



Sun in the Heart

Free the Heaviness in Your Chest

WHAT THIS PRACTICE IS FOR

This Songline Key is for the moments when the chest feels heavy, closed, burdened, hurt, or emotionally overwhelmed. It is designed to break through somatic armoring—the physical locking of heartbreak, stress, and betrayal into the muscles of your chest and upper back. Using targeted vocal science, we physically shake this tension loose to invite the heart to open once more.

THE SONGLINE IMAGE

*Imagine your heart as a warm sun in the centre of your chest. A quiet life giver.
A source of warmth, vitality, and presence.*

Place your fingers gently on the centre of your sternum and breathe into that point. Allow yourself to feel the warmth of that inner sun.

THE PRACTICE

1. Place your fingers on the centre of your chest.
2. Imagine a warm sun glowing behind your breastbone.
3. Bring gentle awareness to any heaviness, hurt, or emotional weight you are carrying.
4. Using a flat, raw 'AAAA' sound (like the word cat) with a gravelly vocal fry, voice that feeling. Keep it soft, breathy, and unpolished. Let it be ugly.
5. As you sound, let your chest cavity curl slightly forward. Feel the CV17 acupressure point under your fingers caving inward, forcing the sound out the back of your heart to clear the past sitting behind you.
6. Switch to a wide-open, breathy 'HAHHH' sigh. Drop your hand, open your chest, and let the relief wash through.

WHEN TO USE THIS KEY

Emotional heaviness · Heartache · Stress ·
Feeling closed down · Sadness · Emotional fatigue





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SCIENCE INSPIRATION: The Neurobiology of the Sun in the Heart.

- **Vagal Stimulation:** Low-frequency sounding and vocal fry physically stimulate the pharyngeal branches of the Vagus Nerve, instantly down-regulating the nervous system out of fight-or-flight.
- **Posterior Lung Activation:** The flat "AAAA" vowel structure forces deep, subglottic air pressure into the neglected posterior lobes of your lungs, rapidly shifting blood chemistry to reduce anxiety.
- **Acoustic Catharsis:** The "AAAA" frequency is the evolutionary human reflex for distress. Intentionally producing it bypasses the analytical brain to directly access and clear the limbic (emotional) system.

HOW TO USE YOUR MATERIALS (The Toolkit)

-  **The 2-Minute Video:** Your quick introduction to the science and the vocal mechanics. Watch this first.
-  **The 8-Minute Guided Audio:** Your deep-dive experience. Use this when you have time to sit, learn the pacing, and process heavy emotions.
-  **The 5-Minute Emergency Audio:** Minimal talking. This is your on-going, daily practice track for rapid relief when you are short on time.
-  **The Phone Reminder Graphic (PNG):** Save this separate image to your camera roll so you always have the steps in your pocket.

Disclaimer: The information and exercises provided in this program are for educational, wellness, and self-regulation purposes only. They are not intended as a substitute for professional medical advice, diagnosis, or mental health therapy. By participating, you accept full responsibility for your physical and emotional well-being. If you experience intense distress, dizziness, or pain, discontinue the practice immediately and consult a qualified healthcare professional.

