

soulvoice® *f*orum

June 2020

*Everything in nature is a print
of sound creating form and
matter, colours and
spirals. Nature exists
in sacred geometric
constellations.
Nature is creation in
sound, and so are we.*

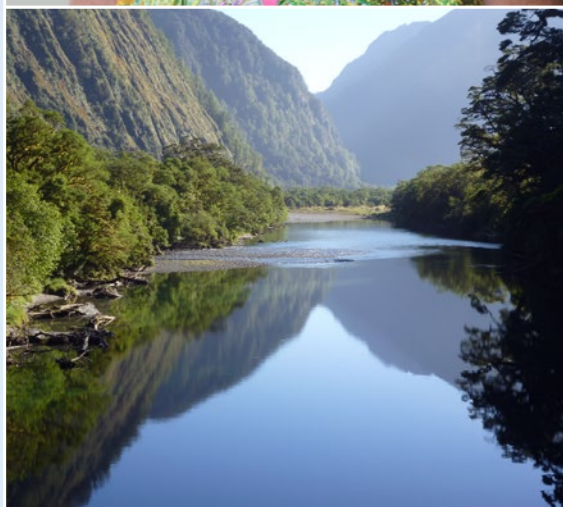
KARINA



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Soul Voice® Forum June 2020

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In honor of your magnificent voices & sound wisdom

I am sitting in front of an indoor fire, after several hours of an invigorating and spectacular hike in the foothills of the Pyrenees; now meditating with the flames of the fire of all transformation... LISTENING.

I am in abundant gratitude for your willingness to write these inspirational stories, which uplift us all and bring us more strongly into our community; supporting each other to move forward to higher grounds & deeper dives!

I am guided to start this bi-annual Soul Voice® Forum by gathering 'The Stories' as I listen to the essence and the overview of what is happening in our community & so then put them into a consolidated PDF format. You will also be able to send this out to your contacts to share with them the various stories & elements from our community.

It has been an honor and a privilege, to communicate through my Letters, Messages and Sound Meditation Rituals over the last couple of months, to be of support in these challenging and extraordinary times.

For me each day of the 4 x 21 days Sounding Meditation Ritual was a revelation of clarity, insights and confirmation. I trust that you all have got renewed confidence as to the magnitude & the ripple effect of our sound healing frequencies; its effect on the planet & on humanity. I know you are creating new bonds within your tribal community & are being strengthened to continue your commitment in new & creative ways, individually & collectively.

I want to thank the Soul Voice® Teachers for their beautiful contributions over the last couple of years with the 21st monthly Sounding Meditation, which we all have benefited from. After this month I will leave it up to all of you, Practitioners as well as Teachers, to create a sounding meditation or a project at any time in which we all can participate. Please send your idea or contribution to Kathleen at the Soul Voice® Blog, newsynewsletter@gmail.com and she will be happy to post it and get it out to everyone.

In addition I encourage you to nurture the blog with ongoing stories during the year, a powerful way to stay connected and communicate with the SVI tribe.

I want to thank Veronika for her impeccable work for Soul Voice® admin through the Blog for a period of time, as well as Diane for her support with the final hard copy newsletter.

In honor of your magnificent voices & sound wisdom

In grace, light & compassion
Karina

FOUNDER OF THE SOUL VOICE® METHOD

Our greatest purpose is fulfilled through service, as we align ourselves with our purest heart's desires & guidance...Surrender to the outcome. And DARE to LIVE the new dawn & birth fully!

Dear Breath

Dear breath,
I do not know you so well
even though it was you
who entered my body, when I started my life.

I feel sorry
that I didn't give you enough attention.

And still you were my partner doing
your job and holding me alive.

Dear breath,
even though I do not know you so well,
I know, you are giving me a lot.
space,
more time and
especially more calmness.

When I am afraid or worried,
it's you,
who connects me to my body again.

It's you,
who brings me into lightness, into airiness, effortless.

It's you,
who allows me to experience unconditional love.

When I am in nature,
I allow you to come closer.
I open my lungs,
my heart,
my skin.

It's you who brings the green of nature
into my heart.

Dear breath,
you are always here,
giving and letting go.

I dive in you
and you are diving into my PULMAO (lungs)

I wish I could be more with you,
allowing myself
to share live with you.

How different will life be for me,
when we will walk together
hand in hand.

Sofie Wandeler, Soul Voice® Practitioner in Training, Swiss Tribe



How many more wake-up calls will we need?

We truly live in special times. However I had this feeling way before the Virus changed our lives. For me it all began with the ritual we did for the Australian forests. I was so grateful that Karina sent us these instructions, because I know and love the places that were burning. Sensing the energy of fire and water and sounding to them day after day, I felt the elements powerfully in changing ways. One day, when I called the water forces, I felt a hurt reaction coming from the fire spirit. I sent respectful and caring sounds and soon received this message: 'Why are you fighting me? I am sending the cleansing that you need. I am enabling transformation. Everything I do is necessary. I do it out of pure love.'

I was very touched by that. How far did we go? Does the power of love has no other way left to reach us? Do we learn something out of it?

Enough time went by for me to forget about that experience, when violent wind-storms came upon our land. Many trees were uprooted, some of them huge and old, and there was a lot of damage everywhere. I started to meditate and practice sound healing. Every day I sent my voice to the air spirit, begging him to calm down and soon the winds answered: 'We are cleaning, purifying and awakening you all'



And then - again a few weeks later - came Covid19. Isn't it amazing how such a small creature managed to lock up most of us humans into our houses in almost no time? Guess what message I received? Exactly! That cheeky little bug with a crown is sending us another patient caring call to pause, reflect and change our behaviour - in a yet completely unknown way.

Suddenly I had endless time to meditate and to ponder. Corona threatens our lungs - like the fires threatened the lungs of our planet (there were not only huge fires in Australia, but also in the forests of South America, Southeast Asia, Africa and Siberia). I contemplated about the lungs, breathing deeply with all my gratitude and receiving the teachings with every breath. Feeling the rhythm and the polarity and the balance and the depth. Understanding that we need to both breathe in and breathe out - and that if we lose the balance between giving and receiving, we become ill.

