

Karina Schelde offers us ‘sound medicine’ grounded in centuries of factual evidence provided by cultures both indigenous and contemporary. This is an excellent book on the uses of the voice as a healing instrument and I highly recommend it.

~ **Michael Bernard Beckwith**, author of *Life Visioning*

Karina has created a brilliant piece of teaching and service in *Expression into Freedom*, resonating with such clarity and depth of experience. She reaches and touches your inner sense and innate wisdom directly. All seekers of self-awakening, use your voice and let sound be your teacher!

~ **Vickie Dodd**, author of *Tuning the Blues to Gold*

This book and CD offers you the guidance to find the power within you, so you can make the necessary jumps of rapid transformation on your soul’s journey. Expression of self is most powerful in sound. This book is a must for everyone interested in making more of their lives and their presence on this planet.

~ **Roy Martina MD**, author of *Emotional Balance*

A book of connecting to the deepest and most sacred parts of ourselves. Written in an easy and accessible language, Karina inspires us to listen with soul and soar with our voice’s unlimited possibilities.

~ **Kristin Flood**, author of *The Francis Factor*

Karina Schelde’s captivating and beautifully illustrated book will make you sing, dance and laugh! This book will change your life, and guides you step by step to discover the huge potential we all have in our innate voice.

~ **Eve Hogan**, author of *Rings of Truth*

Expression into Freedom calls for a shift in human consciousness to align with the divine resonance within us all. Karina inspires with her depth, passion and radiance and is a wonderful reminder of how to sound ...

~ **Gwyn Williams**, author of *The Zen of Touch*

Karina’s gift of inspiration allows you to reach your potential of extraordinary depth, connecting your voice and soul as one. With carefully chosen exercises *Expression into Freedom* is a must for everyone on the path to higher consciousness.

~ **Peter Grunwald**,
author of *Eyeboddy: The Art of Integrating Brain, Eye and Body*

EXPRESSION INTO **FREEDOM**

Voice and Sound your Destiny



Karina Schelde

author and founder of Soul Voice®

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For more information about the Soul Voice® method,
please contact **www.soulvoice.net**

Please note: The exercises described in this book are given as information and not as prescription. Neither the author nor the publisher can take responsibility for the results that may occur from doing these practices. Names of clients have been changed to protect their privacy.

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Contents

Foreword	8
Acknowledgements	9
How to use this book	10
1. The human voice as ultimate expression	12
2. Primordial sound is the original language	24
<i>Primal expression through baby sounds</i>	28
<i>The primal animal within</i>	34
3. The art of listening	38
<i>Every cell in our body is an ear</i>	43
<i>Boundary setting with invasive noises</i>	46
4. Emotions are conductors of our wellbeing	54
<i>Accept and trust the unknown</i>	61
<i>Anger released</i>	67
<i>Grief released</i>	72
<i>Loving thyself first</i>	77
5. Communication with soul	80
<i>Listening with soul</i>	87
<i>Sound to the soul of humanity</i>	91
6. The inner child's spontaneity	92
<i>Have fun in gibberish</i>	101
<i>The mirror to find YOU</i>	103
7. Freeing expression through 'therapeutic acting'	104
<i>Be nothing and be everything</i>	111
<i>Who am I?</i>	112

Note: Exercises are in italics.

8. Breath, a gateway to voice	114
<i>The full deep breath</i>	116
<i>Breathe fully to give and receive in harmony</i>	119
9. Intuition & the embodied higher senses	122
<i>Let smell intoxicate you</i>	128
<i>Slow motion eating and infusion of higher consciousness</i>	130
<i>Seeing within and beyond</i>	133
<i>Feeling is healing</i>	135
<i>Listening within</i>	138
<i>Intuition and the chakras</i>	140
10. Nature is our home	142
<i>Into the centre of the earth</i>	149
<i>Tree support</i>	151
<i>Water cleanser</i>	154
<i>Sun identification</i>	156
<i>Air, the messenger</i>	158
<i>Sound healing to the elements</i>	160
11. Relaxation & surrender	162
<i>The regenerating sound and movement</i>	166
<i>Death meditation</i>	168
<i>The intuitive flow of sound and movement</i>	170
<i>The five Tibetan rites</i>	172
12. A world of compassion and oneness	174
<i>Gratitude multiplies</i>	181
13. Telepathic planetary sound healing & the Soul Voice® community	184
<i>Planetary telepathic sound healing</i>	190
Case stories from Soul Voice® practitioners	195
References	208
<i>Expression into Freedom</i> Instructional CD	209

*To my ancestral roots
and the Soul Voice® Community.
To all my students, who have been
the inspiration behind this book.
To all human beings who are called to awaken
the wisdom of their voice.
To my spirit guides, Mother Earth
and Father Sky, for guiding me
in my teachings to humanity
to make a difference in healing Planet Earth
with grace and in resonance.*

Foreword

Over a number of years I've had the great fortune to experience Karina Schelde's various healing gifts, in California, Hawai'i and New Zealand.

