

The origins of sounding

I stand near the volcano on the Big Island of Hawaii. I watch the fire meet the ocean, as huge waves splash towards the shore in a sound that calls for new creation. I listen deeper to that sound. It reminds me of a birth cry and at the same time a rumbling thunderstorm. My heart is aching from the loss of an intimate relationship. I feel abandoned. I am walking on hot lava rocks. The heat under my feet is unbearable. Sounds roar inside my body, ready to release. With wide-open mouth I project sounds so powerful and authentic I have no doubt that my calling is being heard by the ancestors of the land. My voice expresses what is moving through me in a primal and unarticulated way. I feel out of control. Ancient pain in my body is activated. I am in the hands of a divine force that guides me. I am crying, calling, screaming, praying. As the fiery eruption intensifies I release more of my utmost primordial expressions.

Suddenly I feel a deep release, as if something ancient has been taken out of my body. The volcanic fire has helped my soul and voice release that pain. Not only the loss of my partner but also many of the losses and abandonment issues from my past. I am embraced by an absolute emptiness that is new to me.

The pain in my heart is gone. I breathe the silence and watch the fire drop into the ocean. Received by an unexplainable force, I know that what is lost can only come back to me again in a higher form. I stand tall and humble, in awe and grateful to the Creator that gave me my voice to express and to release.

Our journey into sound

Hearing is the first sense we develop in the uterus and as early as four months after conception our sense of hearing is fully developed. Sound is vital to us, and the way the newborn baby utilises sound is highly important for its development.

Babies spend hours babbling in baby language, engaging with the

environment. They use their tongue as an instrument for survival, healing and communication. As babies, having just descended from the heavens into physical form, we are in close contact with our essence, God within. We are authentic and clear channels of source energy. As we grow older this contact is often diluted or severed by limiting thought and belief patterns in the world around us. In our quest for fulfilment in the adult world we end up spending much of our life trying to recreate direct contact with that pure innocent being, which is without restraint. We seek to have the freedom that children have to express our authentic feelings and not hide in fear, shyness or stress. Our inner child so deeply longs to free that raw spontaneity, which will bring us back into pure connection with Source. In our heart we all want to be an open channel, fully alive in all our cells, organs and bones.



Babies and children have the ability to shift quickly from one emotion to the next, to play without being stuck in control and judgment and without emotional games or playing roles. They are just real. Watching a child deeply engaged in serious emotional expression is a delight. If you watch for five minutes the feelings may radically shift. Joy may become rage, or sadness may transform into laughter and play. Children are indeed great guides for voice work.

I see children at the beach, spinning, running, laughing, screaming, crying and singing, so alive, so close to their natural state ~ not caring how they sound or look, just playing in freedom. Children are such open channels, innocent and pure, true to themselves. They never hold back or try to control the outcome of their expressions. In this there is real wisdom.

As adults many of us move away from our natural and spontaneous expression; away from listening to the inner voice, which tells us the sweet secrets of truth. Yearning to understand our head's inaccessible desires, we often numb ourselves with outer stimuli to escape from listening, or with thoughts that keep our mind busy and our habits intact.

Our voice is dominated by the mind and usually follows its instructions, but there is a call deep in our hearts and guts to be freed and heard. It is a voice that nurtures and sustains us, guiding us beyond the illusions we build our lives on. It is our soul voice, which we need to be brave enough to follow and to express it.

Many people have childhood memories of being told to be quiet when they were happily singing or playing. Perhaps they were told to shut up because they were too loud or too expressive. Not being accepted and loved shuts down our voice radically. We all have memories of not being able to liberate our happiness or sadness through the free expression of our voice. We all remember being unable to communicate or tell the truth. But it is never too late to discover your authentic voice, your soul voice.



The human voice is a mirror of the inner universe. It reveals our moods, fears, hopes, tensions, thoughts and desires and reflects who we truly are. The sound of the voice can tell us more about a person than words communicate.