Also, what I love to remember on each of my walks through the woods: We are all connected through the air. Animals and humans need oxygen. Oxygen is given us by plants and in return we breath out the carbon dioxide they need. Could you ever imagine a more beautiful expression of love and connectedness?

I am allowed to give real sessions again - offline and live! Oh, my God! I had forgotten how happy this makes me!

I went on breathing, listening, sounding... and it became clear to me: it is not mainly health that I wish for the planet and humanity. Above all, I hope that the wake-up call is finally being heard - and understood in such a way that we react accordingly. Together. I wish so much that we free ourselves from the fears that lead to separation, distrust and violence. I wish that we realize that separation is only an illusion that we can give up immediately.

I spent a lot of time imagining the world that I so much long for. To dream it into life. To sing and sound it into life.

Then, one day, out of the blue, I broke off the 21-day-ritual. I didn't know why. Everyday I wanted to do it - and didn't. Only after a few days and a session I understood the reason: Due to various news I had fallen back into rage, frustration and grief about humanity and what we are doing here. I had stopped trusting and felt separated, lost and lonely. Where had my power gone? I sounded out all my feelings and slowly I felt better.

And then the restrictions have loosened at last. I am allowed to give real sessions again - offline and live! Oh, my God! I had forgotten how happy this makes me! To see how a face can change within such a short time, when tensions are released! Again and again I wonder about that miracle when after a session I see a person who seems to be like new born. Completely relaxed, centered and radiant, happy.

After I was at home for weeks - fortunately not alone - it has become clear to me how much I need to be in contact with other people. One reason why giving sessions nourishes me so much is that it is easier for me to do for someone else, what is still hard to do for myself: I can ground myself and be completely present. I can let go my thoughts and as for the smart aleck inside me, who thinks she knows everything better - I can easily push her aside. I can let go of judging, expecting, doubting...

Being thrown back on oneself, not having daily meetings and not needing to travel to work... for many people all this was (among other things, of course) also a gift. I appreciated it for about three weeks, but then it became more challenging every day. I am really relieved that this is finally changing again. It's nice to be out and about and meeting people again. But it is also a challenge because there are now many pent-up feelings like fear and worries, anger and frustration in public, which can be really stressful. I am glad for the opportunity to see clients (I only wish they were more! But I am confident they will be, now that I can be active again) because in every Soul Voice® session I can experience that there is so much more that connects us than separates us. This gives me hope again.

Sweet doing Nothing

When people visit me they say it is so quiet here. Well I can tell you a different story. When I sit down on my sofa and I relax it is a concert, a symphony created by all the little sounds singing so beautifully alone or together right now. I hear the drops piano coming down from the roof after the rain on my left side. On my right side further away the birds are singing directly into my heart. So my heart starts to sing too. It is the sound of joy that moves my lips to smile. My breath is going softly through my opened mouth, in and out and in and out in its own rhythm, calm and silently.

Now the waving leaves in the wind outside are joining my breath melody. What a beautiful relaxing gift! My body is sinking deeper into the sofa. In a few moments there is nothing else then silence, an empty space where there is nothing left. Suddenly laughing voices of people walking passed my chalet cut in staccato. I follow them listening to their footsteps walking to the parking place nearby. For a moment I like to join them laughing together. Then I hear the door of a car that is now driving away slowly. Bye bye laughing people have fun! Now even more birds are singing fortissimo outside all around my house.

They seem to be very busy. Their sounds come in through my ears directly and sharp to the back off my head scratching me a little there. It is activating and uplifting me. I make some sounds with the birds in the gaps in between. My inner child is awakening and is playing. The humming refrigerator joins us for a while. A plane is coming from very far closer and crossing with monotone frequencies through the sky above me. Where does it go? I realize again how big the world is. How easy life is right now sitting here just listening. Receiving, observing, be moved and letting go again. Sweet doing nothing, just being here simply present. When I listen like that, my inner noise stops immediately.

It's very nourishing and I am recharging my batteries. I say thank you to my surrounding and to myself for the concert, the gift that is given to me and I give myself. I hear my stomach gurgling reminding me that I'm hungry. So I stop writing. My spaghetti is calling me...

Rita Hausherr, Soul Voice® Practitioner in Training, Swiss Tribe



Listening with my heart

About half a year ago I did a Soul Voice® session with an Italian lady, whose English was not very good. Especially during the coaching, but also during the debriefing I really had to use all my listening skills to understand her. I opened my heart fully to connect with her and to tune in. I used my intuition to listen to her, not only on a physical level, but also on a spiritual and emotional level. She told me about her feelings of insecurity and her struggle to set boundaries for herself.

The healing was the easy part. Soul Voice® is an international language: sounds and energy flow by itself without words. And even intentions settle into the body, also if you don't fully understand them. The subconscious does its work.

During the debriefing she told me that she had a vision of a butterfly and felt a strong power in herself. She got the insight that she is a courageous guide for other people. We both used our body language to the fullest and with some patience and common sense we really had a very powerful session.

Claudia Ketting , Soul Voice® Practitioner in Training, Dutch Tribe

The Call of the Soul

The 21 Day Sound Meditation was so beneficial for me that I decided to offer it online to my community. I notice that it normally takes me 2 or 3 attempts to hold any 21 Day meditation for myself, before I actually follow through with it for the full length of time. Knowing that I was holding the space for others, I showed up every day and each day I reaped the rewards. I pushed through times I wouldn't normally and learned what true commitment and dedication is!

Holding the space for others was special. My own unique flavour grew during the meditations as I held the structure of the meditation Karina created but followed my own pace and flow through the wording also. Facilitating the meditation stretched me and awakened me to my authentic way of holding space. Week by week I deepened in supporting people to drop into their heart space and build faith, compassion and love.

The atmosphere following the meditation was peaceful and blissful. Everyone who attended was grateful for it, especially at a time when the world was being hit by a wave they had never experienced in their lifetime. Every participant loved the tree medicine that they sounded at the end of the journey. it grounded them in truth, that we are not separate from nature and that nature is always waiting for us to come home.

