

soulvoice® forum

January 2021

*Your VOICE
is your Wisdom
Keeper.
Let it remember
as it remembers
YOU!* KARINA

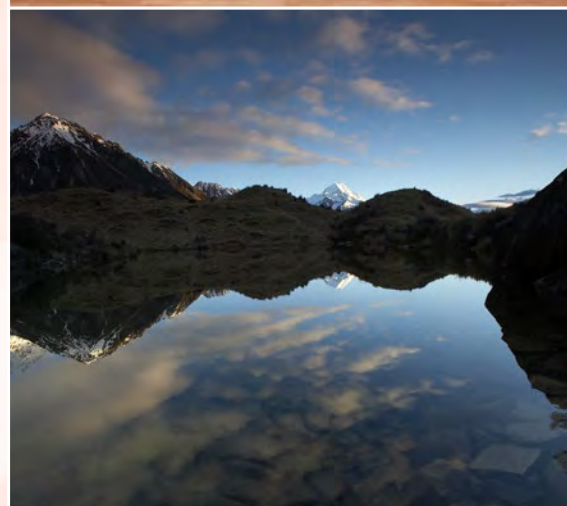


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Soul Voice® Forum January 2021



‘There is so much to do and so little time, so let’s go slow’

A ZEN PROVERB

Being able to manifest all of my scheduled workshops LIVE this past half year was a humbling experience and an act of guidance, gratitude & faith. Without all the support from impeccable organisers & some of the Soul Voice® Teachers this would not have been possible. My honor & appreciation also goes to all the participants in these seminars, who were so committed in their non-compromising effort to attend, knowing that the teaching was more needed than ever...

Arriving back to Aotearoa New Zealand with the 2 weeks compulsory quarantine was a special experience and not always pleasant! I was isolated in an Auckland hotel room surrounded by fences, guards & police, a bag of food delivered 3 times daily outside my door (to be picked up with mask on of course), temperature & question-checking daily including 3 corona virus tests. During this enclosed period and a limited time-frame for outdoor walking or jogging in an area of 7 x 30 meters...my inner work & Soul Voice® organization work kept me ‘upright’ most of the time!

What we manifested in the 21 days Virtues’ Ritual was a profound experience of connectedness and a deepening confirmation I believe in the part we are playing for the Earth’s transformation that we are going through. Telepathic sound healing is a vibrational force, that travels through the ether and works through pure intention. It is an empowering experience for both the giver and the recipients. The more and stronger people are gathered with the same focused intention, the more powerful the effect will be, both individually, locally & globally.

Let’s always remember to spread our service in this effective way as well as allowing our magnificent voices to spread its sound wisdom & clear guidance from our hearts.

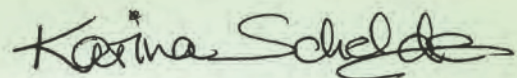
As we continuously are being challenged by the Covid situation, let us take it as a gift from Mother Earth & the Universe to further awaken our shadows & potentials. Let us care even deeper for a sustainable planet, wake up to each newborn day with resilience & trust making a significant difference in our actions & endeavors.

Deepen our acceptance & compassion to each other, to family & friends & to the whole of the planet & humanity; what a chance there is to do so right Now!

As we continue to anchor ourselves & to serve with our purest sound healing frequencies & intentions, both individually & collectively, we ARE transforming the chaos into magical possibilities & a new dawn.

With endless LOVE, COMPASSION & GRACE

Karina



FOUNDER OF THE SOUL VOICE® METHOD



*As we continue to anchor
ourselves & to serve with
our purest sound healing
frequencies & intentions,
both individually &
collectively, we ARE
transforming the chaos into
magical possibilities & a
new dawn.*

I feel this is my service to humanity

In 2018 I followed my calling & started the
Soul Voice® Practitioner Certification Program.

When I look back to the last 2 1/2 years, I feel so much gratitude.

No words can express how much I learned on all levels
& continue to grow on this life-transforming journey of Soul Voice®!

Karina has shared her life work with us.

The content of the training is so comprehensive & in-depth;
every level, every day, every exercise so organic, holistic & complete.

My basic pattern was: I am only loved when I give;
when I smile, when I am perfect.

So, I was never enough, my work was never enough.
As soon as I had reached a goal the next one waited...

I have gone through these issues
& solved the associated ancestral topics.

I learned to set my boundaries, to sink into my body,
to trust my inner wisdom & to connect with Mother Earth.

And now? I feel so much more authentic – with all my colors.

‘You have arrived, it is time to celebrate life’, Karina told me.

And yes, I can hear it, I can feel it. It is enough to be present.

It is enough to be grounded, to be connected, to listen to my guidance.

To be present in my emotions, in my voice, in my breath.

No doubt the adventure goes on, the teachings of Life continue.

But I feel ready. I embrace life in all its facets & I know:

I have my voice, my tools, my guidance
in light & in challenging times.

I am a certified Soul Voice® Practitioner.

I am fulfilled & satisfied to pass on to my fellow human beings
what I have experienced myself, to support them on their way to themselves,
to help them develop their unique potential.