The tone of our voice is often more important than what we communicate. Words may lie, but the tone will tell the truth. The voice reveals our character and personality. What we might have forgotten, the voice will remember. Our emotions are contained in the vibration of our voice's frequencies. When we listen to a person's voice it may attract, repel, manipulate or give us a feeling of release or excitement and we respond to it on an intuitive, emotional level. The voice tells us where we are at, mentally, spiritually and emotionally.

What is sounding?

Sounding (or toning) is a method that brings us immediately out of our heads and deep into our bodies. It is a creative force, a body-voice that lives within all of us, a voice which brings us back to our true gut feelings, and which embodies the voice into its centre. It enables us to speak and communicate from our essence.

Only when we allow ourselves to sigh, laugh, cry, groan or moan do we feel a sense of freedom. We are released from our mental controller. Our problems first arise in the subconscious, which is the foundation of our feeling nature. It is our feelings that influence our chemical structure,

so only when we find a way to release emotional blocks in the subconscious can we begin to feel liberation. Sound has the ability to penetrate the subconscious and release these blocks.

Sounding (or toning) in its essence is a form of singing, although it does not require any melody, rhythm or lyrics. We do not need to hit the perfect note or sing on-key. It is a higher, non-

linear vibration that re-awakens the spontaneous and untamed self and brings us beyond our control and linear thinking.

Sounding may be singing or singing may be sounding.

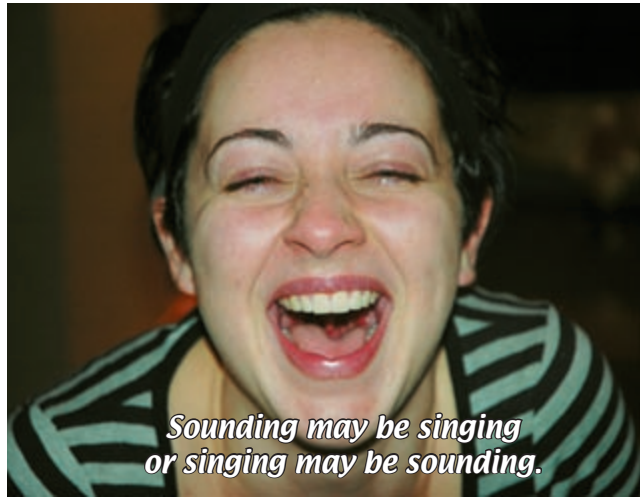
Sound sculpts us. All our tissues, organs, bones and cells are made up of sound. We are held together by sound as each part of our body has its own sonic frequencies which travel and pulsate like a wave, in an inhaling and exhaling breath. Sound utilises the power from the diaphragm, which allows it to emerge from deep within. From that place, sound links us and connects us to the world, to the universe and to humankind, as sound holds the vibration of the universe. Dr Deepak Chopra says:

Primordial sound is the mystery link that holds the universe together in a web that is the quantum field.

In bypassing linear language and communicating in sound language we are brought into places so deep there can be no description in words. What we actually experience as form, as matter, is in reality sound vibration.

Any part of the person that is out of balance, having headaches or back pain, weight problems or fatigue, to emotional, mental and spiritual problems, can heal with sound. We own an instrument we barely know, yet it is a direct doorway to Source and ultimate healing. Indigenous cultures have used this knowledge for eons.