Facilitating the meditation awakened my creative juices. It transformed my mindset from fear of "how am I going to pay for everything I need, now that I can't work at the Yoga studio or the community centres and I can't offer the 2 day Soul Voice® workshop," which I'd hoped to be accredited in by April, so that I could hold the 5 Day Sound Initiation in November.

The workshops in Hobart and Melbourne were gaining momentum. People started booking their place days before the wave broke out and borders were closed. Needless to say, I had lost a big chunk of income from this time of great change. However my sense of self value and self worth have grown as my clients and participants of my new classes express just how much they are getting from my sessions, even though class numbers are very low, the number of Soul Voice® clients for individual sessions has shot up. I reduced my price to accommodate people who lost their jobs and to give people the opportunity to try it before the price goes up when Mukulu's Song is fully operational in Spring.



I feel something has shifted inside for all humanity. Many people who have never looked at holistic and alternative practices are turning their attention this way. It is the time of the great awakening. There is no longer any room for separation mentality. This wave has shown us humans are more connected to each other, all over the world than ever before and it is together we will move mountains. As Accredited Soul Voice® Practitioners and Accredited Soul Voice® Teachers we can shine in our individual, unique, radiant beauty and power and reveal the heartfelt bespoke offerings that is founded on this incredible, life giving work Karina has birthed.

We are living in very exciting times and it is the awakening of the voice that will shift all humanity to their true essence and back into balance with all there is. It is my vision that one day Soul

Voice® will be seen by the United Nations as a system that will support sustainable living in every country. Soul Voice® is a powerful tool that brings people home and when we live at home in our own body; when we live in our creative essence, miracles happen, long term change occurs and I've been witness to that in my own life and the lives of those I've had the honour to teach in the 2 Day Soul Voice® Workshop and individual sessions.

This week I had an incredible blessing. I was gearing up to facilitate my new Sound Your Chakra's class; it's the second week. Each week the class focuses on one energy centre, followed by sounding through each chakra. This week was the Hara. On Wednesday I had just finished recording the class when I looked out the window. A Sea Eagle, on its own, danced over the bay. I heard instinctively "grab your camera, the Sea Eagle is coming to you". I saw the Eagle fly towards the end of my street, for a moment I thought "no, he'll pass by" but trust in my inner voice rose up and I grabbed my camera. As I sat by the window the majestic Sea Eagle came within meters of my window with the message to stand tall in my own power, fly in all my magnificence and trust myself.

The next day Sea Eagle was back. This time I was in my backyard and he was at the front of my home dancing in a circle. I thought he was going to fly in the opposite direction, so I connected with him with my sound, he flew slowly over to me and passed right above my head, close enough for me to see the beautiful patterns on his wings and his large, strong chest. This time I knew he is my power animal for this time, as I step up in faith and belief in my soul's work to birth a new baby on the planet that has never been seen or heard before. I am surrendering in trust as I give it space and time speak, allowing this incredible method to guide me deeper into my creative potentials. I know I am not the only one who is waking up to all of their magnificence and sharing their unique message with the world. Join me with the Sea Eagle in your courage and bravery and let's move mountains. The time of awakening is here.

Dorianne Daniels, Authorised Soul Voice® Teacher & Certified Practitioner, Australasian Tribe

We are living in very exciting times and it is the awakening of the voice that will shift all humanity to their true essence and back into balance with all there is.

Lessons from a Toddler

At first I had little idea of what to write about to contribute to this Soul Voice® Forum. A few ideas floated around in my head and I started writing several other articles only to decide they were not what I wanted to share right now. Then I managed to take the accompanying photo of my daughter Samantha the other day and it hit me. Why not share a few lessons I have learnt from her over the past year and a half.

#1 “Stay in the moment.”

This is the most challenging one for me. Most of my life I have needed a strict routine to be able to fit in all I wanted to accomplish for the day. I was also always looking ahead, seldom appreciating the moment. I often worry about what will happen as a consequence of the choices I make in the now. The truth is I will never know what comes next. Samantha is always in the now, playing, shouting, laughing, crying then laughing again. Sometimes it's like every few seconds have a different character. When I sound I am usually in the moment and it feels so good. When I am with Samantha she constantly reminds me to be in the moment in everyday life too and I am getting better at it all the time.

#2 “Take action, let go and try again.”

Samantha is a very active 18-month-old and is running and climbing, slipping and sliding and getting into everything everywhere. She is so inquisitive, constantly trying out new things. She gets herself into a situation where she can not do what she wants the first time round. She will cry, grumble or release some other sound and at the same time will try to do what she set out to do all over again. Often three, four or five times until she ‘masters’ the new skill. If I stumble when I take action I often forget to let go the adverse outcome and hold onto it, only for it to explode in my face weeks or months later. Letting go right away, even if it's just with a few deep breaths makes me feel lighter, freer and better able to manage the next challenge that comes my way.

#3 “Gentleness is just as effective as roughness.”

I have always had good control of my voice and I can be loud, very loud. So much so that when I was teaching I would get comments from my colleagues asking how I could project my voice so loudly all day without losing it. I guess I just always wanted to be heard. Now I am learning more and more, especially when I sound and sing to Samantha that a soft, gentle approach works even better than being too forceful. Also, when we speak gibberish to each other during play I do not need to raise my voice. The intensity that develops despite the gentleness repeatedly amazes me.

#4 “Kiss the frog.”

I have to smile now every time I look at that photo but it is such an important and rather serious teaching. Samantha is a constant reminder to me of how we all once were, how I was - footloose and carefree. Before unfavorable life situations got me starting to be cautious, distrustful and concerned I too was totally loving life and all it had to offer. Becoming a Soul Voice® practitioner allowed me to shift many of the guards I had put up around myself. Now, when I feel I need to put up a new shield I can generally catch myself, before it has fully formed and can work with (through sound and movement) the feelings underneath instead.



#5 “Be true to yourself.”

I loved ‘just’ being a mum for a good year but the thought of it continuing that way for much longer filled me with dread. Sounding to try and shift this feeling did not get me all that far. I had to accept that I am just not one of those amazing parents who are totally fulfilled ‘only’ raising their children. I love Samantha SO much but I know I will go crazy if my only job is to look after her all day every day. Therefore I am in the process of finding part-time employment and will then be more content. This will allow me to continue to grow my Soul Voice® practice, have some extra money coming in and time for Samantha. I also realise she will benefit from this too as I will be a happier person and will appreciate the time I do have with her much more.