I feel this is my service to humanity.

Sabina Ruhstaller, Certified Soul Voice®
Practitioner, (upgraded PCP), Switzerland.



Sound Activism

I once broke up a fight between two groups of youths in my home city. I 'happened' to be in the vicinity where these young men (complete strangers to me) were heating up their emotions. The 'Leaders' of both rival groups were pushing each other around ready to strike out with punches while the rest were cheering and edging them on.

Instinctively, I strode over to the middle of the brawl, and without hesitation let out my strongest, longest, loudest, deepest and commanding voice and sounded out "Eeeeeeeeeeeeeenoooooooooough!" (Enough).

There was a shocked, stunned silence, no one moved. I could only sense many heartbeats in disbelief including those watching from a distance. After a few moments, still in absolute silence, the two groups of youths turned and walked away in opposite directions. Not a word spoken! I then continued on my evening stroll, elated but slightly shaken, and wondering what had just taken place. The power of the voice!

This story is a genuine example of Sound Activism using primal sounds. Soul Voice® has rendered me fearless, with such confidence in my voice and my authority that I felt bold, spontaneous and completely present and in the moment.

Sound Activism effects great change on a national and global scale when we come together in numbers focussing on a common goal either gathering in person or through Telepathic Sound Healing.

I was invited to attend a gathering of spirited Souls last year for the 21st December 2020 Solstice Uluru Activation. There were 21 of us who ventured to Lake Rotopaunamu in NZ, including a number of my students who have attended the Soul Voice® 2 Day Workshop (some more than once!). The lake is considered a sacred vortex energy portal, and in Maori Lore is protected by the Water Goddess 'Aorangi'.

Through meditation and powerful sounding we helped anchor the influx of Light energies, and connected with the Song Lines and Dragon Lines that extend all the way through to Uluru, the sacred rock of Australia. I felt so honored and inspired to be in the presence of such natural beauty and a devoted intimate community at Lake Rotopaunamu. The magic, tranquility and wonder, I felt to my core and a deep listening to Mother Nature. True Sound Activism for global peace and unity, and a memory I will treasure.

If you feel moved to reach out and take action knowing you can change the outcome of a highly charged situation, I invite you to gather your own army of Sound Activism. Co-create the very real and necessary positive changes you want to see in our world.

Wake up. Stand up for TRUTH. Sound out your profound yearnings. I know I will continue to do so, as my truth continues to be decoded from within my own Sound Universe daily. HO.

Debi Frances, Authorised Soul Voice®
Teacher, New Zealand



Call for a global 21 Day Meditation “The Healing Power of the Central Sun”

On the 1. of January 2021 I received a very powerful Meditation I would like to invite You all to practice it heartfully:

STEP ONE: Tuning in: Sound into each Chakra, starting with the Earth Point, going to the Individuality Point and finishing with some sounds back into the Earth Point. Breathe and listen into your Centerline.

STEP TWO: Open your arms to the side: Contact your Heart as well as the Heartpoints in the middle of your Palms. Now visualize and feel the energy of the “Central Sun” (Universal Sun) and send your purest sound frequencies into this connection. After a while start to include your Third Eye & your Crown Chakra as well as your Footpoints.

STEP THREE: Now visualize all Soul Voice® Healers as well as other Shamans around the world, practicing the same ritual: touch with your left and right hand the Palms (Heartpoints) of another shaman: FEEL the connection through your palms: SOUND into the huge network all around the world while giving, receiving and circulating the energy of the “Central Sun”.

STEP FOUR: After a while start to visualise the world you wish to live in: FEEL it! As if the whole planet IS like you wish it to be: Sound the CHANGE with your purest Intention!

STEP FIVE: When you feel ready bring your Palms (together with all the people around the world) like a big net of light, sounds and peace-vibration down to Mother Earth.

STEP SIX: Listen and receive.

STEP SEVEN: Namaste.

Zoe Ingellis, Soul Voice® Practitioner
in Training, (upgraded PCP), Germany



Opening up Spain to Soul Voice® with all the ODDS we had to go through and learning to move forward step by step!

Organizing the first Soul Voice® workshops in Spain, last 2020, with Karina was a huge adventure. I was excited about it. But what a challenging experience it was!

We already had the workshops centers in place; the dates were clear, the flyers sent out and printed. I had planned to go to Spain for some months to do LIVE promotion for the events. But suddenly the corona crisis started.

After a time confined in Holland and feeling my fears and a sense of not succeeding, not being able to do much as the world had literally stopped, Karina contacted me again, full of enthusiasm and conviction that everything was going to change very soon and that we were to prepare ourselves to be ready! So it was time to look at rescheduling dates & to find new centers, and then embark on some Soul Voice® online conferences, etc.

And at that stage I felt almost like 'dying'! Feeling caught between my fearful family and a FAITHful Karina... ready to do everything possible to make it happen, was quite a thing! I was completely lost and stuck in a sort of uncomfortable safety where I was not feeling motivated but "quiet". I was really struggling with lots of resistance, FEARS, limitations, shame...I couldn't even visualise it any more as the opportunity that it truly was. But doing nothing felt too bad & too well-known to me! So I started doing SMALL STEPS on my way.

