

Sing Your Life Newsletter - August, 2004

I'm publishing the August newsletter a few days early this month to clarify something I wrote in last month's newsletter. And looking back at what I wrote, I guess I can understand that a few of you may have been confused.

When I wrote that I was closing paid memberships at the end of July, I meant that I was closing it to brand new members, NOT to existing members. Existing members do not have to renew their memberships until their year is up, so if you became a GOLD or SILVER member in Sept, 2003 when we started the program, you don't have to renew until September of 2004.

Our paid members now number in the 60's, and since I am committed to delivering on my promise to giving each of them 12 or 6 free lessons a year that are specifically designed for each student, the fact is that I'm simply running out of hours in the day in which to get it all done!

However, I still have 7 slots left, so I am extending the memberships for new students by one additional month. If you've been thinking about joining us, you now have until August 31, 2004 to do so. There are 7 slots left which will bring our paid members to a total of 70. You may review the benefits of membership at the Price-list page.

And though we started out slowly, your participation in this program has grown immensely since I published an article containing a testimonial from one of my first members, Mikey, who said *"She's more than just a coach - she becomes a reliable friend to anybody who seeks her help. Ask a question and she'll answer it. I've learned from experience that she pays attention to everything you say. I urge you (yes, YOU, the one reading this) to sign up without delay! Together, you and Chrys WILL discover the natural voice inside you just dying to come out. And if you're here, and you're reading this, then I'll bet that you are also dying for it to come out. So, let it out! Sign up and learn how."* Thanks again, Mikey!

Next, I want to remind you that Volume One of the E-Book, "A Voice For a Lifetime in 30 Days" is now available in Hard Copy and is accompanied by a CD of exercises that WILL develop the voice inside of you that you feel is there, but you don't know how to get it out of you. And I have also added a bonus CD of some of my favorite songs that I offer free to all those who order the Hard Copy of Volume One. Check the Price-List Page for your cost! (And please include the shipping).

On Saturday, July 24th, a few of my local students performed on local TV here in Hollywood. Let me tell you, I was awe-struck by their professionalism and

brilliant performances. Some of these folks had never sung a single note outside of their own showers, and in a very short time, through their participation in my vocal workshops, are emerging as bonafide performers who express their essence through their singing. It's more gratifying than anything I ever did as a performer, to watch these students grow in vocal quality, truth in their performances, and confidence in their lives apart from singing. I couldn't be more proud to be doing what I do!

And I want you to know that each and every one of you readers, even those of you who have never posted a message to the Message Board, or emailed a single question to me, or ever had a long distance voice lesson from me, that YOU are the heart and soul of my web presence, and I am very grateful!

Okay singers! It's time again for American Idol auditions. Here are the tentative dates: SEASON 4 AUDITIONS!

- Cleveland, Ohio -
- August 4, 2004 St. Louis, Missouri -
- August 8, 2004 Washington, D.C. -
- August 18, 2004 Orlando, Florida -
- August 26, 2004 New Orleans, Louisiana -
- August 31, 2004 Las Vegas, Nevada -
- September 12, 2004 Anchorage, Alaska -
- September 28, 2004 San Francisco, California -
- October 5, 2004 OFFICIAL AUDITION DOCUMENTS The Official Rules
- (New Age Limit: 16-28 years old!) (Log on to www.idolonfox.com to read the Rules.)
- FAQs - Frequently Asked Questions - (Log on to www.idolonfox.com to read the FAQ's.)
- And We at Sing Your Life are available for advice on song choice, performance techniques, etc, so feel free to ask!

I DO answer all questions that are asked of me, whether you are a paid member or a non-member, so if you have a question, you don't ever need to feel as if you are bothering or interrupting me, okay?

Being Self-Critical

Since several of you readers have come aboard since we talked about this next subject, I think it bears repeating that one of the most harmful things you can do to your talent is to be self-critical. **I want to make it crystal clear that there is distinction to be understood between objective self-monitoring and subjective self-criticism.**

When you act as your own coach with objectivity, you are able to hear the entire performance including the flaws, and correct them for a better

outcome. But when you subjectively criticize yourself, you are hearing ONLY the flaws, and not any of what is good about your performance, and you sink into frustration and even depression. Please head on over the Readers Corner and re-read my recent articles about self-evaluation vs. self-criticism, and how to practice constructively.

And if you're really a newbie and haven't yet read any of the articles, I invite you to do so. You can even print them out and start a notebook that you can carry around with you to help keep you focused on your singing. As always, we invite your comments, and questions. Visit our Message Board or email us here at Sing Your Life! That's it for this month, singers!