Veronika Busch, Certified Soul Voice® Practitioner, Austrian-German Tribe



Becoming a Soul Voice® practitioner allowed me to shift many of the guards I had put up around myself.

When I look back I realize that the inner processes I went through were a preparation on an energetic level for the transformation we all are going through right now.

The following drawings are
essences of my process,
initiated by the most suitable
Powerwork.

“Authority Exercise”
My protective self.



A milestone in my Soul Voice® Work

I am so happy that I was able to hold a Soul Voice® Introduction Mini Workshop in early February. Almost 40 participants were in the St.Gallen's St. Catherine's Hall.

I am really proud that I have demonstrated a sound healing in front of so many unknown people. Luckily I didn't realise until later that night that this was a real coming out for me...



My experience during corona lockdown

Tidy up, organize, dispose... what a relief! The long pauses, the extended walks in nature were so nourishing. I was in the exchange of skype Soul Voice® sessions with colleagues, this was a wonderful support. Since I was no longer allowed to hold singing circles, I started a live-stream: Every Tuesday evening I sing on Facebook for 45 minutes, later people can sing along with me on YouTube.

For me it was quite a technical and personal challenge to do that, but now I'm so glad that I took this risk (as I already told, risk taking was one of Karina's power works for me)... so many singing circle members are grateful! And I learnt a lot from it!

I participated in the collective ritual of the Soul Voice® global sounding whenever possible. The connection to the Soul Voice® community and the united sounding for humanity was very supportive, helpful and centering. It didn't call me to give any Skype client sessions during the lockdown. But now it is possible to give sessions again and most clients and pupils came back for sessions and singing lessons.

I really enjoy giving sessions again, and for the moment with the necessary protective measures.

My inner story right now

Yes, humanity faces transformative and challenging times in these special months. My being of great sensitivity perceives this energy deeply. I feel a deep need to purify myself energetically every day.

The bouquet of all the wonderful Soul Voice® techniques is such a great help and support for my personal process! Clearing the inner clouds, sounding release of grief, grounding exercises, the Jaguar medicine, the ascended Master energies, pain releases in which I accompany myself, and the relaxing sound and movement are my favourite ones.

I am always enough

Sabina Ruhstaller, Soul Voice® Practitioner in Training Swiss Tribe

Space to Connect

This last year has been a very different year than any I have seen before. The first thing I began to notice is that I was not being so nice to people as I usually am. In fact, a lot of the time I was somewhat confrontational, but it was not the kind of energy that wanted to make someone wrong. It was more like I wanted to energetically wrestle with others, like animals, in order to make us both stronger and more vital. I was feeling a power awaken in me that needed safe interaction and expression in order for me to be able to hold it in my field, my nervous system, and my psyche. This gives me the trust to allow that wild instinctual energy to flow and move in harmony with deep intuitive listening.

Ironically, with this strong yang energy flowing through me, I began to feel how tired I was at a deep core level. I could feel how exhausting it is to live with inhibitions, and equally how depleting exertion and willful effort are for me, especially without the presence of heartfelt or gutsy energies.

In my sessions of the last few years, I have found myself doing less and less and really just holding space for myself and my client to grow in our awareness of what is happening. It seems the less I do on one dimension, the more can emerge on another. I often find that what I am doing for my clients is what I need for myself. So ... this year I have begun to hold space for myself and what is possible in my life. And if nothing else, this feels like a deep self honouring.

I haven't worked much, and through the lockdown I have lost a lot of money. However somehow, deep inside, my life force is growing stronger and at the same time more sensitive to possible channels of expression.

The thing that seems to bring me home more & more is my own sound practice. More than ever I feel like a complete beginner with no idea what I am doing, but with a deep yearning to connect with others with the courage to express their shadows and turn them into gold.

Chad Beckett, Certified Soul Voice® Practitioner, Australasian Tribe



Feeling Supported & Encouraged

In this year's challenging time of the corona-lockdown I was first stupefied by the measures taking away my freedom to move and to be in direct contact with clients and patients in my practice. And I must admit, that having to cancel all offers of face-to-face meetings was a real pity for me, because I had some people willing to do Soul Voice® mini-workshops. They would have been offered from my side as a preparation of how to deal with the corona-situation, doing grounding- & boundary exercises... but I had no possibility to offer it.

I was not prepared and I am not yet ready to offer a digital solution for several participants, however I met and talked to some of my clients. I liked a lot the story of one woman who already several times had come to the mini-workshops and told me the following short story: As the corona lockdown encouraged people to be in nature right in their surroundings she often went out in nature for longer walks. And one afternoon she stood at a forest-glade with a big meadow before her. She stopped and started to sound out the beauty of this area and suddenly saw a mother deer with two fawns coming forward to her. They were not shy at all and seemed to listen to her sounds. She was very uplifted by this and after a while of peaceful sounding the three deer went back into the forest.

Why I do tell this story? Because I myself was out in nature a lot with sounding or without, and this was for me the greatest source of regaining my energy and feeling that I was / I am in a safe space.

I also was very glad to speak and sound regularly to my buddy Kaja, as we could hear each other sounding in Karina's 21 day-sounding-meditation. We could also feel even more the connectedness between the Soul Voice® community and the impact of the corona-virus worldwide, which did feel less and less threatening; rather it became a beneficial time of calm and peace and slowing down.

I also started to sing a song a local choir offered as a song of support for each other during this challenging time. The text "you have more friends than you know" is really brilliant and touching. And at the end the joined voices of all people, who participated, transmitted that during these times it is important for everybody to give time for personal growth. You can listen to this song here: <https://www.youtube.com/watch?v=Y0aKX7wxGrc> (Youtube-Link)

Enjoy and stay encouraged,

Marion Pütz, Certified Soul Voice® Practitioner, German Tribe

Healing Grief

The last time I saw my husband Francesco was on August 15th, 2019, when I accompanied him to the railway station from where he took the train to Milan airport, in order to leave for Ghana. He was going to give a beekeeping course there as part of a project organized by an Italian voluntary association. He was very happy to go, as this course would have been the opening of a new chapter in his life. In 2020 he would have retired, we would have sold all the bees except some hives for our own needs of honey and because - after a whole life dedicated to beekeeping - it would have been impossible for him to live without their presence, their humming, their smell... the connection to nature which they gave him.



