have been practicing 'conscious

breathing' for decades, but there is nothing mysterious about it. You can enhance your experience by imagining that you inhale IN love, and exhale OUT gratitude. These ancient techniques also will improve memory, fight depression, lower blood pressure, or heart rate, and boost your immune systems — and it's free!

'OM' Chanting

An interesting study was performed by the International Journal of Yoga in 2011, where 'OM' chanting was compared with pronunciation of 'SSS' as well as a rest state to determine if chanting is more stimulatory to the vagus nerve. The study found that the chanting actually was more effective than either the 'sss' pronunciation or the rest state.

Effective 'OM' chanting is associated with the experience of a vibration sensation around the ears and throughout the body. It is expected that such a sensation is also transmitted through the auricular branch of the vagus nerve and will produce limbic (HPA axis) deactivation.^{fiii]}

How to chant?

Hold the vowel (o) part of the 'OM' for 5 seconds then continue into the consonant (m) part for the next 10 seconds. Continue chanting for 10 minutes. Conclude with some deep breathing and end with gratitude.

Cold Water

Physical exercise causes an increase in sympathetic activity (HPA axis - fight/flight, stress response),

along with parasympathetic withdrawal (resting, digesting, healing, immune system), resulting in higher heart rates (HR). Studies have found that cold water face immersion appears to be a simple and efficient means of immediately accelerating post-exercise parasympathetic reactivation via the vagus nerve, stimulating the reduction of heart rate, motility of the intestines, and turns on the immune system. It is also effective in a non-exercise environment to activate the vagus nerve.

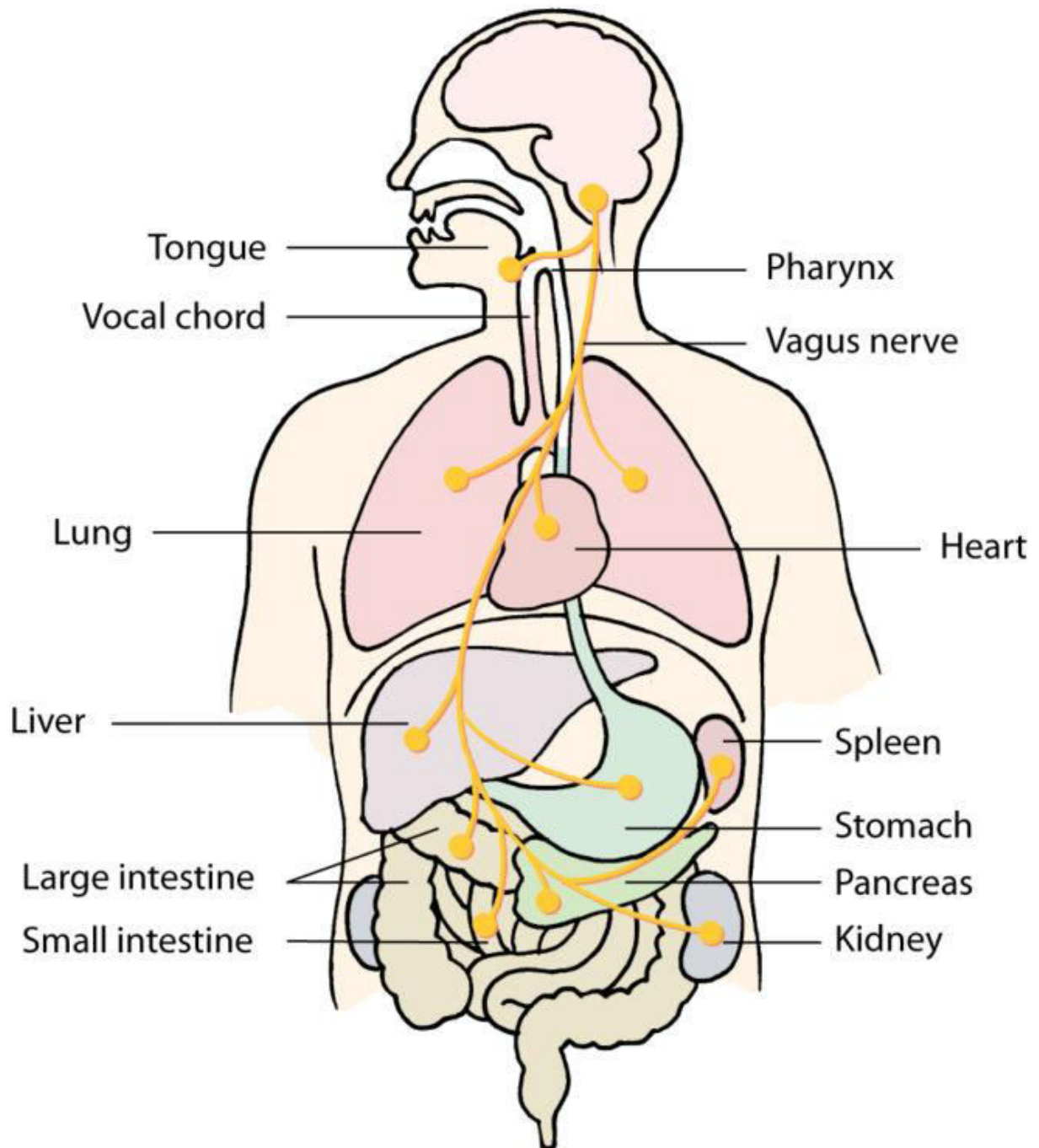
In cold-water face immersion, subjects remained seated and bend their head forward into a basin of cold water. The face is immersed so that the forehead, eyes, and at least two-thirds of both cheeks were submerged. Water temperature was kept at 10-12°C.