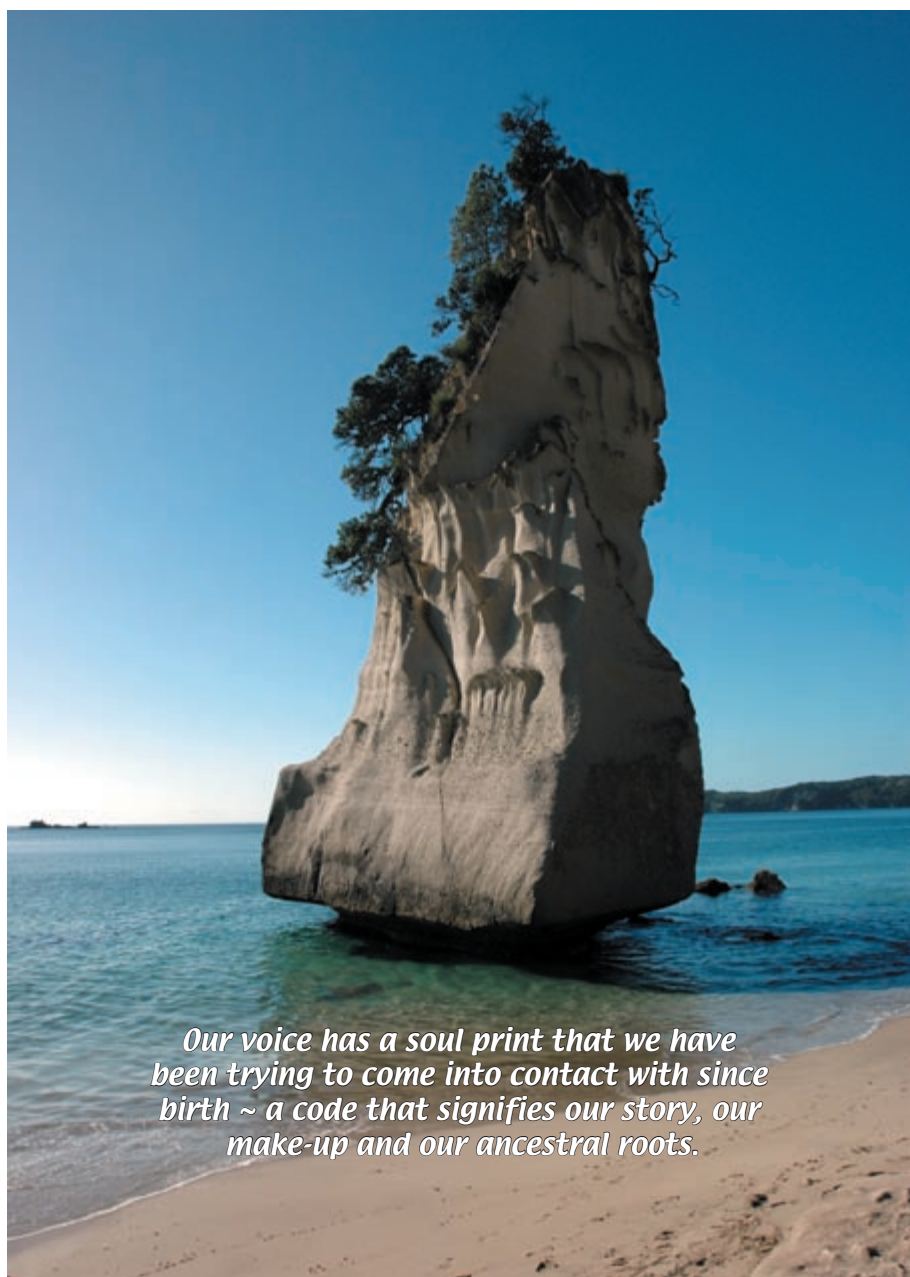
Scientist Fabien Maman has done extensive research in music and sound and has proven that the voice has the ability to bring us into what he calls *our crystal-clear self*. "With 'crystal-clear' cells there is nothing we cannot achieve," he says, and concludes in one of his experiments:



*Sounding may be singing
or singing may be sounding.*

Cancer cells cannot support dissonance. They were breathing and could only fight against the power of the sound in the way a boxer fights his opponent in the ring. Because the sound was stronger and delivered its punches, without stopping, the cancer cells were defeated.

In Hindu tradition, all things have their own hidden and secret sound. Our voice is as unique as our fingerprints. It reflects and acts as a map to our body, personal and collective stories, and to our history. We can train the human voice to modulate precisely to whatever areas of ourselves need healing, unlike electronically produced sounds. The human voice is superior to all



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Because all life is vibration and we hold an inherited wisdom of remembrance and knowingness in our DNA structure, we can unravel our DNA cellular coding through sound frequencies. *By coming back to the original language where everything begins and exists we awaken our primordial self and touch the very core of our being. In this state we do not feel separated; we are back in the union with Source.*


Sounding is a wake-up call to the greater meaning of life. Being heard will touch us deeply. Humankind is yearning to open up its mouth fully and let the non-linear sound language spontaneously emerge without restrictions and worries. We are the only species that does not have a universal original language. The suppression has been too huge because demands from the outer world have taken over. We do not have time to listen, nor do we allow ourselves to say what we truly think or feel.