Then he would have concentrated his work on teaching people how to work properly and passionately with bees. Because this was his particular capacity, to transmit a deep love and respect for those insects which many people are afraid of.

His return was planned for August 28th. However, two days before, in the afternoon, four men, two of the them beekeepers and Francesco's closest friends, the other two from the association, brought me the message that in that very morning, he had been attacked by a swarm of bees and had died by anaphylactic shock. While his students were dressing up in their suits and masks, in order to have a last visit of the hives, he had moved away, maybe to smoke, still dressed normally. Probably a swarm hidden in a tree or in the ground which he had not noticed, attacked him. African bees are much more aggressive than our European ones, and they attack all together as a swarm. Before the people could react and try to save him, it was too late.

The shock was such that only a part of my mind realized the fact, and I went into automatic reaction keeping myself together somehow. I listened to the man of the association who told me the details he had come to know so far. I talked with the two beekeeper friends who reassured me immediately re the organization of our 300 bee hives; they would take care of all the work, and in fact, they did so. Afterwards I called my elder son who is living in Switzerland, our families and some closest friends.

Everybody was shocked, in pain, and somehow refusing to accept it. Later in the afternoon, the first people came to console me, as somebody had spread the news immediately. Thus I discovered myself to have to be grounded and strong and to console them. This went on for several days. Even two reporters from local newspapers contacted me the next day to get some more information for their articles.

“What you have lost will come back to you in a higher form, when you consciously work with it”

The same evening, I wrote to Karina, Angaangaq and both my spiritual families and asked for their support. During the first night, my inner process started. I woke up screaming with pain, grief, anger, desperation, feeling of being completely lost...a whole kaleidoscope of emotions burst up inside of me. It became a daily – or better: nightly – processing work; my voice guided me through the jungle of my unconscious mind. Thus, during the day, I could be quite clear and centered enough to do all the practical work that had to be done.

I received an incredible amount of help on all levels, material as well as spiritual, from so many people and spirits that I can't count all of them, and even from Francesco - at least that's how I perceived several situations, e.g. when I needed to find a key or a document and I didn't have a clue where those items could be; all of a sudden I got the idea to look in a certain place, and there it was!

And I remember one particular moment when I was under the shower, feeling lost, sounding out my grief and mourning. Out of the blue an energy wave came to me like a gentle breeze, caressing my body and lifting up my spirit. My inner state immediately changed into acceptance and faith.

I also had to decide what to do re the two workshops which I had planned for mid September (2 days) and October (5 days). It was clear to me that it would have been impossible to prepare for the 5 days, while I would give the 2 days, not only for the two women who had registered, and my assistant, but for my own healing, too.

This decision proved perfect for the four of us. I could allow myself to be completely vulnerable, and at the same time and without any effort, I kept my balance and guidance. It was just natural. This workshop was special, maybe the most intense I had ever given before.

Since then I have continuously felt accompanied, reassured and guided. The need to express my inner turmoil gave me many spontaneous, intense sessions with myself, each of them a little step forward. Once I received the message that he had to be catapulted out of his body in such a sudden, shocking way in order for his spirit to move on to the next level. And I deeply trust Karina's words which came to me at the end of another sounding session: “What you have lost will come back to you in a higher form, when you consciously work with it.”

Soul Voice® in a Zoom room

In the Netherlands the Corona restrictions started March 15th and have lasted almost three months now. What an opportunity to discover possibilities for Soul Voice® in an online Zoom room! In a Zoom room much more is possible than I ever could have imagined. It is very possible to have a feeling of being together as in a physical circle. In this beautiful Soul Voice® energy and safe container transformations, healing and reconnection can take place. We do not have to be physically together to rejoice in ourselves with rejuvenating Soul Voice® energy.

We had this experience with our Dutch Soul Voice® tribe already before the corona crisis. For example, in our online zoom gatherings we started with three aums together. The shift in the energy is so tangible, the sharing in a sacred manner is heartfelt. We finished with sounding the quality of gratitude, or whatever quality was relevant in the moment to close our meeting. With my Soul Voice® teacher tribe we had a similar beautiful experience. We finished our sharing with sounding the relevant qualities. In that moment our innate strength and qualities came together and created a heart-opening vortex of recognition and unity. Simple like that.

In order to have an online Soul Voice® Experience in a workshop setting, participants need to have done at least a Soul Voice® 2-day workshop, is my experience. So they are then familiar with the Soul Voice® method and have a sense of how to connect with their “feeling body” with sounds.

When the corona restrictions started, three of the series of five Soul Voice® Experience & intuition workshops had already physically taken place. In consultation with the participants I transformed two physical workshop into four 2-hour online Soul Voice® Experience workshops. All the participants have done the Soul Voice® 5-day workshop with me, they know each other quite well and are skilled in the basic Soul Voice® techniques.

The online program aimed to connect at another level with their senses and the feeling body and to let the sounds guide them to come into a deeper understanding of themselves. The energy I perceive during an online workshop is very similar to a physical workshop. And so is the outcome for the participants. Soul Voice® in a Zoom room offers the opportunity to be in a circle together, to sound, to release, to open up, to replenish, to receive new insights, to surrender, to inspire, to uplift and to experience unity and grace.

Of course, nothing compares to being physically together in the circle and to resonate with each others sound frequencies. However, the last three months have been very learning and inspiring in a new way.

Anke de Jong, Accredited Soul Voice® Teacher
& Certified Practitioner, Dutch Tribe

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The Power of Intention

I remember when I first heard Karina's sound. I was one of the organizers for Karina's Canadian tour with Soul Voice® in 2013, but I had not really understood what Soul Voice® was. As I watched the video, it seemed as if Karina's voice was coming from the other side of a newly opened portal to an unknown universe. I was awe-struck and terrified. I wasn't sure if I wanted to follow the siren call sound through that portal, or if I wanted to run away screaming.