Increased Salivation

The calmer the mind and the deeper the relaxation, the easier the stimulation of salivation is. When the mouth is able to produce copious amounts of saliva, you know that the Vagus Nerve has been stimulated and your body is in the parasympathetic mode.

To stimulate salivation, try relaxing and reclining in a chair and imagine a juicy lemon. As your mouth fills with saliva, just rest your tongue in this bath (if this doesn't happen, just fill your mouth with a small amount of warm water and rest your tongue in this bath. Just the practice of relaxing will stimulate the secretion of saliva). Now relax further, and feel your hands, feet, hips, back of the neck and head all relaxing. Breathe deeply into this feeling and stay here as long as you can.

Master Your Nervous System



A Twin-Forked System

The part of the nervous system that cannot be controlled by our will is called the autonomous nervous system. It consists of the *sympathetic* and the *parasympathetic* pathways that regulate the vital functions of the body. These can be influenced by inner and outer factors of both physical and mental origins. Both parts of the nervous system are continuously at work and do it in an antagonistic way to maintain a healthy balance.

“Fight or Flight” vs. “Rest and Digest”

The sympathetic nervous system is mainly activated by stress and prepares the body for a fight. In other words, it is a survival mechanism that increases heart rate, blood pressure, blood sugar and dilates the pupils. It is termed a “*fight or flight*” response. Evolutionarily, it is necessary to be able to react promptly when facing immediate danger, but if the sympathetic nervous system becomes overburdened by prolonged stress, mobbing or hard physical activity, it will wear on the organism and has the potential to lead to fatal consequences.

The parasympathetic nervous system, however, has a calming influence. It lowers the heart rate and blood pressure and simultaneously promotes digestion and the uptake of nutrients. It is termed “*rest and digest*”. Hence, it is primarily during rest, eating and sleeping that the parasympathetic nervous system dominates and coordinates the body’s repose and regeneration. It is mainly this part of the nervous system that is advantageous to activate through breathing exercises.

The Vagus Nerve

Let us now consider one of the most fundamentally important elements in the parasympathetic nervous system, the *vagus nerve*, which is the most complex of all of our nerves. In Latin, *Vagus* means “wandering”. It is termed so because from its origin in the brain stem it spreads nerve fibers to the throat and upper body, and through these nerve fibers signals wander to and fro between the body and the brain. In short, the vagus nerve connects the brain to everything from the tongue, pharynx, vocal chords, lungs, heart, stomach and intestines to different glands that produce enzymes and hormones, influencing digestion, metabolism, and much more.

The vagus nerve’s considerable influence on your lungs and heart and the connection to your brain is quite interesting. This trinity, brain-heart-lungs, rules your body and governs your mind. The key to managing your state of mind and stress level lies in being able to activate the calming parasympathetic pathways of your nervous system on command. Typically, the will cannot control this part of the nervous system, but if you hold your breath for a brief moment and then slowly exhale, the vagus nerve is stimulated bringing peace to your body and mind.

In effect, strengthening the living nervous system can pay off. And the best tool you can use is an efficient training of your breath. You can master this yourself. The path to this goes through training your breathing, which can be achieved by means of [yoga](#).

Instant relaxation

Relaxation is inextricably bound up with the parasympathetic part of your nervous system, the so called “rest and digest”. It belongs to the self-propelled autonomic nervous system, but by actively focusing on your breath and the movements of your diaphragm, you can influence the system enormously through the vagus nerve that spreads from your brain to your lungs, heart and other organs.

Try to activate your own vagus nerve. Simply breathe out very slowly. Can you feel how your heart rate drops and your mind relaxes instantly!

<https://www.breatheology.com/delicate-nervous-system/>