As emotions affect our body's chemical structure, we are called to learn how to master our emotional body with the voice. Dissonant sounds, for example, are an excellent conductor for bringing us into contact with the emotional body, as well as releasing any false beliefs and negative programming.

To expand our vocal range is to expand our view of life and to heal the limitations so that we may become a vibrational instrument of the highest creative force.

My personal journey into sounding

One of my first vocal trainings, at the Roy Hart Theatre in France, was a dramatic birthing process. Since I had been trained by opera singers, who did not teach me how to access the soul of my voice, I experienced a tremendous freedom through releasing all the sounds and tones that wanted to come through me. I had stuffed so much inadequacy into my voice, to the very depths of my being, I was afraid of not doing it right and not hitting the right notes. In the trainings I could allow my spontaneous voice to make any sounds. Many of them originated from long-suppressed



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emotions and inadequacies and were now transformed into blissful singing and sounding.

I sang all notes on the scale and many notes off the scale. Indeed, it didn't matter, because I learned that it is what is behind the voice that counts: *my intention, my dedication, my presence, my feelings.*

My yearning and passion for expressing authentically was growing fast and I started to make sounds I had never dreamt possible. I worked dramatically with my voice and learned to surrender more and more to the inner knowingness of what my voice naturally wanted to express. I eventually came in contact with that voice which is directly linked to Source, the Soul Voice. I began to co-create with a force that was grander than me, and my ego went on retreat.

I discovered that each tone and sound has a unique message and that it is not possible to make a false note or a wrong sound. I realised that the normal sound barriers of our vocal range are an artificial restriction, including the vocal range defined by gender. You can heal any conditions that hinder you in embodying the full range of the vocal scale, seven octaves or more.



My initiation with sound healing was two decades ago when I was giving a bodywork session in my healing centre in Denmark. I had been working with a client on an intense abdominal pain, but a couple of sessions had not relieved it. Suddenly sounds started to pour out of me, as if I was going to burst into a song that had for a long time been waiting to sound through me.

It was like nothing I had ever experienced ~ as if the sounds came not only from the Earth but from everywhere. I was overwhelmed and I had no idea that I was capable of making such awesome sounds. It felt as if they did not belong to me, but rather that I was the instrument Source used to bring the sacred sounds into my client. Most of the time I was in a trance, captivated by the sound initiation I was experiencing. It lasted ten minutes or so and then it was over. The sound stopped by itself. The client's pain was gone and I was convinced that I had heard my true calling.



*Sound is one of our greatest doorways into the
creative power of the subconscious mind*

Who is sounding for?

Sound pioneer Laurel Elizabeth Keyes says in her book *Toning*:

By the manner in which we speak, every hour of our lives, we set the pattern for our lives. When we realise the vastness of this power, we can appreciate the admonition in the Bible that we shall be held accountable for our every word. At least, the tone in which it is spoken!

Changing the tone of our speaking voice can have miraculous effects. If you listen closely to people who have conditions such as depression, asthma or chronic pain, you will sense from the tone of their voice that they are out of balance. A weak, victimised or sucking-in energy might appear in their voice. I help people get out of their negative habits and restricted comfort zones which have caused illnesses and voice disturbances. When a person is ready to change, miracles can happen.

Another example of shut-down is where people have been told they could not sing or join the choir because they sang off-key notes or dissonant tones. If you are one of those people you might carry a feeling of inadequacy in your vocal expression. Don't believe what you were told. You can sing and it is easy to learn. First you have to accept all the tones that want to come out of you. Off-key notes are an excellent conductor for bringing you in contact with your emotional body. As you allow these tones and sounds to freely emerge you will experience more freedom in your voice. This will slowly ensure that you are able to experience your feelings on a deeper level. It will also change your communication skills. The so-called off-key notes you sang in the choir represented your emotional self that wanted to be expressed, instead of your more controlled self. You were not able to control that. You were innocent. Memories from the past invaded your voice, which made you sing off-key. Perhaps as a child you had screaming adults around you and that caused you to shut down your hearing abilities. Or perhaps your parents were jealous of you for some reason and asked you to be quiet. This affected both your speaking and singing voice.