It was a huge exercise of Trust, Perseverance, Patience. But it was prized with surprising results. So sometimes I would give a conference to one person, and that person not only joined all the trainings but brought also two other people! Also in Barcelona I had to cancel everything I planned to do there, and when I was in the Costa Brava, some people contacted me for an online conference!

The dates of the 2 days was almost there, and quite some people were interested but not making the reservation yet; other people were waiting for the borders to get opened; some of them couldn't come because of the covid situation or survival issues. It was very confronting to me to try to encourage them, because I felt I was being very upfront with them in my conversations & asking a lot from them in such a 'confusing' moment on Planet Earth! I had to clear up the intentions, to remember myself how was it for me to take these decisions...but what helped me the most was to see how Karina took me out of my HUGE NUMBNESS with her presence & words about faith, about NOW is the moment, about trust. These enthusiastic words and her huge perseverance and patience were really needed and truly working. So, I took it as an example. And yes, it indeed worked!

It was Friday before the Soul Voice® weekend, and the situation in Barcelona with the corona got more complicated. They were the whole time threatening a new confinement and they made new restrictions for that weekend. Some participants decided not to come or to leave Barcelona however some participants also signed up on the Friday night! I was that day also deeply touched by fear but Karina helped me to go through it, even when I was deeply convinced there was no other side to that FEAR!

The 2 days and the 6-day trainings were really intense and amazing. I could feel and hear that this work was so deeply needed and I felt very grateful that we had persevered with it all. It was also a big present to work in my country, to enjoy the intensity of the processes but at the same time the cheerfulness of the participants and the feeling of being at home, not only with Soul Voice® but also in my country was so great! So, the big lessons for me were that we can wait till everything changes or, WE CAN MAKE THE CHANGE with FAITH, TRUST and PERSEVERANCE.

We can make the change with faith, trust and perseverance

Olga Curras, Certified Soul Voice® Practitioner, Spain



The art of feeling: Transformation from an emotional 'wreck' towards an authentic, powerful woman

A colleague of mine was triggered when I told her about the Soul Voice® education I am doing. She very much wanted to experience it and immediately signed for 3 sessions. I went to her place to give her 2 sessions and then corona came, so we had to postpone any follow-up sessions. She has had cervical cancer & cannot have children, which resulted in deep grief. She has been very emotional in the last eight years or so and tends to escape with overworking and non-stop doing. She recently had a burn-out, from which she is still recovering.

FIRST SESSION: One Sound Technique

During the coaching she tells me that she feels bruised, vulnerable, sad, powerless, frustrated and anxious in her chest and heart. She cannot breathe deeply. Asking further, it seems that she felt several times earlier in life lost and abandoned. Besides, her shins feel tight and tired, which is connected to a pattern of always going on, without taking rest. She is afraid of disappointing people if she stops and takes rest.

In this first session something special happens when I work on her shins. First I feel a lot of coldness and I make very low, grounding sounds. Then the energy starts flowing again and I feel that I need to sing overtones. With the overtones (for quite a while) very subtle energy starts to flow in her. It is her own energy that finally liberates itself through the overtones.

When she comes back from the session, she looks really different. Her eyes are soft and lovely. She feels like light is coming from her crown chakra. She is totally overwhelmed in a positive way. She feels opened up: warmth and light can come in and out again. The pressure on the chest is gone and it is fully open - with lots of space to breathe, although it still feels a bit bruised. Her shins feel warm, like she got a deep massage and there is lots of space to breathe between her muscles now. She saw a spectacle of colours during the sessions and she had an image of giving birth to some old, ancestral souls. She wants more Soul Voice® sessions, so we made a new appointment.