I remember the first time my soul found its way to express itself. The sounds were so strong, so vital, so insistent, so wild that I couldn't believe they were coming from me! It felt like a glow had started at the core of my being and was burning its way out. All I wanted to do was learn more about the powerful sound that Karina was helping me to access.

I met my North American tribe in California. There were 13 of us. From the very start, our work together was intensely intimate and as time went on our group numbers shrank until we were a tribe of 8 on graduation day.

Thanks to this small group setting, we were able to connect more deeply with each other than we would have if there had been more students. We had to continue to dig through things together and as a result, there were definitely times when we were like Furies with each other, pushing each other to the limit, because we had come to know each other so well. There was no hiding or choosing to avoid going deeper by taking on different partners. Each time we gathered for the next level, we knew that we would be pushing each other to find and solve our deepest issues. Sometimes we fought with each other, sometimes we fought with Karina, sometimes we fought with our own reluctant souls. We fought our way through to our truth as individuals and as a tribe. We fought our way through that magical portal together. The sounds our souls made together were thunder that people could hear from a long way off. We made the sky rattle and shake!

Our numbers have dwindled again. At this moment, there are 3 members of our original graduating class, and we connect with 2 of the Teaching Assistants who helped Karina to steer us toward great success with the Soul Voice® techniques.

Sometimes we connect often, reaching across the miles - from Oakland CA all the way east to New Brunswick, Canada - to share group sound, offer each other support and encouragement, and share our challenges and success stories. We have had to learn how to negotiate these great distances between us. We always talk about how much we would love to be together in one place where we can join hands and sound together in person. We know that one day we will make this happen.

Sometimes we call on each other for sound healing sessions. I've received sessions from several of my tribe. The power of the sounds are never diminished by the distance. I always feel their soul's presence in the room with me, even when the soul communicating with me is thousands of miles away. I always feel the support of the healing sounds flowing through me, holding me aloft, bolstering me to continue on my personal healing journey. And above all, I always feel Karina and the power of her intentions whenever I receive a Soul Voice® session from one of my tribe.

Liandrah Maclem, Certified Soul Voice® Practitioner,
North American Tribe

*The sounds our souls made
together were thunder that
people could hear them
from a long way off.
We made the sky rattle
and shake!*



Bright Sparks in the Dark

While the world as we know it was challenged on many different levels, so were we & coming together daily with my Teacher Tribe to hold space for each other doing the 21 day Sounding Meditations has been invaluable. It has been the bright spark in the darkness.

My small Tribe takes turns to guide the meditation & each night there are different sounds, images, colours, journeys & flavours. Sometimes we are moved to tears by the tenderness of our sounds & sometimes we are giants booming our healing sound frequencies across the cosmos for all to hear. It is amazing that even after exploring Soul Voice® for over a decade, we can still receive such unexpected & unique gifts every time we do the same exercise.

In the beginning, I had so many excuses as to why I couldn't do it. I experienced a lot of fear about my situation in these troubled times being a single mum, unable to work, having to school from home, no time to myself & not having another adult in the house for support, etc. etc. What I became present to, was that my fear was magnified by the energies of others that I was letting in! It was then that I made the conscious choice to stop allowing outside influences & other people's words to negatively affect me & instead, strengthen my inner being by doing the meditation. With each day that I chose to connect in with my Tribe, it became effortless.

These past weeks of coming together has not only inspired me in my own practice & business but in my daily life. My daughter Violet joined in the meditation on several occasions & especially loved the releasing sounds where she could be as silly as she wanted. It helped us to connect in a different way at the end of the day after being in the Teacher/Student roles.

I took my Sound events online & added more Sound Meditations & Immersions, both paid & free. I was already preparing this part of my business, but the virus situation gave me the push that I needed to just dive right in. It is still very much a work in progress but at least I have made a start & feel I am supported in that by my colleagues joining in and sending feedback. One thing I am reminded of by the online experience is just how powerful sound medicine is, regardless of if you are face-to-face or not. It is still a deeply moving, profound & powerful experience for all involved no matter the setting. I was also able to reach many more people than I normally would & now have new clients because of that.

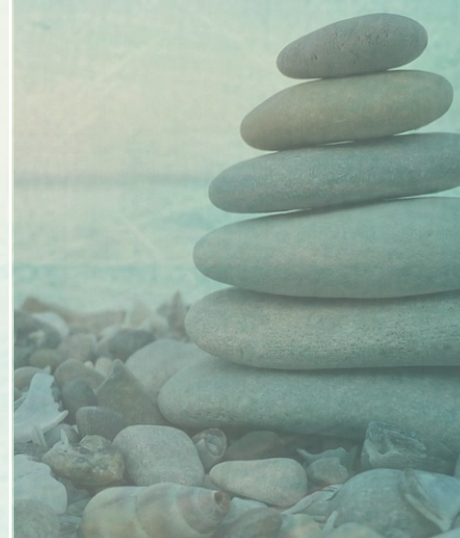
I have also come to understand & appreciate, how important it is to have a solid & grounded foundation within our tribe, before going out into the world in a practical way. I feel this period of hibernation has been needed at this time for us to slow down, breathe, release what no longer serves us, go within & connect to our inner strength. Now is the perfect time to build upon or strengthen our foundations & structures so that we are better able to serve & inspire humanity. We simply cannot continue to be as we were before.

Whilst we were in training, we four Teachers made a commitment to each other to not only do a Soul Voice® session swap once a month, but to also connect for a group Sounding every 2 weeks. It has been fantastic to support & feel supported in this way. To hold the space for one another with love, integrity & compassion when so many in the world are missing out on that. During these last weeks we have deepened those bonds. It has been truly heart opening & I cannot imagine my daily life without my Sound Sisters in it! Moving forward, we are choosing to connect in weekly instead of fortnightly & for that I am in deep gratitude. Thank you to all of those who held & continue to hold the space in the collective field with this Sound Meditation. What an inspiration you all are!

Melissa McCormack, Accredited Soul Voice® Teacher
& Certified Practitioner, Australasian Tribe



The online experience reminds me of how powerful sound medicine is, regardless of if you are face-to-face or not. It is still a deeply moving, profound & powerful experience for all involved no matter the setting. I was also able to reach many more people than I normally would & now have new clients because of that.