Continuously letting all tones and sounds be expressed will ultimately lead you into your singing voice.

Many professional singers also carry profound blockages in their heart and throat area. This prevents them both from singing with their full resonant capacity and connecting with the audience in a deeper way, from the heart and soul. Because they are kept in a structure of competition and

techniques that do not allow the natural expression of the voice, professional singers may not be able to access their highest potentials.

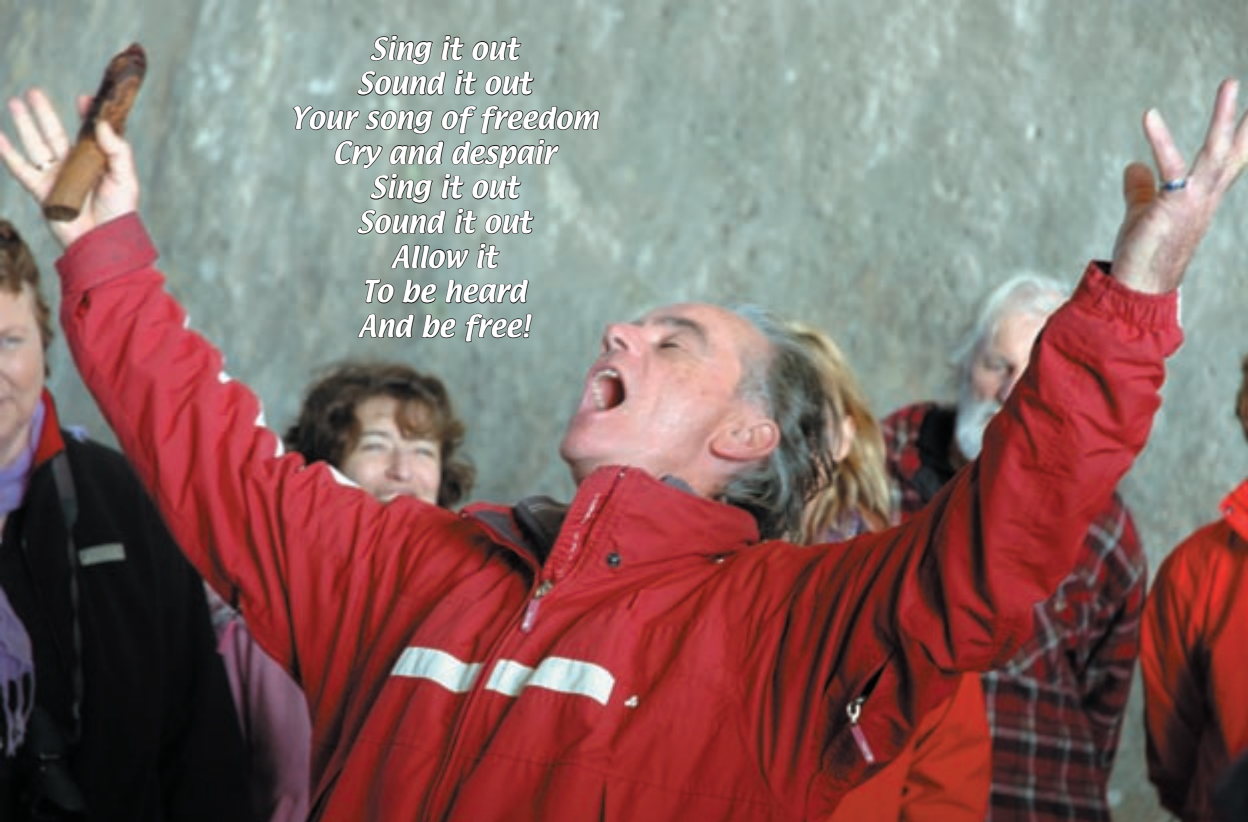
In fact, most of us carry blockages in our throat area because of emotional shutdown experiences from the past. This suppression will give signals in various ways, not only in the throat area but also in the entire body, as the voice is a cellular print of who we are.

