

Deep-Droning

Description: A technique based on transcending styles of meditation that concentrates on the production of a vocal and/or instrumental drone.

Instruments and Techniques: throat singing, harmonic singing, natural flutes and lurs (wooden trumpets), and Taonga Pūoro. Synchronous singing/playing techniques apply to some instruments and circular breathing techniques may also be appropriate from time to time.

Steps:

1: Prepare

- Choose an instrument
- Choose an environment as free as possible from urban noise.
- Prepare sitting mats and cushions
- Practise the associated singing and playing techniques until they can be performed reliably and intuitively.
- Prepare by undertaking 5min of your standard daily practice. E.g. Zazen, yoga, TM, prayer, etc.

2: Sing and Drone

- State your intention (out loud):
 - My intention is to travel from the orbit of human gesture to the realm of the transcendental through the music I make.
 - I invite awareness, a lack of ego, health and wellbeing, universal wisdom, a sense of belonging and connectedness with all things.
- Begin immediately by sounding the deepest drone.
- Sing the unison. This is your base or home position. Embody this energy in your playing
- Slowly advance through 3rd 5th and lower 5th with an awareness of creating strong harmony, standing waves and vibrational entrainment.
- Concentrate on maintaining a natural breath texture with changes in the minute details such as embouchure and vowel quality. Allow time and space for notes to diminish into silence
- As an advanced exercise, jump to the second harmonic of the lur, sing in unison, then and sing a 4th, then a 5th down from the drone note. While this is more challenging technically, it also allows resultant bass textures and standing waves to develop (limited to specific instruments such as *Karaka-Lur*)
- The singing and droning meditation usually lasts from 5 to 20min

3. Take it With You

- Recognise the change that has taken place in you.
- Take it with you as you exit your meditation.