



Sing Us a Song

Listen to the land around you. What sounds do you hear?
What songs comes to mind?

Place your attention on a plant, animal, or natural object.
Sing a verse of any song you wish to this being or object.

How did singing to this being or object affect the way you
sang? Were you louder or softer? Slower or faster?

How do you use your voice to bring joy to others?



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