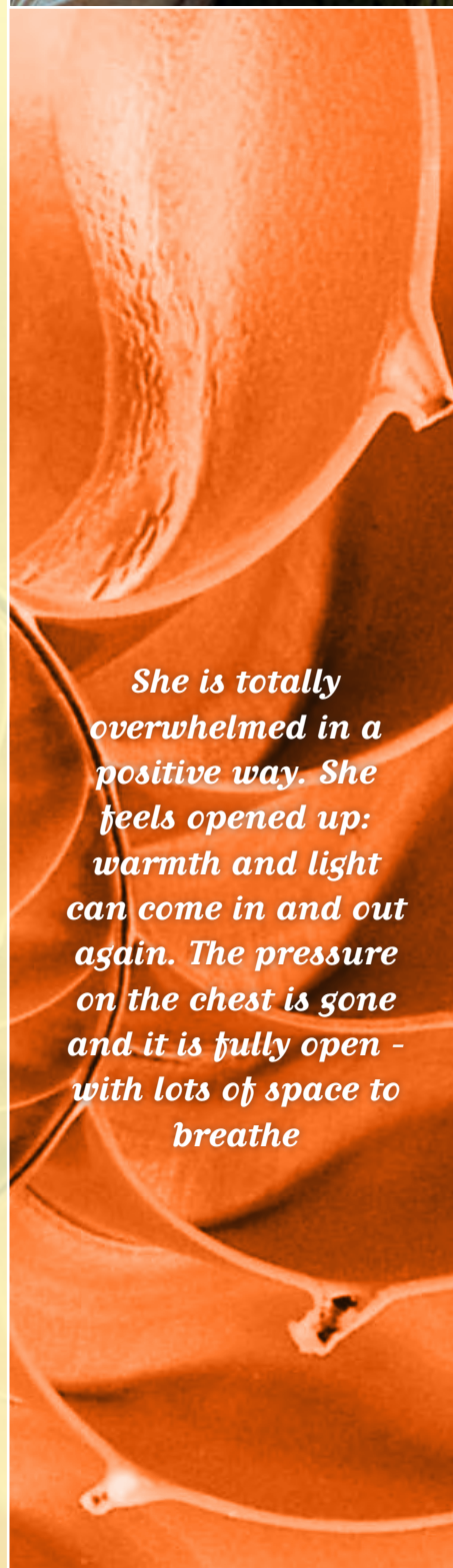
TWO WEEKS LATER

When we meet again 2 weeks later for her second session she tells me very enthusiastically that she can stay much more with herself. She has no high breathing anymore and her chakras (heart, solar plexus, hara) stayed open. Since that first session two weeks ago, she speaks out her ambition and what she needs and can stay with that. Her sleep is deeper and she does not need a sleeping pill every night anymore to fall asleep. She can really feel that I took out something or someone from her heart last time. She feels lighter because of that and it feels like I planted a seed in her that now needs to germinate.

SECOND SESSION: Pain Release

In the second session she would like to work further on her heart and with the sadness that she feels in her belly. It feels bruised and painful at the back of her heart; she always feels that she says. During the Pain Release, she gets in touch with her own inner power and her own identity: her place in this world. After the session, she feels like she is run over by a truck: feeling empty and very tired. Her belly feels soft, which is a new experience for her. Everything is open again (heart, solar plexus, belly). She describes it as: "I don't have to be 'turned on' all the time". She had forgotten the art of feeling, but now she feels her own softness and vulnerability again.

Claudia Ketting, Soul Voice® Practitioner in Training,
(upgraded PCP) The Netherlands



She is totally overwhelmed in a positive way. She feels opened up: warmth and light can come in and out again. The pressure on the chest is gone and it is fully open - with lots of space to breathe

Therapeutic Acting at level 1 PCP

How powerful is the TA!

At the beginning of my Therapeutic Acting I didn't exactly know what I was going to do. I had only a general idea. While I was living it out, some improvisations arrived spontaneously. I felt very light because I didn't think what to do or not to do and this allowed me to express what I really needed fully; with voice and body movement.

As a singer, I started my improvisation with a brain storming about what I used to experience when I took lessons and also my doubts and procrastination. My Soul Voice® colleagues were looking at me with interest and listening to me. I actually felt so supported that a solo arose from me! That was so liberating!

To recall my animal energy I first faked a wild lion. In that sacred space I had the opportunity to express the whole energy of my voice without taking care of tones, notes or words of the opera air. I was authentically living out the emotions that resonated in me with this classical solo. I allowed me to change the length of the words and notes, to breathe as long as I felt it was needed and to make breaks of silence to feel myself to ground where I was in that moment.

It surely wasn't a perfect classical performance, but it made me feel truly satisfied and connected with my roots so well that all the shyness disappeared. So, it was a revolutionary solo!

During the break my Soul Voice® tribe congratulated and praised me. They took care of me as a king and helped me each time I 'asked them for anything I needed', which was my assignment to live out in the breaks. I received so much love from them all!

Who I am, now, is awesome and I trust to show it with my voice and body without fear, doubt or shyness. It's perfect as it is!

TA made me make the experience of going beyond some of my old limits and to feel the pleasure of expressing my authenticity.

Thank you, with love

Giuseppe Lentinello, Soul Voice® Practitioner in Training,
(upgraded PCP) Italy



Outreach Learnings

How do I make myself visible as Soul Voice® practitioner? By creating a video in which I explain what I do, was my thought a few years ago. But somehow this [video²](#) (see links below) attracted a lot of negative responses on social media, instead of attracting clients. Discouraged and insecure, I removed the video from [my website²](#).

Last year, I had the idea of making an audio series, called Bodily Happiness. I would zoom in on one body part each episode with use of the Soul Voice® method. My plan was to post once every two weeks. Once I had attracted some followers, I would start to ask for a donation for the complete audio series. But I never even launched the [first episode³](#) Where does this hesitation come from?

Soul Voice® has been the raw diamond that I am polishing and fine-tuning, but I realise that I am still not ready to wear it as a jewel: to show the beauty and its brilliance with pride instead of fear. And I accept it for now. Karina taught us over and over again that there is a divine timing for everything.