The Sovereign Voice

Over the last few years I have been working on a book that looks in part at how the old ways of the patriarchal systems have impacted the voice, and in particular women's voices. I'm doing this through a combination of personal memoir, a reframing of the mythical story of Vasilisa and Baba Yaga (a character who represents the destroyer/creator), and my take on the story of the voice through history in combination with what I have learned about the voice both through working as a composer and incorporating the teachings connected with my Soul Voice® journeys.

I have been exploring the idea of what I'm calling the Sovereign Voice as the voice that is in communion with the earth and the intelligence of nature. I have been inspired by the story known as The Elucidation that was written anonymously during the early 13th Century, appearing as a prologue to Chrétien de Troyes's Perceval. It is an account of what happened to the maidens who served at the wells by offering food and drink to travelers passing by. They appeared in various forms and were distinguished by their beautiful and rapturous voices. One day a King named Amangons came upon one of these maidens and raped her. His men followed suite. As a result, the maidens disappeared, causing the waters of the wells and rivers to dry up and their voices heard no more. This story makes it clear that due to the removal of the voices from the waters, the land's spiritual heart was lost and the earth became a Wasteland.

We learn from the story that it is the voice that maintains the abundance and fertility of the land. The sovereign voice is a voice that can put us into deep connection with nature that can at its most true expression evoke communion with place. The sovereign voice is the voice that is connected to and rooted within the earth, and ultimately, the earth itself IS the sovereign voice. We can cultivate a practice of connecting with this voice within us through soundings or vocalizations to the land. When we approach our voice as a sovereign force, we can open to the intelligence of sonic wisdom and sound out the vibrations of eros that rise up from the earth. By rooting our authority in our sovereignty, we can know our voices as sacred and worthy.

I ask: What of my voice, and what of our voices? I hear the maidens of the wells whispering in my ear - a return to the wells is now possible. They will help us remember the alchemy possible between voice, sound and land. Now is surely the time when the voices of the well maidens can be fully restored to life. Now is the time when those voices can fully awaken and surge with power and strength, swelling through us in a growing intensity.

Wendalyn Bartley, Certified Soul Voice® Practitioner,
North American Tribe

*Open your body
Open your breath
Open your voice and
embrace the rising
alchemical fires.*

*Those fires that infuse your
sounds with the eros of life
The serpent life-force energy
that creates a golden cup of
ecstatic vibration*

*A vibration that births a
pulsating life-blood energy
Transforming itself into
the fiery passion of your
own true, essential and
sovereign voice.*



Sharing is Caring

I am writing you from a sunny and still a bit quiet Holland. And even though the regulations regarding Covid-19 safety are loosening, it is all very confusing and unclear what we are allowed to do and what we're not. When the 'intelligent lockdown' as they call it here, started, halfway March 2020, I immediately ran out of work. So, I have been on a 2 month's retreat at home, with option to be in nature and outdoors, fortunately.

I made myself a program to support and sustain my health, both my physical and my mental and emotional condition. Getting up early in the morning, to go on my bicycle for 20 minutes to my favorite spot in nature, at the lakeside. To release fear or any other emotion that could come up; sound, meditate and do breathing exercises and after that a plunge in the still cold water of the lake. The second time I was there it came very clear to me that I had to share something of my medicine with the world. And that is, of course, the Soul Voice® medicine.

The step from giving one on one sessions and 2-day workshops to online sharing voice meditations was a big one for me. As Facebook is the medium that reaches the most people for me, it had to be there where I would present my sound meditations. My investigation started there, to see how other healing modalities were doing that. Live view, recorded meditations or sessions and Zoom calls were the best options. I decided to make a private group on Facebook, so people who are interested can subscribe to this group and for me this is a safety mode, as it feels very 'naked' to be on live video for an audience that I don't even know.... And by making a group I have the control who can join in and who can't. This group has 244 members now and my videos have had over a 100 views with very happy and positive comments.

I started with live stream sessions of 1 hour, I did 2 every week, 15.00-16.00 h on a Sunday and a Wednesday. These videos stay online in this group. It was a great adventure for me and big learnings as well. As the participants are there, live, but I can't see them, I just have to sense them through the ether, which was very nice to experience. I made the meditations like a small workshop and in the time where participants can join in sounding, I make sounds myself, as a way of support and also for those who 'can't' sound themselves, they can simply receive my sounds.

After 10 sessions I felt my cup was empty and I needed to change the form of my gift. From then, for 4 weeks, I presented one recorded meditation every Sunday to the group and on Wednesday evening a Zoom mini workshop, I made it a cycle on the elements and participants had to register ahead. All this was donation-based. I noticed for the last 2 sessions that there was less interest – the Dutch people are getting more freedom and the weather is just beautiful. My longing for 'live' meetings, sounding circles and sessions is growing and I feel it is the same for all of us. At the same time we are all so much on the internet and the energy it costs to be online is much more than being 'live' in the real world...

I feel gratitude for the big teachings I received from my online ventures – how to be crispy clear in my offerings to the world, receiving so much from the people who had so many benefits from the sound meditations and a growing community around my practice with 'the power of your voice'.

It is an intense time of riding the waves of everything that is in our world; opinions, sense-and non-sense... Keeping my middle, my center through my daily practice, sounding gratitude, celebrating the clean air and sharing the love is all I can do.
I surrender.

Angelike Valster, Accredited Soul Voice® Teacher
& Certified Practitioner, Dutch Tribe



It is an intense time of riding the waves of everything that is in our world; opinions, sense and non-sense... Keeping my middle, my center through my daily practice, sounding gratitude, celebrating the clean air and sharing the love is all I can do. I surrender.



Accepting to walk at a turtle's pace.

My time of isolation started when I came back from my holidays in Bonita Springs Florida. I must say that I had my difficulties in flying back, since my flight was canceled and replaced with another one twice, the last time one day before the day of my return to Europe. I had to re-organize my return trip with another airline in some hours: Get to Miami by taxi (I was staying at two hour's distance from Miami), in order to catch the last flight to Toronto and from there the flight to Frankfurt. This experience was like a thriller you watch at the cinema. Maybe this is why I was so happy and thankful to be at home in Germany safe and healthy.

