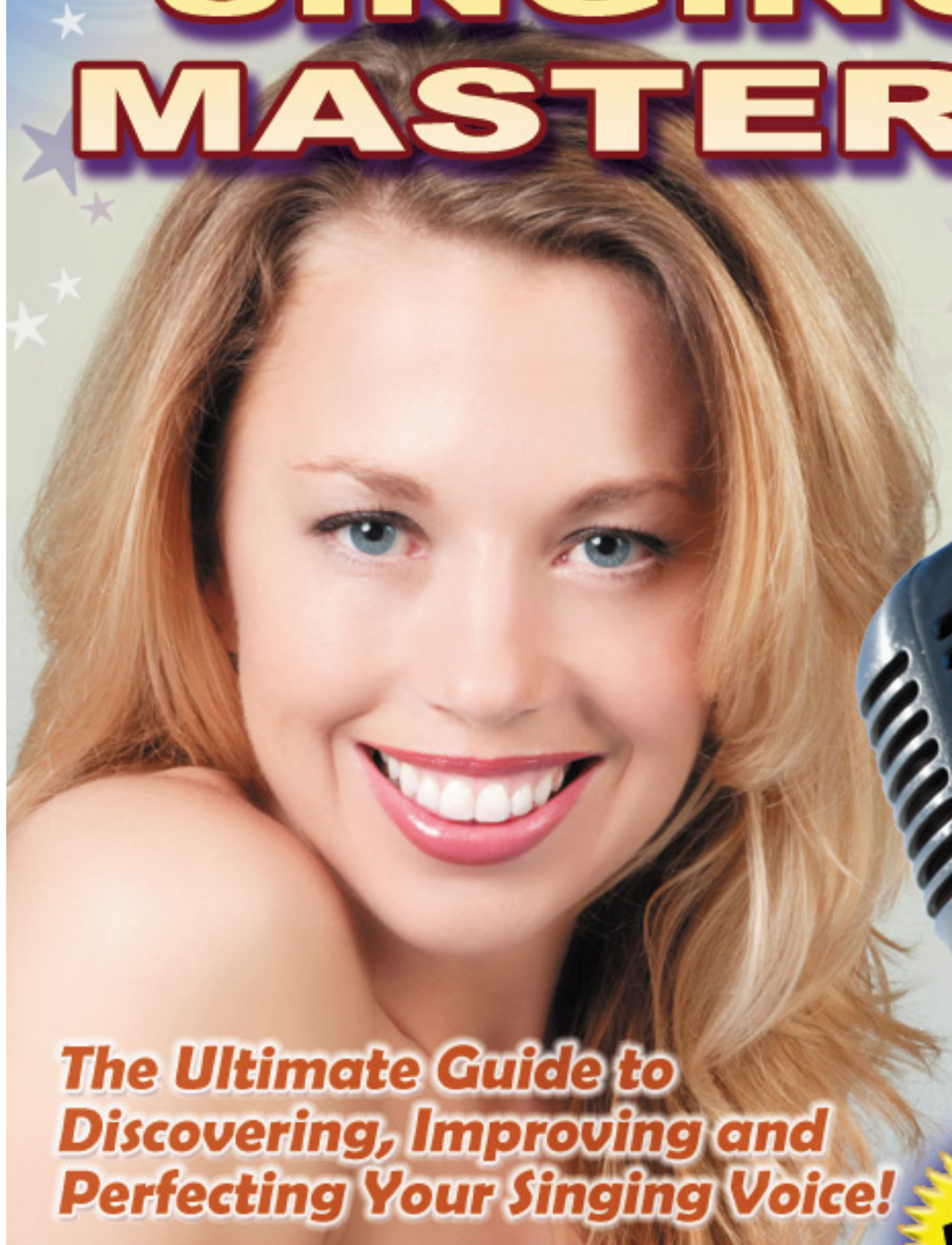


# ABSOLUTE SINGING MASTERY



*The Ultimate Guide to  
Discovering, Improving and  
Perfecting Your Singing Voice!*

**NEW**  
2nd  
Edition



Melissiah

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## ◆ Introduction ◆

Do you long for an incredible singing voice and unshakable confidence?

Perhaps you have a problem with your voice that just won't go away, no matter how much time and effort you put into practice . . .

Or perhaps you have been told that you can't sing, or that you shouldn't sing, or that you are too old to learn singing . . .

So what's the deal? Are you frustrated with yourself? Is singing just for a few talented individuals who were somehow lucky enough to be born with perfect singing voices?

The reality is that just about anyone, including the ordinary individual off the street can learn how to discover, improve and perfect his or her singing voice.

### **Basically if you can speak then you can sing!**

I'm dedicated to showing you the amazing workings of your body – yes your singing instrument - so you can achieve **Absolute Singing Mastery**.

You are about to be introduced to information that can have an amazing impact on your singing talent, so much so that by the time you assimilate everything in this book you'll probably have no doubt that the sky's the limit!

