

# 5 THINGS I DO EVERY DAY TO TUNE IN TO MY VOICE



Written with  
love by

SHIRI MAGAR



**HELLO THERE BEAUTIFUL OPERA SINGER,  
I AM SO HAPPY THAT YOU STOPPED BY,  
AND DECIDED TO DEDICATE TIME TO  
TUNE IN WITH YOUR VOICE:)**

How do you build resilience,  
keep the POSITIVE drive,  
stay determined,  
and essentially HAPPY on this path?



As singers, it takes time to develop our voices, master technique, and perfect our instrument. However, alongside this devoted practice, I often notice a GAP in how we take care of our MENTAL HEALTH and WELL-BEING in the often-challenging opera business.

**JUST LIKE WE PRACTICE OUR TECHNIQUE,  
I TAKE TIME EVERY SINGLE DAY TO TUNE  
IN AND CONNECT TO MY INNER VOICE -  
MY COMPASS, MY INTUITION,  
MY INNER CHILD AND SOUL.**

This practice of cultivating  
a STRONG and FLEXIBLE center  
anchors us amidst the noise, challenges, and distractions  
we face as singers.

# MY STORY

My name is Shiri Magar, and I am a professional opera singer with a **PASSION** for sharing my journey and helping others find **JOY** in the world of opera.

I have had the privilege of performing lead roles on renowned stages such as the Israeli Opera, Oper Graz, Salzburger Landestheater, and Opéra Royal de Wallonie, among others.

Through years of experience, I've come to understand the importance of staying **CONNECTED** to my true self, **INTUITION**, and my inner **HAPPY** me –both artistically and personally. As I continue my journey toward my dream of performing on the world's greatest stages, I feel a deep call to **SHARE** the tools I've discovered to help fellow singers cultivate **MENTAL STRENGTH, BALANCE, RESILIENCE, COURAGE,** and **JOY** in the pursuit of a **FULFILLING CAREER**.

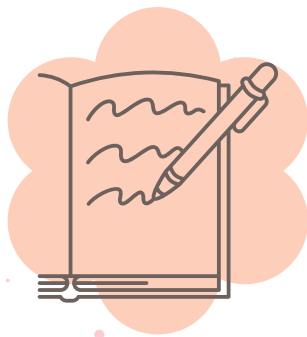
**LET'S WALK THIS PATH TOGETHER,  
FULL OF HEART AND PASSION,  
AND MAKE OUR DREAMS COME TRUE.**



# HERE ARE THE 5 THINGS I DO EVERY DAY TO TUNE IN TO MY VOICE

01

## WRITING MY DREAMS



Knowing WHY WE SING is so important in this profession. I write DAILY AFFIRMATIONS that remind me why I started singing, and what my BIG DREAMS are. I have a dedicated notebook just for that. Just before I start meditating, I sit down for 5 minutes and write down almost the same lines every day, ending my little paragraph with two words: "IT HAPPENS".

## 02 MEDITATION



I can't recall the last morning in which I did not meditate. This habit has become essential to the start of my day, like brushing my teeth or taking a shower. 20 minutes of meditation clear my mind, help me connect to my INTUITION, and start my day with a clear laser-beam like FOCUS.

## 03 VISUALIZATION



During meditation I also visualize my DREAMS the way I would like them to manifest. Our imagination is incredibly powerful. When you visualize clearly—especially focusing on the feeling of what it would be like to get that call or sing that role on the grand stage—you tune in deeply and may also discover if something is holding you back. I visualize daily to remove obstacles and get closer to my desired outcome.

## 04 SINGING



I PRACTICE SINGING EVERY DAY, EVEN IF I  
DON'T FEEL LIKE IT:)

I practice with the utmost DEVOTION,  
RESPECT and LOVE for my voice, and for the  
incredible music that I am singing.

This way I develop my technique and my  
acquaintances with my voice. I play with  
different pieces, and sense what feels most  
comfortable and natural in my voice.

What do I LOVE singing the most?

This is crucial to develop my confidence –  
knowing what I can do amazingly, and what I  
need to work on.

BEING HONEST WITH MYSELF:

What can I present today and get hired with?

What needs more work?

This self-awareness is key to artistic growth  
and helps us be fully present when  
opportunities arise.

# 05 STUDYING MUSIC



Even if I don't have a concert or a role coming up in the near future, I learn a new piece of music – every day!

I have learned that it dramatically helps me DEVELOP and MAINTAIN my skills as a musician, and gives me so much CONFIDENCE for my upcoming roles – I'm in shape to study them with EASE so much FASTER and in much more PRFOUND ways.

**SMALL DAILY HABITS ADD UP OVER TIME. WHEN I COMMIT TO MENTAL CLARITY, VISUALIZATION, WRITING DOWN MY DREAMS, PRACTICING MY VOICE WITH CARE, KNOWLEDGE, AND PASSION, AND EXPANDING MY MUSICAL ABILITIES AND REPERTOIRE, I FEEL DEEPLY ALIGNED AND CONFIDENT—NOT JUST AS AN ARTIST, BUT AS A PERSON.**

DO YOU HAVE DAILY RITUALS THAT HELP YOU  
CONNECT DEEP INSIDE AND ELIMINATE  
EXTERNAL UNNEEDED NOISE?

I highly encourage you to **START TOMORROW!**  
Find one or two rituals that you would like to  
turn into habits and cultivate in your daily  
life, and practice them for 5-10 minutes. Just  
like brushing your teeth, they will become  
anchored in your daily routine, and will make  
you so strong and centered over time.

## WHAT'S NEXT?

I hope you found my words helpful. I have learned so much on my path and am **EAGER** to **SHARE** it with you so we continue to **GROW** and **SHINE** happily on our opera paths. Very soon, I will be revealing a more in-depth resource to help you build routines, strong inner connections, and confidence as an opera singer, so keep an eye on your inbox:)

Toi toi toi for all of your beautiful operatic endeavors!

Love,  
Shiri.