Some day, I will fully embrace Soul Voice® as a means to help others. Some day, the diamond will be too bright to argue its brilliance. Until then, it will remain our little secret that I am an incredibly wealthy woman.

Viola Bennick, Certified Soul Voice® Practitioner,
The Netherlands



[video¹](#)

[my website²](#)

[first episode³](#)

My Soul Voice® since 1998! Freedom of living

I loved being supported through the 21 days virtues ritual and now I am on the third round, wow!

Karina invited me to tell my story about my passion, 'the childrens' project', I will talk about my evolution with Soul Voice® as well.

My longing for a tribe has always lived in me. But it came even stronger, when I gave birth to my first son in 1997. I felt lost only with books about motherhood, and needed that Nature-tribe. Or even a Native-tribe.

In 1998, I first heard about Karina. I eventually talked to her for the first time over the phone, (she lived in Hawaii at that time and before cell-phones!). I remember I knew instantly I was called to her work, however I just wasn't ready to leave my firstborn. Two years later I participated in the two days workshop in Copenhagen. What made me ready at that stage, was my beloved grandmother had just died. Well, this pushed me through the birth canal to Soul Voice®! What I held back in my throat in the first workshop I would then further be set free in the 5days ASI. Inspired by the others in the group, I let the sounds guide me; such a huge relief.



I was, and I am a singer, and these sounds were definitely not pop-songs, but my spirit song! I got certified at Le Toracce, Italy end 2003; at that stage the PCP was a shorter version which I then later upgraded. I have assisted Karina and I participated in 2 Supervisions. I also had a client room in the years of having small children.

My dearest Soul Voice® colleague, Ulla Jerrebo, has been close to me since 2003 and we exchange sessions regularly. For me Soul Voice® has always been a gift to myself, a journey towards freedom in expression and a home to dwell in. A safe place.

As a mother to 3 children, I also learnt about sounds from their laughter, cries & calls, and from the rituals we made together and from there I eventually started to develop My Calling for Sounding and Singing with Children...

Over the last 10 years my own sounding business has mainly manifested in working with children, which also includes children with disabilities & special needs. It all started to take form in 2010 after a public cultural concert performance, where I created my own songs & performed them. This event "opened the doors for me". Within two months I had already visited 32 kinder-gardens, with 600 children from 4-6 years.

Our youngest earth-citizens have so much playfulness & music in them and they are so willing it is so natural for them to sing and sound...this gives me freedom. I believe I have the courage and the foundation from Soul Voice® to do what I am manifesting and today I have given over 800 workshops, wow!

I write songs for them and with them and to make a secure place I sing with them 3 times, and in between they laugh and sound spontaneously. They also sound 'solo' and I then mirror them in what I call a 'song-dialogue'. I listen and I learn so much beyond the words.

I aim to write a book about my project, 'tone in life' with all my vast and rich experiences I have harvested during the years.

Soul Voice® is for me a meeting for life. MY SOUL'S voice started as a gift to myself. Today I give Soul Voice® sessions occasionally and I am so grateful to have my Soul Voice® colleagues to support and inspire. I am Not alone!

I have heard so many sounds and I know my own sounds & presence, so I can stand tall & humble in myself sharing my gifts with JOY.

Soul Voice® is a freedom to sound & to live with our own uniqueness! I am so happy that I called Karina 23 years ago!



A link to a 2 minutes video:
<https://vimeo.com/479259840>

Link

Yasmin Elvira, Certified Soul Voice® Practitioner, Denmark



Lars Muhl writes:

"I believe in Man. I believe in the divinity of Man, I believe in Kamla Marie, and I believe her book will make a huge difference. 'Awakening with Cancer' is a heart-moving story for us all. It shows life's vulnerability but also how strong the love of Man can be. See for yourself how far it reaches."

Karina Schelde writes:

"Kamla Marie's heart piercing story of her miraculous healing not only gives us a different approach, and understanding of the treatment of Cancer - it also offers us tools to work with whether we have Cancer or not. Captivating, emotional, and raw & real to the bones! A must - read!"



Awakening with Cancer

My Breast Cancer was a wake-up-call.

I was 33-year-old, and I was living someone else's life. I was full of fear, and busy pleasing everyone but myself. I put up with bullying, sexual harassment & manipulation, I stayed in dysfunctional situations & lived a stressful life with too much pressure, and it made me sick. My soul had to speak very loudly through my physical body to get my attention. Because I had never listened to it... I was awakened to the fact that I had let outside forces control me. I was bombarded with fear by the doctors & the health care system. I had to look within for my truth - and dare to speak it. I got chemo though my intuition said 'no'. I had both breasts removed though my body said no. I allowed the abuse. I was presented with one opportunity after the next to learn to take back my power. I dealt with the emotional consequences myself. There was no support or understanding in the system.

In 2007 - 2 years prior to my cancer experience - I attended a Soul Voice® 5-day workshop with Karina, and sounding was already in my system. Being a singer I kept singing and performing, because the frequencies and emotional expression through the lyrics was so healing to me. Now, Soul Voice® became pivotal for my healing. Boundary setting, anger- and pain release, creative expression, and sounding my emotions were extremely important. I had to get out of the fear to be able to come back to myself & into love.