If you make a conscious effort to read this book and diligently apply what you learn, your perspective on yourself and your singing ability will be able undergo a positive and perhaps radical change.

This change could mean the difference between not feeling embarrassed when you sing 'Happy Birthday' at your next family get-together, to feeling a real sense of achievement at discovering and perfecting the vocal magnificence that currently lies dormant within you.

Best of all you'll learn the *absolute* truth about how your voice functions and can be improved without suffering extreme frustration and wasted time using trial-and-error to try to improve your singing.

In a nutshell, the information within this book and CD program offers you an in-depth understanding of how your voice works and the best and most efficient way to train it and measure your progress along the way.

If you currently attend singing lessons or are attempting to improve your voice with one of the many programs available on the internet today, you may find a great deal of eye-opening information within this book and CD program.

With no disrespect to the few-and-far-between great singing coaches, it's an unfortunate fact that many of the so called 'experts' out there perpetuate misinformation about the workings of the voice and body, especially in regard to posture.

You see many of these 'experts' only teach singing through their own limited perspective. And maybe they're too busy making a living to realize that they've stopped learning themselves.



Some of their 'secrets' focus almost exclusively on breathing and breath exercises whilst others focus on the throat, the position of the larynx, the closure of the vocal folds or the placement of sound.

Theoretically all these 'secrets' of singing contribute to a good voice. But realistically if these 'secrets' worked the way they were supposed to then all of us would have exceptional singing voices within a few weeks. Time for a reality check here. . .

The fact is your singing voice is unique. The journey that you make from zero to hero as a singer will be unlike any other singer's journey. You have your own strengths – mentally, physically and vocally. You may even have strengths you are currently unaware of. You also have your own learning style and your own set of goals and dreams.

Learning to sing should be an incredible journey, not an overwhelming one. And when I say an incredible journey, I'm referring to the fact that learning to sing shouldn't be confusing, boring or tedious – it needs to be FUN, INSPIRING AND UPLIFTING.

Apart from presenting the facts on singing in an easy to understand manner, this book will also help debunk the common myths and limiting beliefs about your voice, mind and body that serve you no purpose whatsoever and can even prevent you from having an incredible singing voice.

It's a simple fact that singing can and should be easy.

Now this is where it gets interesting. What I'm about to tell you is how **Absolute Singing Mastery** differentiates itself from every other vocal training method in existence.

Basically you already know the difference between a good singer and a bad singer. You can tell if someone sings on key, if the tone of their voice is pleasant or beautiful, or if they have the 'wow' factor.

But if you're like 99.7% of all people on the planet, then no-one ever told you that your *body* is designed to be the perfect singing instrument. This is so important that I'm going to repeat it again – **your body is designed to be the perfect singing instrument**. Now this applies to you even if you're adamant at this very moment that you can't sing or are experiencing a stubborn singing problem.

You see the revolutionary core principles of **Absolute Singing Mastery** have been categorically overlooked by all these so called 'experts' I mentioned before. Yes - overlooked!

It's taken me many, many moons to figure out the things that you're about to learn. I've spent years on this stuff and along the way I've learnt that there is no such thing as a person who cannot sing.

Singing is a skill we can learn to consciously control. Given this, there is only a RIGHT way of doing things and a WRONG way. And repeatedly doing things the wrong way only leads to failure and frustration.

Your voice has the potential to improve, the potential to move audiences, and the potential to make YOU feel good.

Real success with singing boils down to INTENT and ACTION - how much you desire to improve your voice, along with the desire to practice and implement what I am about to present to you.

Congratulations on taking such a big step. You're about to learn a great deal not only about your voice, but also about yourself.

If you're learning from scratch it's going to take a bit of patience and determination to build the foundation of a great singing voice. And naturally enough if you have learnt bad singing habits it's probably going to take even more patience and determination to rectify them.

You need to keep at it - your *intent* and *action* - if you wish to master your vocal talent.

So right now it's up to you.

I know you can do it. I know you can persevere with learning new techniques and strategies for vocal improvement even if in the beginning some of it makes no sense in relation to some of the stuff you've learnt in the past.

The goal of **Absolute Singing Mastery** is to guide you to fully access the unlimited potential of yourself and your voice.

Keep going until you discover your own insights. And then keep going until you become your own best teacher.

Oh and one final thing. I'd love to know how **Absolute Singing Mastery** has helped you. Please email me with your discoveries, ideas, insights and achievements at;

[mvid@consultant.com](mailto:mvid@consultant.com)

## ◆ CHAPTER ONE ◆

### What is Absolute Singing Mastery?

**Absolute Singing Mastery** is a revolutionary, unique and comprehensive method of voice development, bodywork, performance training and personal coaching.

It is a method of training that I have created through a combination of over twenty years of intense study, research and experience as an international performer, recording artist, session musician and teacher.

