

NOTES on Sing Your Heart Out

Robyn Archer: *“What singing does is it claims our biological right to make noise.”*

The principles behind SYHO include the following:

- **Creative participation** We can all sing if we can vocalise.
- **Safe places** Together, we make a physical and emotional space where we all may feel welcome, free, fearless and secure.
- **Working together** We come together in co-operation and celebration, not competition and judgement. There are no losers. Be kind on yourself.
- **Respect and inclusiveness** We can all be involved and we can all make a creative contribution. Difference is expected and validated; it is an advantage, not a problem.
- **Care and encouragement** No one is left out or ignored; all feedback is constructive. There's no such thing as a 'wrong' note.
- **Active learning** We learn to sing together by doing it. We can all get better, and have fun while we're at it.
- **Nourishment**.....of the spirit, mind, body and heart.
- **Health** The connections between singing together and individual and community wellbeing are fostered and proclaimed.
- **Empowerment** Having a voice is the first step towards having a say.
- **Initiative** Through these processes we can all learn to step forward when the time is right for us.
- **Meaningful relationships between art and people** Art is not just the stuff that 'real' Artists make/do. It is also the results of the creativity that we all have within us. Having the chance to exercise our creativity lets us become fully expressive humans.
- **Singing 'with', not 'to'** We come together to experience the immediate joy and fulfillment of singing with each other, not to practise for a future public event.
- **Community** These practices joyfully overflow into the rest of our lives.

SYHO's greatest influences are from UK performer **Frankie Armstrong** and her **NATURAL VOICE movement** and more locally, from **Fay White, Victorian singer and songwriter** who has developed VOCAL NOSH. www.users.netconnect.com.au/~fwmusic/ Those of us who allow ourselves to sing are the lucky ones. Let's spread the permission to sing!

And a favourite quote, origin unknown, ‘Singing helps to make you the person you were meant to be.’ and, ‘Singing makes me brave’, and from Opal (10): ‘Singing makes me feel like anything’s possible.’

Jo Randell, Kalamunda, February 2022