One of the greatest teachings the gift of cancer brought to me is honoring my vulnerability. To be completely open, transparent, and honest about my vulnerability was a cornerstone in coming back into my authenticity. Embracing my fragile body, and all the horrible things that happened to it, and sharing how it affected me emotionally made me discover my strength!

-The more I forgave the more I could move beyond the victim. I had to start loving myself, and trust that I am my own best authority - the author of my own life. And so, I became one, and began writing my story.

I was determined to raise awareness to the fact that our emotions are being neglected in today's health care system by openly sharing my own emotional journey. I gave speeches at The Relay For Life event, opened hearts with my songs, and was honored a 'Hero of Hope' for my work.

In 2018 I embarked on my Soul Voice® PCP journey, & huge personal transformation, and within a year my book was manifested. Through the PCP I have diminished fear, amplified love, boosted my worth, and realized at a cellular level that I am allowed to live, and shine my light.

No publisher has yet had the courage to publish my book as I am daring to speak about the holes in today's health care system. In October 2019 I printed the first 300 copies of my book. I felt victorious. This year, my book: "Awakening with Cancer - Heart Wisdom from the Living Life" is translated into English, and can be pre-ordered now at: www.miakamlamarie.simplesite.com

Link

I am a warrior goddess walking my talk; I speak my truth, as I am a free, and sovereign being of Light. I speak out of love for myself, and Humanity that we all may LIVE, and thrive. I am ALIVE & cancer FREE.



Kamla Marie, Soul Voice® Practitioner in Training (upgraded PCP), Denmark

Teacher Training paved a New Foundation

By the end of Soul Voice® Practitioner Training I had completely changed my life because of the tools that I gained through the Soul Voice® method and guidance from Master Teacher Karina Schelde, as well as the many healings I received from my tribe. The Practitioner Training supported me to take responsibility and live life with integrity. Allowing my YES to be YES and my NO to be NO. I left a toxic relationship and moved to the city I loved. However, I could feel that below the new programmings and new belief systems, laid an old foundation that needed to be completely eradicated. Through the Soul Voice® Teacher Training I learned to permanently delete the old foundation. The potentials that I clearly saw at the level 4 in PCP Supervision were made manifest!

Teaching the 2 Day Soul Voice® Introduction Workshop has been the biggest honour of my life. The transformations that have occurred in the lives of others within the weekend are awe inspiring. I also sense the techniques in the method are integrating into every facet of my life in a more tangible and grounded way.

When I completed all the modules at Soul Voice® Teacher training, my soul could not do anything else and I had to follow the compulsion to leave my day job and commence full time as an Entrepreneur in my own healing practice Mukulu's Song. Through the training I have gained more powerful tools and techniques that I can use on my own that support me to continue to delete social or personal constricts that do not serve me.

Every time I deliver the 2 Day Workshop I feel transformed, something deeper shifts within me and my light shines even greater as I dare to be all that I can be, as I soar in the fullness of all my sounds and challenge others to do the same. There is medicine in this work that is needed right now on the planet. Inspiring people to let go of their limitations in such a profound and life altering way is unbelievably fulfilling.

If you are drawn to or are contemplating Soul Voice® Teacher Training I encourage you, do it! If you think you gained a lot from Practitioner training wait and see what you will gain from the Soul Voice® Teacher Training. There is so much more that is awaiting you.

Dorianne Danials, Authorised Soul Voice® Teacher, Australia



A story of Faith, Feeling and Focus

I am Maria Gisella, from Italy, and I am the organizer of the new PCP 2020-2023 that started last October. The one I am going to tell you is a story of extreme trust and cooperation that, despite all the problems created by the covid, allowed us to start the PCP anyway.

We gave the opportunity, to another group of exceptional people, to embark on the wonderful journey that so many of us have already enjoyed.

As you may know, the first location that was chosen was a beautiful retreat in France. Unfortunately, the advancing covid made the trip to France impossible because, with just ten days to go, it had in the meantime become a red zone.

In these convulsive moments I had to find a new venue for the whole group at a destination that was reachable by all the participants of the six nations composing the new tribe. Fortunately, my journey with Soul Voice® taught me to access complete trust in my own resources and those of the Universe. I launched an S.O.S. in the Italian Tribe

chat and, within 15 minutes, I received a reply from Simona Bandini, also a Soul Voice® Practitioner, who made available her little hotel in the mountains near Forli, Italy, since another group had cancelled their reservation. From that moment on, we saw the situation unravel and the possibility of being able to start the PCP more and more concrete. Working hard and in perfect tandem because, having also been an assistant, she perfectly knew all the needs that the group would have encountered, we managed to reorganize everything in just ten days.

Meanwhile, with a week to go, I injured both knees and this was a clear sign from the Universe telling me to slow down. Nonetheless, deeply honoring the message that had come to me, albeit a little too strongly, I was able to complete my task.