**Absolute Singing Mastery** will give you the tools to become a phenomenal singer and performer and reach your personal goals. By defining all aspects of what constitutes an excellent singing voice, you can accurately identify areas where improvements can be made, gain improvement in the most efficient way possible and measure your vocal progress.

Throughout this book I am going to introduce you to the **10 Fundamental principles of Absolute Singing Mastery**. These principles are based on;

- Sound and acoustics
- Anatomy and physiology
- Muscle training and performance
- Proprioception (BodySense)
- The brain and learning

As a singer these principles apply to you regardless of your sex, age or style of singing you wish to master.

If you truly desire **Absolute Singing Mastery** please memorize all 10 Fundamental principles.

## The First 3 Fundamental Principles

### Fundamental Principle No 1 of Absolute Singing Mastery

**Singing is a learnt skill.**

Ok let's start right at the beginning – **Singing is a learnt skill.**

Now a huge number of people are put off from learning to sing or attempting to undertake any voice improvement whatsoever because they believe the myth that you have to be born with a great voice.

The truth is that we all start out in life being unable to sing and even unable to talk. As infants our first sounds were crying, screaming, gurgling and laughing. Remember?!

As we grew up we learned how to speak by copying what other people around us were saying. Then we heard people singing and we copied them. And of course some of us were naturally better at copying singing than others.

Even so, when you see a good singer on the stage you may wrongly assume that the person hasn't had any singing training whatsoever. This is usually not the case as natural singers are very, very rare indeed.

Whilst some singers suffer vanity problems and claim that they haven't had any voice lessons, many of the

world's best singers are not afraid to admit that they regularly practice or study with a vocal coach.

These are the singers who strive to maintain their vocal excellence, to continue learning and growing as artists, and are committed to giving their fans the very best.

Given the hundreds and hundreds of singers I have worked with, I have come to the conclusion that there is only one type of person who cannot become a singer – the person who gives up.

Now the sad thing about people who give up, is more often than not they give up before their journey has even started.

There's countless times I've met people who have fallen into the trap of limiting beliefs about singing. Even though they may be able to sing in tune, these people are so convinced they have awful sounding voices that they stop themselves from ever advancing their vocal talent further.

What these people don't realize is that having a great sounding voice is a learnt skill. And more often than not, their voices don't actually sound so bad to begin with.

You see people generally do one of two things – they either overestimate or underestimate their talent.

People who underestimate their talent are their own worst critics - they either hate how their voice sounds to themselves or they hate the sound of their voice after listening back to a recording that they've made.

If you hate the way your voice sounds to yourself whenever you sing, then you need to be aware that what you hear is completely different from what anyone else hears!

Have you ever been in a car when the engine was running, then stepped out of the car? Did you notice that the engine sound completely changed?

This is no different to you being inside your singing instrument when you sing. And as you can't step outside your body there is no way of knowing whether your voice sounds good or not from just listening this way.

Hating the sound of your voice on a recording is also a very common attitude that affects many singers in the beginning.

Because you are so used to hearing your voice from *inside* your singing instrument, when you hear your voice as others hear you it can be a huge shock.

Later on I'm going to talk about how important it is to your progress to record your voice, but firstly I need to confide in you that I've heard literally hundreds of people tell me that they don't like the sound of their voice!

So what I need to get across to you is that your voice is unique. Just as unique in fact as a snowflake.

**Nobody on earth has or will ever have the same sounding voice as you.**

By developing that unique quality, along with your own style you are forging ahead on the same path of the great singers.

The world's greatest voices are instantly recognizable. But these singers started out in life exactly the same way as you – as babies who couldn't talk!

When you first begin your vocal training, it's of the utmost importance to focus on the good part of your voice, no matter how small.

This is how I work as a teacher. I listen to the good part of a student's voice then show the student how to make that good part more prominent, more beautiful and more confident.

If you're convinced you can't hear the good part of your voice in the beginning, I guarantee it will help you to actually imagine a good part. Imagine and listen carefully – you will surprise yourself as everything that was created in this world was first imagined.

As you sing each day ask yourself how you would like your voice to sound. Imagine that good part of your voice improving and developing, because the more you focus on what you want, the greater your chance of success.

It's like having a great body. And just as you can improve, beautify and tone your body with the right intention and action, the same applies to your voice.

Moving on to the topic of action, I'm often asked which is the best method of singing training.

Is one method better than another? Which method does my favorite singer use? And is there a magical singing exercise that can instantly improve the voice?

Read on to find out...



## Fundamental Principle No 2 of Absolute Singing Mastery

Good singing is achieved by  
the correct training and use of  
voluntary muscles in the body.

Now that you are convinced that singing is a learnt skill I'm going to share with you the concepts of Fundamental principle No 2 – **Good singing is achieved by the correct training and use of voluntary muscles in the body.**

To continue on with your lessons and access all 178 pages of this e-book and accompanying CDs please click here;

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