



## 3 Reasons why you can't bridge the vocal break

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*Let's identify the three major physical causes that contribute to problems when bridging the break.*

### #1 - Constriction

First, #1 is **constriction**. Your body is really amazing at trying to help you create equilibrium when there's an imbalance in the body. It goes through all sorts of compensating behaviors in order to make your life easier. If you've ever had an injury, for instance, if you've injured your left shoulder, the right shoulder, back, and neck all begin to readjust by changing your posture, even in subtle ways. Your shoulder gets kind of hunchy as your body compensates trying to protect you, and bring you back into alignment.

Very interestingly, the same thing happens when you're singing. The #1 cause of vocal problems while bridging the break is **constriction**. Why? As you are moving through that break, trying to bridge the break securely, your soft palate in the back of the throat; the tongue; and the larynx are all juggling to maintain equilibrium through the change in registers. If your vocal mechanism is not well supported, which we'll talk about in a minute, and there's also some mental issue - which makes you feel insecure moving through that break area, then you are going to create constriction.

When you're in this state of transition through the registers, and you have no support from the breath or body, then the soft palate, the tongue and the larynx all constrict. They get tight as they try to stabilize the tone that you're singing and this is why, when you're moving through that break area you will probably feel insecure. So when you feel insecure, you feel like, 'Ooh, I'm wobbly.' And you feel like your voice is going to crack.

Those parts of your vocal mechanism, they kick in and go, 'Okay, don't worry. We're going to help you. We're going to tighten up so that we can hold the tone and have some stability here. Don't worry, we won't let your voice crack'. But the constriction makes it difficult to move through the break. So you can see that if you are trying to move through your break *easily*, then you've got to learn how to get rid of **constriction**, that's #1.

### #2 - Inadequate Breath Support

Yup. #2 - **Inadequate breath support**. Which means, you're not breathing correctly and your ability to bridge the break will be diminished. You've got to learn how to breathe properly so that you create security and confidence when moving through, and bridging the break. It's really important. One big reason why your larynx, tongue and

soft palate get constricted is that they are not supported by your body, or by dynamic use of the diaphragm and belly.

If there isn't any kind of this dynamic support, then many times, this is why you may go flat when you're going through your break. There's just no support for your vocal mechanism, and you're pushing through constriction. You've got to support the tone, support the voice and, if you don't, then you may find yourself in 'no man's land' where you have no foundation to support the voice in any way.

Learning to relax the belly, expand the ribs and diaphragm, and effectively breathe, then release the breath correctly are essential to being able to bridge the break with ease.

### **#3 - Inconsistent Vocal Placement**

Lastly, #3, and also very important is conquering **inconsistent vocal placement**. Now, when you're singing a song, if you're constantly in a state of changing your vocal placement you're going to be in stress and anxiety. You're up in a high head placement, then you're down in a body placement, then you try to 'blend' through the break - constantly changing and moving - just all over the place. If this happens to you then not only is your sound going to be inconsistent, but singing is going to be a constant struggle. I don't want you to be in that place!

It's not going to be fun at all because you are constantly thinking about where you should be placing the voice. That's not what you should be thinking of! As a singer, you should always be focused on the story you're telling.

Also, if you are not singing in the correct place, which is your body, then when you get into your upper register, moving through, and bridging that break, you are going to be in a really funky placement. Your voice will be tight and pinched and it's not comfortable. And worse, it's not comfortable for your listener! Believe me, your audience subliminally picks up on all of these things. They can feel subconsciously if there's constriction; they feel it if you are not breathing and releasing; and they feel it when you're confused and your voice is all over the place.

Both you and your audience will hear that your sound *changes* throughout your range, when you really need to have one sound, and just one voice. Not a tight little upper register, a weak middle, and a solid low register. Just one, seamless, open vocal sound.

### **Conclusion**

So yes, you really need to clean up all of these physical issues and that's what you should be working on. When you do, it will revolutionize the way you sing, the enjoyment you get when you sing, and will increase your listener's appreciation of your masterful voice.

In order to bridge the break with ease and confidence, you've got to get rid of constriction throughout the body, especially the soft palate, tongue and larynx.

You'll want to master proper breath support, and learn how to harness dynamic breathing as a powerful tool to supporting your voice throughout the entire range.

And the third component is understanding and using body placement, and maintaining consistent placement in the core.

It's so important that you understand how all three of these physical issues are contributing to why you cannot bridge your break and sing with one voice top to bottom, bottom to top.

✓ Once you get rid of constriction your vocal production though the break will be *effortless*.

✓ When you use dynamic breath support you'll be bridging the break with pure *confidence*.

✓ As you sing from the core with solid body placement your voice will soar, and you'll always be in secure *control*.

My online course *Bridging the Break* is going to be a voice-changer for you. What you'll find is actually miraculous. Because instead of trying to *bridge the break*, you'll suddenly realize.....

.....***you have no break!***

And that my friend, changes everything. One voice. One sound. One placement.

Cheers, Beth Lawrence, AllAboutVoice.com