

# The Combination of Body and Mind of Singing

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**Abstract:** Various types of voice performances are a comprehensive art that integrates the body , mind, imagination and personal inner temperament. These factors work together with each other . Both conduct extensive research to promote the formation and development of voice science. Science is a double-edged sword . It can be a loyal servant who serves you, or a master who limits you everywhere. For the performing arts, especially So. Today, vocal anatomy and vocal psychology are important parts of the vocal music performance art curriculum. The following will focus on using scientific principles to analyze the basic role of human anatomy and artistic medical psychology on singing performance, so that you will learn to use The best cooperation of mind and body for voice.

**Keywords:** Vocal organ; Breath; Body; Consciousness; Vocalization; Union; Singing

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## 1. Know your "instrument"

Most musical instrument players know their own instruments and can disassemble and assemble them at will. However, the human voice is located in the human body as well as subject to people's mental, emotional, physical and other conditions. The human body is full of mysteries, and the intelligent human body requires us to explore with humility . The treasure of the human body. Although the human body is very magical, it is not mysterious. As long as we explore it with enthusiasm and perseverance, we can know it well and apply it to singing performances.

The functional state in singing requires the simultaneous movement of four different organs, each with its own specific function: the lungs are the place where air is stored, not the place where the chest sound is produced in the general imagination, it is like a bellow, full of air and then it is sent out from the larynx, and the air vibrates in the larynx when it is sent out. When inhaling, the lungs expand, the two ribs open, and they combine with each other to form breathing. The larynx obeys the activities of the respiratory organs and forms the same vocal area, the pharynx and the larynx. The different vibrations of the voice determine the different timbres - bright and dark. Singers should not sing with dark timbres, but should sing with natural natural voices.

## 2. The combination of body and mind effectively enhances breathing ability

### 2.1 The body and mind are closely related to breathing

Air is the source of life, and breathing is the sign of life. Without breathing support, the sound can never be correct. Relaxed breathing and smooth sound quality are the pursuit of most performers. It seems effortless to get a good voice when you breathe freely. Even a lot of techniques are used, but it's just the breath. Only when you breathe properly and freely, you can focus more on other conveniences of vocal performance. Therefore, pay attention to breathing is worth it.

Morton Cooper, MD (the most respected expert on vocal and speech problems in California in the mid-1960s) said: Proper breathing support should be mid-body control, commonly known as diaphragmatic Breathing support. Improper breathing support includes upper chest or collarbone breathing. Singers can provide the best breathing support for singing and vocalization. I have described how breathing is formed above, but it is subconscious reflex breathing (ie passive breathing) ) is just the basic pattern of breathing, and the breathing that really helps singing also includes some basic muscle movements. How should breathing be used in singing? The most important muscle in inhalation, the diaphragm, occupies the entire thoracic cavity At the bottom, the breath silently passes through the larynx and the open glottis into the thorax, allowing the ribs to move and expand to the sides and back. At the same time, the abdominal muscles are relaxed enough to move the diaphragm down. When exhaling, it is pulled The elastic tissues of the

stretched lungs and trachea retract, correct body posture and active contraction of the lower abdominal muscles keep the retraction process slow and steady, which also creates a balance of pressure in the abdomen, chest and throat, helping the singer maintain stability. When the head, shoulders, and hips are in a line, this breathing process can be completed with very little energy. At this time, there will be excessive muscle exertion, resulting in distortion of body shape or voice. The performer's face, neck and The larynx should not be obstructed. If the neck muscles are tense during the breath, the shoulders are high, or the mouth is inhaling, it must be very difficult to make a relaxed and beautiful sound.<sup>[1]</sup>

## **2.2 How to combine mind and body to enhance breathing**

Basic breathing is born, but powerful breathing is trained. Here are some suggestions and methods to help establish effective breathing: (1) Raise your arms as high as possible, and then s--- until the breath is exhausted. The movement remains unchanged throughout the process. This exercise is to prevent the shoulders and chest from participating in inhalation, while the abdominal muscles must work. You can use this exercise to experience the function of the abdominal muscles in breathing. (2) Use one hand, link the arm, and The front of the body is drawn up to the collarbone with the breath, and the bottom to the pelvis is drawn from the outside to the inside. What needs to be realized and imagined is the feeling of the body extending and expanding when the inhalation is performed upwards and outwards. When you move down and inward, imagine and experience the feeling of your body being stretched up and raised. (3) At the transition of inhalation and exhalation, hum "hmm ". (4) Lean back on the chair and experience the pressure of your back when you inhale. Chair back feel.