She has helped me realise that the battleground between my heart and my head resides in my throat. This tug-of-war between romance and reason meant that I often found my voice lacked a natural confidence. Over the course of working with Karina, I've found a powerful voice full of intuition and truth. I'm not sure how she was able to coax it out of me, but I do know that the exercises that she has outlined in this book have changed my life. And, ironically, after more than two decades as a CEO, I now use my voice in my profession as an international speaker.

No matter what your profession is or where you are in your life, you will find Karina's guidance in connecting with your inner voice to be profound. I am so impressed with this book: not only the content, but also the graphics and the exercises that make it such an enjoyable read and an opportunity for powerful self-reflection and development.

For many of us, our voice and breathing define the state of our life. They truly are a gauge of our inner wellbeing. Letting an emotion move through you is healthy. Letting an emotion define you is not. With this book, you can explore your emotions and your voice to navigate difficult or unknown terrains, and Karina is masterfully helping you climb these emotional peaks and challenging valleys.

Expression into Freedom is an opportunity to tap into the power we all have in our voice — the one that authentically represents why you're here on this earth.

~ Chip Conley, founder of Joie de Vivre Hotels
and author of *Emotional Equations*

Acknowledgements

My long-awaited book has been birthed to complement the *Soul Voice* book.

I have chosen some of my favourite pictures from Soul Voice® training sessions to enrich the content and I am deeply grateful to all the students who gave me permission to use these images.

The case stories from certified Soul Voice® practitioners are a rich addition; I give my heartfelt thanks to all of you for writing your stories with such clarity, determination and joy of expression.

Thank you to all my Soul Voice® students, practitioners and teachers for the huge inspiration you have been for this book; I receive so abundantly from witnessing your in-depth processes and your commitment to the work.

A special gratitude to those key people worldwide who support the Soul Voice® organisation gracefully and with such integrity and passion. Your priceless gift is indispensable to me.

To my friends and family around the globe I express my gratitude for all your love and care, which is so precious and essential in my life and healing work. Thank you so much.

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To my beloved husband Kevin, for without your unconditional love and blissful trust in me always, I would not have been able to complete this book.

How to use this book

Expression into Freedom is an invitation to dive deeply into the voice that remembers *you*, but which you may have forgotten. Using your voice in conscious sounding can access places you might have never before visited. It brings you in contact with the essence of your soul by revealing untapped potential. *If you have a voice, you can sound* and you cannot do it wrong! All expression has a unique message, so listen.

This book is complementary to the *Soul Voice* book and guides you further into the Soul Voice® method.

Each chapter is a universe in itself, so feel free to read the chapters in any order. It is a book that asks you to stop and take



*And God said,
'Let there be Light'.
The sacred sound of God's work
created the Light
and so it is ...
we are the sound of all creation.*

breaks often. The array of pictures have their own language and communication and they support the embodiment of the written word with more ease, flow and joy.

The book is an invitation to become more conscious of dormant patterns or a lifestyle that doesn't serve your highest integrity any more. Let yourself be surprised!

Take responsibility for what you learn, and seek help from a professional Soul Voice® practitioner if needed. The exercises cannot replace hands-on therapeutic voice work, but practising them on a regular basis will support rejuvenation, release of stress and pains, and will accelerate your overall wellbeing, health and playfulness. The book also includes short exercise-surprises called *Try this*, a treat for the soul in action.

Get out of your own way and surrender to the outcome. Let go of high expectations and be passionate about your progress and discoveries as you let the sound itself be your guide. Remember you are never alone in your practices. The more you love yourself and dedicate yourself to the highest good of all, the stronger the ripple effect around you will be.

An instructional CD is included. Allow *my voice* to support you and have the courage to persevere with the Soul Voice® medicine. May it inspire you to explore the method further.



