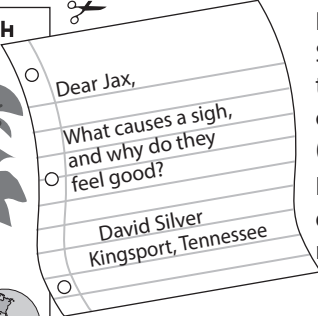
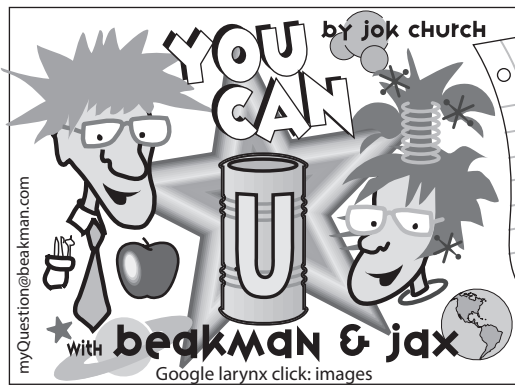


EMBARGOED  
Until Release Date



Beakman or Jax  
P.O. Box 30177  
Kansas City, MO 64112  
Questions, name & address

Dear David,  
Sighing is a way to relax your whole body that begins in your voice box, which is also called your larynx (LAIR-inks).

It's a thing in your throat that looks like this drawing. It's made from cartilage and muscles. Cartilage is the same wiggly stuff the end of your nose is made from. In the drawing, the cords are the gray stringy stuff. When you sigh, they vibrate.

*Jax Place*  
Jax Place



## Experiment #1

WHAT YOU NEED: Just your sweet self

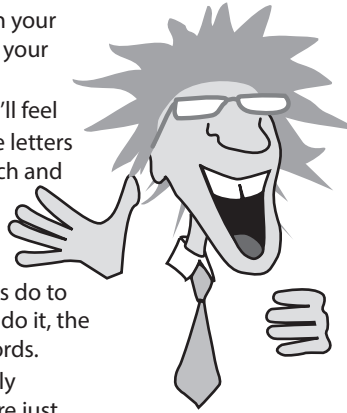
WHAT TO DO:

Take a deep breath, inhaling through your nose. Release it slowly through both your nose and mouth, but keep your lips closed. As you let go of more air, you'll feel a sound that mixes the sounds of the letters H and M. That sound can change pitch and get lower as your voice box relaxes.

WHAT IS GOING ON:

You just did an exercise opera singers do to get ready to perform. Each time you do it, the sigh relaxes and loosens the vocal cords.

A sigh can happen when we suddenly understand something, or when we're just thinking about stuff. If we work to make that sigh feel good, and do it several times, it can send that relaxation through our whole body. The good feeling you asked about can be the relaxation, or even us finally understanding whatever we were thinking about.



## Experiment #2

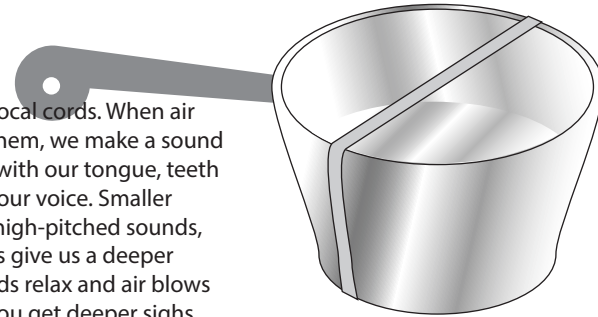
WHAT YOU NEED: Big kitchen pot - small kitchen pot - rubber bands

WHAT TO DO:

Stretch 1 rubber band around the pot as in the drawing. Do it to both pots. Then pluck the bands and compare the sounds they make.

SO WHAT:

Your larynx holds stringy muscles called vocal cords. When air blows through them, we make a sound that we change with our tongue, teeth and lips. That's your voice. Smaller cords will make high-pitched sounds, while larger ones give us a deeper voice. As the cords relax and air blows through them, you get deeper sighs. And that relaxed sigh can signal the



rest of your body to relax as well, which feels very good.

PS, from Beakman: Remember what Robert Frost has to say with a sigh: I shall be telling this with a sigh: Somewhere ages and ages hence: Two roads diverged in a wood, and I - I took the one less traveled by, and that has made all the difference.