The participants were wonderful because they showed an enormous spirit of adaptation and a firm will to make sure that we could get Level 1 going. There were challenging days and almost sleepless nights, but you can't imagine the satisfaction and joy when we all finally met in Italy!

My great thanks, in addition to Simona for providing the hotel, go to Karina who always, tirelessly, holds the container in order to create this special energy, she always brings to such group events; to all participants who showed so much adaptability and understanding by entering immediately into the spirit of cooperation and support that is typical of Soul Voice®.

And finally, I want to thank and honor myself for believing so deeply in my ability to focus and realize and for allowing this Level 1 to take place. I have learned so much from this experience and have had some wonderful gifts on a human level. I think I also learned how to communicate quite directly with the Universe. I just have to remember, the next time He has a message to send me, to ask Him to go easy on myself...

Maria Gisella Locatelli, Certified Soul Voice® Practitioner, Italy



'I open myself for Life' and in that moment a soft breeze came up to validate her words. She looked me in the eyes, very thankful for this sacred moment.



Summer Sessions in Nature 2020

Last summer after being in the lockdown for a while and being confronted with all kinds of restrictions, I really felt pulled to go out in nature and give outside sessions with clients in order to finally finish my Soul Voice® practitioners education.

An announcement on Facebook of my plan instantly provided me with some beautiful female clients who were willing to dive in this deep work and adventure with me. I now realize how deep the impact of these experiences was for me. I offered a series of three sessions for a fixed price to work on a theme.

Since I don't have my own room to provide client sessions, I really feel happy for a beautiful summer in Holland where it was possible to use the spaciousness of the beautiful nature along the North Sea coast.

What I learnt was how to prepare myself while walking together with my client to our nature spot. After the first session I discovered to start my session with a guided meditation into the body and into nature, using the elements. This helped me very much to ground and center myself; from that place I could go into the actual session with my client.

Every time I was in nature with one of my clients I felt deeply grateful for the magic that happened by being in nature. With a client, who was pretty harsh on herself, I facilitated an OS-session to body parts and as I was about to sound into her belly area, I opened my eyes as I heard a sound! I then saw a young deer, which was about 4 meters away. It stood there for a minute, and tears welled up from my eyes of gratitude. After being in eye-contact with the deer for some moments, very soft and delicate sounds poured out of my mouth as a remembrance to move really gently.

The next time with this same client the same spot was filled with black ants, which seem to bother her a bit. Afterwards she told me ants represented the outside world for her & that they always annoyed her, however in the session they complemented the energy we worked with.

In the second session with another woman I decided to do a PR-session. We went very slowly as the client hardly managed to open her mouth. When finally opening up to sounding suddenly a mother and her son walked along not far away; this triggered her into some old memories of fear from doing 'forbidden' things. After the session I realized how helpful this 'incident' was for her and for myself to get in deeper contact with some hidden fears and grief and that she felt supported on a deeper level to release.

In a PR session on a hot day a client stated towards the end 'I open myself for Life' and in that moment a soft breeze came up to validate her words. She looked me in the eyes, very thankful for this sacred moment.

The most important realization is how nature always helps me to get grounded almost instantly and in touch with my inner guidance much easier than inside! I learnt to move with the elements and nature spirits - I often felt I did this before, maybe in other lives...

I also learnt about going slow especially with more advanced techniques as AR & US and that for some clients it is a safer container to be protected by walls than being in the vast openness and spaciousness that nature provides.

I can hardly wait until spring and summer is coming back again. Providing sessions outside in nature will definitely be on my menu for clients: this is really about doing what I love most and sharing my gift with others.

With Love

Ireen Houben, Certified Soul Voice® Practitioner,
The Netherlands



My Divine Path and The Journey back to Soul Voice®

One of the most beautiful questions that I have been asking myself since my earliest years is: Who am I? What is my real path? What is my purpose in life? What is my passion/my mission? And from that space, I have been receiving messages showing me step by step the designed footprint of my Divine path.

What is the meaning of this? Our life experiences are connected with the magical Universal synchronicity, and in our daily life we begin to discover ourselves, and while we are in this process, our gifts are given while we walk our path and begin to discover our purpose.

Everything started being a Shiatsu Practitioner and through my Chinese Medicine studies and practice, I discovered the subtle connection between the Hara (energy/life force) and the power of the Breath.

Conscious breathing entered into my life, I experienced healing through different levels of consciousness, and received the awareness and revelation of a mystical connection with Spirit.

Being a Breath worker, 20 years ago I had the opportunity to attend to the Global Inspiration Conference in Italy held by the IBF (International Breathwork Foundation). In this event I experienced the diversity of different modalities in Conscious Breathing and Therapies, including the connection with Karina's sound and voice healing teachings and sacred frequencies so I started to work, train and be Karina's organizer in Italy.

While working with Sound and Voice healing frequencies, the Breath was always present in my path. At a certain moment I felt the call to continue the journey with the Breath and not to continue with the Soul Voice® Practitioners' Certification Programme. (2007).