In addition to these simple methods of training, here I have to mention a psychological special breathing method for the development of singing - "Yoga Qigong System", which is a fairly complete Eastern breathing technique based on material and spiritual principles, since this breathing technique is a unified process, he helped to develop the unusual artistic singing breathing method that enables the will to control the body through the relationship between consciousness and breathing. "The breathing method in which the thorax, the diaphragm and the abdomen work together is the most complex and perfect, but if you don't understand the balance law of singing breathing rhythm, then it is also the most difficult breathing method." Zacomo Ulari-Pirvo, a renowned vocal teacher, said, "According to the system of yoga and qigong, the singer can concentrate his will on the soft-covered little tongue, so as to obtain the full-strength and ever-sweet melody. Voice. " In the past, the Eastern Yoga Qigong system did not attract people's attention, but now the scientific development of Qigong research results fully show that Xu Lian 's special singing method using the Eastern Yoga Qigong system is very valuable.<sup>[2]</sup>

## **3. Combine body and mind to enhance voice performance**

### **3.1 The importance of mind-body union**

The whole body is our vocal 'instrument '. Only by placing the vocalization in the overall situation of the body, can the function of the generating organ be brought into full play. The vocalization requires the coordination and cooperation of the whole body, that is, singing with the whole body. The vocal masters are The best at using the whole body to 'voice ' .

Ordinary voices come from the subconscious reflection of human vocal organs, while trained voices are voices with skills and techniques, also known as rational voices. It is through the awareness of vocal music, with the correct concept of sound and the strengthening of inner ear hearing, the development of longevity. To put it simply, correct vocalization requires breath to open the pharynx and maintain an oval mouth shape to expose the upper teeth, with the support of the chest, but in the process of artistic voice formation, rational guidance and the role of spirit complement each other. If singers rely on reason alone, it is difficult to achieve their goals. Therefore, it is necessary to seek for the subconscious instinct. The singer can expand and deepen the artistic quality deep in his heart through the imagination of the mind, and he will be able to nourish the intuition with creative intelligence, which is very precious to the singer.<sup>[3]</sup>

### **3.2 The combination of mind and body enhances the expressiveness of the voice**

To have a good voice requires the training of mind and body. Let's talk about the correct form first, it can not only show a correct image and free performance, but also make a beautiful voice and make a beautiful sound at the same time. For those who are engaged in professional vocal performance, the understanding of the correct form is always emphasized And creating a beautiful posture is not an exaggeration. So, what can be considered a correct body:

a The soles of your feet are flat on the ground. It is very important to realize that every cell on the soles of your feet is in close contact with the ground, and then shift your weight forward to keep your heels on the ground.

b The body is not stiff, keep relaxed. One of the bad habits that affect the body shape is excessive muscle tension. Especially when the knee muscles are excessively stiff and the body needs to lean forward, the heels will leave the ground, causing the back to lean

back. Breathing through, but also can make the performance is graceful.

c chest out, head up, buttocks up. This is not to raise your chin, but to stretch the back of your neck to find the feeling of lengthening your back, that is, lift your entire head up.

d Always keep the center of gravity on the arch of the foot. When the center of gravity is balanced, you can use the toes to maintain the balance of the body, and should not be too forward or backward.

In vocal works, singers are also required to emit sound timbres that adapt to the emotions to be expressed by the music. Therefore, we can consciously inspire singers to naturally emit different levels of emotional vowels. Make the singer's heart and emotion consistent with the vocal work, establish a natural relationship between the singer's emotions, and enrich the ability to realize the voice. Therefore, in the process of learning vocal music, various methods are also needed to develop the singer's vocal thinking. Colleagues attach great importance to mobilizing their instinctual artistic intelligence through the combination of body and mind, so that singing skills and vivid artistic images can be more profoundly expressed. Combined with the training of the voice, the expressiveness of the voice will be colorful.

#### **4. Conclusion**

To sum up, art is not simple, it needs to scrutinize his inner. For singers, it is very simple to be able to sing, but it is very difficult to sing well. This article only briefly introduces the vocal organs of the human body and some methods to help them sing well, and points out that singing is not The simple movement of a certain organ is the product of the combination of the body and the mind, which is also an important topic to promote the science and training of artistic voice.

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