CHAPTER 1

The human voice as ultimate expression

*There is a longing in human beings to fully
open up their voice, to communicate the truth.*

*There is a cry deep within our hearts
that wants to be heard, a longing to
free our greatest potential through the voice.*

*It is the most powerful tool available
for the healing of humanity and
in significantly shifting consciousness.*

Humans are resonant beings

Our voice remembers what we have forgotten. It reveals a richness, aliveness and power, our light and dark sides. It carries any suppressed or painful memories and indicates our spiritual path. It is our vibrational blueprint and a living testimonial of who we are in a soul essence. All we have to do is to stop and listen to its vibration — to be still, so we may intuit and feel what the sound and the tone of voice is telling us. When we are still, our being becomes more clear, vibrant and pure. The voice is an authentic messenger, it never lies. It reveals a universe of moods and emotions, history and stories, desires and tensions, thoughts and hopes. The voice has a precise and distinct character, which can connect or distance us from a person.

The human voice is the most powerful and effective of all instruments, because it has soul and higher consciousness. Virtually every known indigenous culture has used the healing power of sound medicine for eons, practising and honouring sound as the fundamental creative force of the universe. Everything is made up of vibration and frequency. We are held together by sonic resonance, and each part of our body has its own sonic vibration. Therefore, any part of a person which is out of balance (experienced as pain, fatigue, distress or hurt) can respond effectively to healing with sound. From simple discomforts to deep-rooted problems, sound simply heals.

Our vocal expression cannot be freed without taking care of the emotions, as they ultimately conduct our subconscious reality and vibrational equilibrium.

The voice is the key to exploring our creative power and the potential of our multilayered sub-personalities, which are a rich reservoir of roles we play in life. When we take the challenge to move into the subconscious, the sacred medicine of our innate voice will come forward and soar in remembrance, showing us the way.

*Emotions are a bridge that unites
body, mind and voice.
Emotions connect our soul and
subconscious, the internal web
which holds us together.
Without working consciously with
the emotional body, our vocal
healing ability and our expressions
remain restricted and limited.*



Sound and science

In the 1960s Swiss scientist Dr Hans Jenny corroborated ancient knowledge in his book *Cymatics*:

Sound has a direct influence on our human biology and thus influences our health. This is because every cell in our body has its own vibrational frequency. Human cells are composed of atoms and molecules that resonate according to their mutual harmonies. Many cells together form tissues and organs that are part of a biological system. This system then vibrates according to new harmonies ... Sound is the creative principle, and must be regarded as primordial.

Quantum physics tells us that the whole universe is made up of vibrational fields of energy. Recent research by a team of Danish scientists shows that our nerves do not transmit electricity, but they in fact transmit sound; thus sound frequencies are embedded in our nervous systems. Each individual human being has their own unique frequency that will vary depending on our emotional, mental and physical state of being.

If we sprinkle fine sand on a drumhead and make vibrations by sounding harmonious frequencies, the sand will progressively create *sacred geometric patterns*. Sounds can move energy and cause changes in the molecular structure. This means that we can change


any structure through sound frequencies, if the resonance matches the structure and the intention.

Therefore we can change our state of being at any given moment by tuning into the sound frequencies needed for the intended outcome. We can choose the vibration from within and use our own voice and sound to correct any mood, condition, blockage or illness.

The loss of connection to our true voice

As babies we were strongly in contact with our senses and primordial language (see Chapter 2), and through sound we were in tune with organic life, our emotions and pure vibration. As we grew up we closed down our spontaneity and innate imagination and potential. The intuition we experienced as children became diluted or severed by limiting thought and belief patterns. Our emotional being eventually suppressed or shut down.

Our world today is causing many people to live out of balance. We have lost contact with nature and with our original innocent selves. We have lost contact with the part of us that resonates with



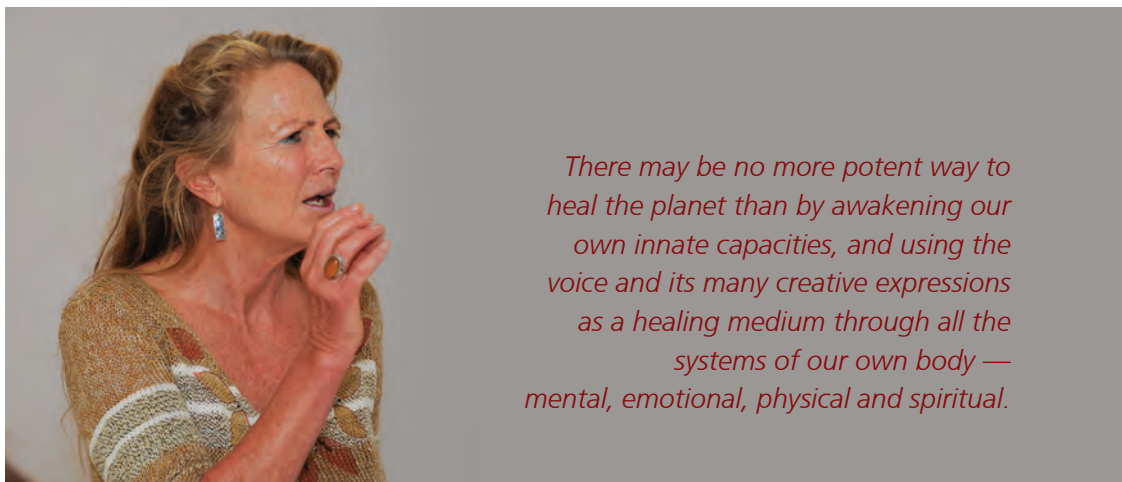
*Everything in nature is a print
of sound creating form and
matter, colours and spirals.
Nature exists in sacred
geometric constellations.
Nature is creation in sound,
and so are we.*