I have been working in my home office since then. I am happy not to have to take a train to go to the office. I speak with my brother and sister on a regular basis. They are doing fine. I did not need time to adjust to the new situation and I did not feel "imprisoned", perhaps because the rules for distancing and going out are less strict in Germany than in Italy. I always felt protected and safe at home and I did not feel "lonely".

I just thought that this forced still stand was surreal, like a story you read about in books or you watch at the cinema. I also thought that this break was sent by the Universe to force us to reduce the speed we live our lives at, to stop and reflect, to stop and go inside ourselves and find out what is the most important for us "inside" instead of "outside".

My experience with Soul Voice® in general has been unique and personal to me. I am proceeding with turtle steps (maybe this is why I do not mind the slow rhythm of my life at the moment). I have my normal job and I do not go out to the world to spread the method. I believe in its goodness. It works. I use what I learnt to help myself in the first place, my family and some friends who might need it and accept it. The time will come for me to proceed at a faster pace.

During my Soul Voice 21 days' meditation, I could feel the green energy from where I could send healing sounds to South America and to Europe. I also could feel very clearly the strength and stability of the tree, while doing the exercise. At the end of April, I had a meeting via Zoom with the Italian Tribe and this was very comforting, heart-warming and refreshing. We will repeat our meetings more often.

I do not think that some people are afraid of the dissonant sounds, they are afraid to be forced to look inside themselves.

My personal perception is that most of the people find Karina's method too simple and too difficult and scary at the same time. It is too simple because the only tool it needs to heal is human voice, no medication, no operation, no complicated procedure. Most of the people cannot believe this; on the other hand, the method is too difficult because it needs our commitment and inner search to be effective. I do not think that some people are afraid of the dissonant sounds, they are afraid to be forced to look inside themselves. People prefer a solution coming from outside, instead of coming from inside. But the time will come when people will accept the method in its challenging simplicity. Namasté

Eugenia Nuzzaco, Certified Soul Voice® Practitioner, German Tribe

My new 'Horizons' Room

As soon as I returned from Level 3 of the PCP, at the end of September 2019, I finally concluded the purchase of the mini-apartment which borders my studio in Parma, which I expected to be released in about two years, to make it my Courses Room and the place, more soundproofed, for my Soul Voice® sessions with clients.

After the purchase I was finally able to start organizing the challenging renovation and soundproofing works (being a condominium), which lasted three months, and which I managed totally on my own. During those three months I have been able to have a profound experience of self-recognition of my value.

For three months I devoted myself full time to coordinating the whole complex situation of administrative practices, architect and designers, construction company, evaluation and choice of materials, orders, demolitions and reconstructions, work progress, coordination of workers, cleaning and tidying up of the construction site and daily management of all the countless unforeseen events to make the work proceed in the best way and in the shortest time.

For three months I practically lived on site from morning to evening, managing to dedicate a limited time at the end of the day, when the workers left and stopped making noise and dust, to my work as a therapist in my studio next door, but also managing to continue offering Soul Voice® sessions.

What I was able to manage was possible thanks to my determination, my intelligence, my organizational ability, my rigor, my ability to hold the command and assert myself, my ability to stay focused on one goal and coordinate others in a team game towards the same goal, my ability to evaluate, choose and make thoughtful decisions, my ability to make economic evaluations: all aspects of my Yang side.

But also thanks to my intuition, to my being guided by the vision of my soul, to the ability to take time to let the best decisions emerge by themselves, to my sensitivity in knowing how to manage and motivate people, to the pleasure of having fun using my hands in many creative activities (I became a carpenter, a painter, etc.), to my pleasure to create harmony and beauty in my spaces so that those who enter can feel comfortable and welcomed, putting love and care in every little thing. All aspects of my Yin side.

Starting from here:



This is now the 'Horizons' Room, my comfortable and sound-proofed (within the limits of what I was able to do) space, that I designed and created specifically for Soul Voice® sessions and for my other courses:



Looking at my 'construction site', once it was done, I was moved and I'm still deeply moved. Thinking about what I went through and managed, the result seems to me simply a wonder, even a miracle, as it is a miracle, that fills my heart with gratitude for the wonderful energy that vibrates in my new 'Horizons' Room. It is the result of all the energy and care that I lavished on it, through every small gesture made with total conscious presence and love, step by step.

It seems to me that I have been an instrument of something infinitely greater than me, which has worked through me, moment by moment; an Infinite Love.

Anna Giaroli, Soul Voice® Practitioner in Training, Italian Tribe



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Soul Voice® Facebook, Instagram & Spread the Word ...

Melissa McCormack, Soul Voice® admin@soulvoice.net

Every month on the Soul Voice® website homepage www.soulvoice.net we offer both a Soul Voice® Exercise and a Sound Meditation guided by Karina, for free.

It is announced as two separate posts on Facebook, so please share the posts on your Facebook page and remember to tell your clients, students and anyone else you think might be interested!

Thank you to those of you who continue to share our [Facebook](#) posts and who follow us on [Instagram](#). We ask that you all be more active in both COMMENTING & SHARING the posts to your personal & business social media pages. The more Soul Voice® is seen online, the more the Soul Voice® name is recognised, the more credibility we have as Certified Practitioners & Accredited/Authorised Teachers... which leads to more clients & students for all of us.

We are so lucky to be pioneering something so powerful as the Soul Voice® method... you know what it has and continues to do for you & for others, so let's shout it to the rooftops of the world!

Spread the Word...

We welcome the creation of a new forum for Soul Voice® members to have their say, tell their stories & inspirations, share their business practices, case studies & all their many wonderful & uplifting Soul Voice® experiences. You will be able to send this PDF out to your contacts to share with them the various stories & elements from our community.

We wish to open this Forum up to your clients & students also, to share their Soul Voice® experiences if they feel called to. We welcome any submissions that are relevant to the Soul Voice® method in some way. Perhaps a client had a particularly moving session with you... ask them if they would like to share with the greater Soul Voice® community by writing about it.

Please email these stories to info@soulvoice.net