Why are we so afraid of giving up, of letting go and freeing our voice? Because we are holding onto the past, to our identity, to what we are doing, to what we have and what we own. We hold onto who we think we are. We hold onto habits and negative beliefs. We hold onto what is safe and what we already know and believe.

We are afraid of the unknown, although that is where God dwells.

The microcosmic intelligence that we have inherited through our voice by simply being born as humans is beyond measure.

Self-expression will set you free. Don't believe what you were told unless it resonates with you. Don't be a victim of your circumstances. It is time to proclaim your power and soar. It is your birthright to be whole. God never punishes us, but gently reminds us how to come back on track. What we give energy to will grow. As soon as we release our negative and limiting patterning with our feeling-voice, there is a way out of the misery.

A photograph of a man in a red jacket singing with his mouth wide open and his arms raised in the air. He is surrounded by other people, some of whom are also wearing red jackets. The background is a textured, light-colored wall.

*Sing it out
Sound it out
Your song of freedom
Cry and despair
Sing it out
Sound it out
Allow it
To be heard
And be free!*

I have worked with a number of professionally trained singers who have received great benefit and profound openings for their singing career by using and experimenting with the Soul Voice method. But you do not have to be a virtuoso, or a singer, or have a great voice to do this work. Everybody who has a yearning to grow on their life path in a fun, effective and radical way can benefit from this creative voice work. Surrender to the mystery of your voice and be grateful for what the Creator has given you, no matter what kind of voice you have.

If you can speak ... you can sound ...

Accept that you are vibrational energy. Let the tones that naturally want to come through you, move you, take you, deepen you, shake you, twist you, turn you around, awaken you, transform you, play with you and have fun! Loosen up, and remember: *each sound is a perfect expression of who you are*. There are no false notes or wrong notes. And you cannot compare your voice with anybody else's. *Your innate voice is as unique as your fingerprints*.

Sounding is a devotional calling into all the hidden treasures and shadows that we are. When we allow our natural expressions to flow without judgments, our entire being starts to alter and vibrate. This depends on how strong the pressure for release is, and how motivated we are to liberate ourselves.

Let us begin ... again

What are you willing to give up to become a playful child again, with the consciousness of an adult? What are you willing to risk as you stand on the mountain top, ready to free-fall because there is no way back? You have everything to win and nothing to lose. Are you willing to surrender so your voice can connect to your entire body and soul again?

You are the instrument, the vessel that is called to open and to awaken. You are the one who creates miracles in your life by daring to move out of your habits, out of what you know is safe and into unknown territory. There you will be guided by these powerful tools found in the Soul Voice method. Listen to the voice. Get out of your head and into your body. Listen to the vibration of your 'inner voice' messages. Listen to the sound of the trees, the ocean waves and the grass that grows. Listen to the remembrance in your voice that will emerge the more you use it.

Let go of doubts and judgments. Stand tall and proclaim your birthright to sing and sound. Express your true nature and know ... *You have a healing voice, it just needs to be discovered, trained and remembered. You are embarking on a magnificent journey with your innate voice as your guide.*



Begin to free your soul voice with a simple practice:

Start by taking a deep breath, then let out a sound of sighing, a feeling of *“Finally, I can relax now.”* Feel how your entire body melts into sound frequencies as you continue these sounds for a couple of minutes.

Now let these tones and sounds flow into *“What else do I have to express?”* Continuously vocalise it through sound without judging yourself. It might not be the ‘nicest’ of sounds, but the sounds will give you a sensation of release, of letting go, and perhaps of having fun in playing with them. This is where it all starts.

Be brave enough to simply pull up your ribcage and take a deep breath to allow space for the sound to expand and resonate. The more space and consciousness you are willing to open up to, the more resonant the tone of the sound will become. Release into something bigger, to a more honest and vulnerable space within. As you exhale, let go of unnecessary control in a wave of release. Imagine the flow of your voice as a river or a waterfall. Step out of your judgments about how it sounds and allow yourself to travel down your singing and sounding pathway.