all living things and with the essence within ourselves. The pace of life is continuously accelerating us to be more effective than ever before, and every day we are bombarded with more information and stimulation than some of our ancestors encountered during their entire lifetimes. Where are we heading? What is the goal in escaping and running away?

When we get more and more stressed and when this imbalance takes over we suppress our natural impulses, our innate spontaneity and our inner child's creative expressions. For many of us, lack of being honest to ourselves and giving space and time to listen to our own needs and desires means that we get intertwined with others' expectations, which may not resonate with who we truly are.

My personal journey and the Soul Voice® teaching

One of my first vocal courses, three decades ago at the Roy Hart Theatre in France, was a remarkable birthing process for me. I had previously been trained by opera singers, who did not teach me how to access the soul of my voice, and at Roy Hart I experienced a tremendous freedom through releasing all the sounds and tones that wanted to come through me spontaneously. I had stuffed so much inadequacy into my voice and was terribly afraid of not doing it right, not hitting the right notes. In this training



*There may be no more potent way to
heal the planet than by awakening our
own innate capacities, and using the
voice and its many creative expressions
as a healing medium through all the
systems of our own body —
mental, emotional, physical and spiritual.*

In bypassing linear language and communicating in sound language we are brought into places so deep there can be no description in words. Because we consist of vibrational energy, our sounds are an accurate blueprint and synergy of who we truly are in this present moment.



I could allow my intuitive voice to make absolutely any sounds, many of which originated from long-suppressed emotions and inadequacies. They all became transformed into blissful sounding. I sang notes on the scale and notes off the scale. There was no judgment; it didn't matter. I experienced that what is behind the voice is what counts: my dedication, my presence, my emotions, my willingness, my heart.

A life-changing initiation brought me on the sound and voice path: I was working on this auspicious day with a client I already had seen for several coaching and bodywork sessions in my healing centre in Denmark. One day, as I was working with severe pain in her abdominal area, which I previously had not been able to resolve through hands-on healing and counselling, sounds started to pour out of me. They came from everywhere, and they took over completely and guided me. After a short while the pain was gone. A period of silence and deep inner listening followed, where the root cause was revealed to me, as I continuously listened to the new frequencies of my client's body. After this experience my personal journey into sound and voice work was born. It was my vocation.

Since that day in 1988 I have been guided to bring a creative, therapeutic voice healing modality to humanity, the Soul Voice® method. This honours the ultimate expression and potential of our unique human voice. The voice remembers the ancient wisdom

coded in our cellular memory and teaches us how to cultivate and evolve our intuition and higher consciousness. I build structures to channel the information that wants to come through in a more grounded form, which then becomes tangible and effective for people to work with.

I guide the human voice according to my intuition and its own cellular memory. From that place I listen and respond to the recipient's consciousness and impulses, and hear what is most essential and needed in the evolution of the voice and consciousness. I teach how to go to the core of an issue through a reprogramming process of unravelling the emotional layers which hinder the issue from being fully resolved and healed. The Soul Voice® method engages a full spectrum of physical, emotional, mental and spiritual exercises and techniques, which enable each person to develop their own unique creative vocal expression and boundless potential. Only by listening to our true nature can we be reborn again and again, and play our part in the cosmic symphony. Only by creating a strong individual voice can the collective energy grow accordingly

The human voice is superior to any other instrument because it has heart and soul and thus it has consciousness.

Our voice is a microcosmic intelligence through which our spiritual resonance is expressed.

Our voice has a unique soul print that since birth we have been yearning to express.





*Freeing your innate
expression will set you free.
By unleashing and
experiencing the untapped
power of our voice
we liberate our whole being
and limitless creativity;
we awaken our authentic
and playful self.*

and coherently. I am passionate about teaching and sharing my service with humanity. It gives me the greatest self-realisation and it pushes me to stay on a dedicated, uncompromising path of truth and freedom.

Our greatest barrier to not living life fully is our lack of being in complete acceptance of *where*, *who* and *what* we are. We pretend, we judge, we make ourselves better or worse than we are. We hide behind a title or a name, being 'somebody'. We react, we procrastinate, we are scared of breaking out of our habits and taking the leap. How will life be without all these labels? How will life find *you* in all these shadows?

We are afraid of being seen, honestly heard and truly loved. We hide, not receiving life one hundred percent. We shortcut our breath, our life urge, our passion, our joy, to fit into expectations, distractions, demands, and duties.

I thrive on taking jumps, quantum leaps. It wakes me up to flow with the unknown, and it shakes the dead branches off 'my inner trunk'.

*Sound is one of our
greatest doorways
into the creative
power of the
subconscious mind.
The voice itself is
the teacher.*

Who am I not to take the risk and challenges in these fast-moving times? It makes me so alive and it stretches me to be on the edge. At the same time I navigate a safe path, because I know what and who I am, and especially who I am not to be. *The unknown becomes knowingness when we follow that divine spark of inspiration, when we live the present moment fully, no matter what it takes or how great the fear is.*

The feeling voice

When our words cannot express what we are feeling, a new song is born; it is then we may spontaneously open to our natural expression in sound. In ancient times people gave sounds to their body language. Men and woman sang to express their emotions before they were even able to speak their thoughts.

Our emotions will become the bridge to our sensuous being and to our subconscious, when we allow ourselves release from being static, habitual, stuck or numb. Emotions are the gateway to both the spiritual and the physical world. We need to burst and rise in our emotions. Our hearts need to open to have the ecstatic experience of what it really means to live. If we ignore this vast immeasurable experience we call emotions, we become half-dead in both our voices and in our bodies. Our consciousness needs to be fed by the emotional body in order for the inner voice and our guidance to become authentic, real and embodied. Our voice



cannot reach its fullest potential without working in-depth with the emotional body.

Our emotional state of being continuously influences our thought processes, our consciousness and our body's chemical and biological structure. Think how different our day would be, if we were not covered by a veil of unexpressed emotions, but instead were full of joy.

Without taking our emotions seriously, we are not able to play authentically. When our emotions are owned and expressed, they become the key to happiness and aliveness. They are transformational shape-shifters of our personal make-up and vibrational print.

We are not only what we think: *We are what we feel — and we become what we express!* Our nerves, originating from our spinal cord, tell us that we are indeed emotional beings. When we sigh, laugh, cry, groan or moan we release our mental controller, and we start to feel.

➡ TRY THIS:

- » Make a sighing sound and allow yourself not to control or hold onto it.
- » Practise several sighing sounds and eventually let it develop to an *ah*-sound. Take a full deep breath and express an *ah*-sound, as if you are almost tasting it. A simple *ah*-sound is such a wonderful heart-opener.
- » Remember, sighing sounds or a couple of *ah*-sounds may create a little miracle of release of stress and tension at any time.
- » Make sighing sounds or *ah*-sounds while reading this book, and notice how the flow of reading becomes easier.





*It is not possible to
express a false note
or a wrong sound.
Each sound is a perfect
expression of who you are,
and every sound and every
expression carries a unique
message for you.*

Be the change you wish to see in the world

For each experience we go through in life, the body keeps memories which are like records of encoded sound frequencies. We are sound vibration. From this precious truth, what a universe we have to explore! What an unlimited gift there is in the human voice to 'know thyself'. What a reservoir of mystery and unknown potential to be revealed. The power of our true voice resides in our soul, and can be activated and ignited through spontaneous sounding and creative expressions. Voice and sound your destiny. Give voice to any situation that needs to change and be uplifted. Give voice to your activities and become a resonant sounding board for your surroundings. Express what bothers you or hinders you in becoming present to the now. Allow yourself to be true to yourself and let your inner child soar in vulnerability; play with creation. Let go, to become the web without the weaver. Be one with your expression. Share with others to raise your individual strength and commitment, that others may soar and fly in your presence!



*Be the change you wish to
see in the world.
Nobody can do it for you,
so take action.
It is you we are waiting for.
The calling is yours.
Each day is a new beginning,
a journey of soul-felt
expressions. So live it!
Let go of suppression,
hesitation, procrastination.
Express your freedom
to be heard, to be FREE.*