Continuing my path in mastering the Spirit of the Breath, I became a Senior Trainer of Transformational Breath®, teaching personal and professional trainings in different countries in Europe. This conscious breathing process also includes sounds and movements to support the integration of overwhelming sensations and/or blockages. While disconnected from the Soul Voice® Tribe, sacred sounds and frequencies were always present in my path.

The feeling of the Divine Order was to become aware about my real purpose and mission, feeling my heart passion to support others in finding their inner power through Conscious Breathing. Then a huge opening came through meditation, receiving gifts, initiations and channeling; openings to continue to be an instrument. Remaining in that space of service and creativity, I was losing connection with my body. So, my next step was shown to me: to follow the Neo-Reichian Breathwork & Bodywork Osho Pulsation Training. This training revealed the energy pulse of my body. I released body/muscular armor that was being held in my unconscious, and during this training my voice, connected to my soul essence, was strongly heard.

I continued with my Breathing trainings, meditation and supporting others. Suddenly, the LOCKDOWN happened. Everyone was forced to stay at home without doing anything due to COVID 19! What happened? I received a message to connect with Soul Voice®, and a feeling of that there was a missing key within my being and as a healer.

Immediately, I started to search online for Karina's trainings, and found out that there was a new training happening in Europe, starting in Spain. The 6 days 'The Calling' felt like returning home. My being was so touched how the sound frequencies are so deeply connected with my Spirit and the missing link for me of self-nourishment.

Coming back to the healing frequencies that I experience in Soul Voice® I also recognized that whatever I experience in my spiritual path is perfectly designed. During the PCP first module it was very clear that there is a profound awareness & synchronicity to my path. I came back to my body again! And this is truly magic...And, I returned to the Soul Voice® family...

With gratitude and loving resonance

Inadalecia Rohita Ziritt, Soul Voice®
Practitioner in Training, (upgraded PCP) Italy



A patient wake up call

Throughout the year 2020, I had not known anyone who was infected with the Corona. Then this: Our new year began with my husband's positive test result. My partner is 62, strong and healthy, but he had worked in construction with asbestos many times when the danger of this was not known and his respiration is almost never completely clear.

It all started with the question around isolation. My adult sons urged me to be prudent. My partner was hardly responsive - what would happen if I were as ill as he was? So I went to sleep in another bed and wore the mask when I went to his room. That felt terrible, but reasonable...

During this time, I had a powerful experience with Soul Voice®. My loved one kept having attacks of chills, followed by bouts of fever, then he would sleep - then it would start all over again. I wanted to warm him with my body when he was freezing. So I did ... leaning with my back against his back so as not to breathe the same air... wearing a mask! It all seemed so wrong, but I didn't know what to do. When I couldn't warm him that way, I changed my tactics. I went into the next room and sent sounds through the wall. With this I came back into my power. Later he told me that the sounds had warmed his body in a short time.

After a few days we went to the emergency because his oxygen saturation had dropped alarmingly. Now that I was already here, I did a test and - how wonderful! - I also had Corona, just without symptoms. Happily I moved back into our bed never to wear a mask again in our home. Now I stayed close to him and when he had his chills, I held him in my arms and sounded softly into his chest. I also applied what little I know of Polarity and massaged his feet often, always sounding.

Then I learned who else was infected - my heavy smoker son and my other son's lovely girl-friend, young and healthy herself, but terrified that she might have infected her vulnerable father. In this moment I simply broke down. I had a long secret cry. Then I asked my friends for help. I got it quickly. Three intense sound healings from Denmark, Germany and Switzerland became the turning point.

Now my husband is getting better every day. But I am full of questions: I was so sure that Corona could not harm me. Was I arrogant? Maybe it was me who had infected everyone? Since I had no symptoms, I can't know when it started in me. Meanwhile I know many people who have this virus. Some feel little to nothing, others are dying. It seems that there are no rules about who gets hit and how. My humility for life has risen to an even higher level. My respect for the disease has grown, too, but above all I am concerned about the distance. What does it do to us? How can we deal with it? Can we find other ways of being close? And for how long? Can we remain secluded and yet work to overcome the rifts that increasingly divide our humanity?

I feel like I'm on a roller coaster that carries me from hope to fear and back. It is the sounding that helps me come back to my power, but also to my humility makes me surrender. That leads me to giving up my expectations of what I think needs to happen rather sooner than later, and back on track to focus on what is in my hands: Sounding out waves of love. Visualizing the transformation in the best possible direction. Whomever sent this wake-up call is very patient. I guess I can still improve in this virtue ;-)

Veronique Dutli, Certified Soul Voice® Practitioner, (upgraded PCP), Switzerland.



*Leaning with my back
against his back so as not
to breathe the same air...
wearing a mask!*

*It all seemed so wrong, but
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When I couldn't warm him
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tactics.*

*I went into the next room
and sent sounds through the
wall. With this I came back
into my power.*

*Later he told me that the
sounds had warmed his
body in a short time.*

In Gratitude...

When I discovered that Karina Schelde was to facilitate a Soul Voice® workshop in Milan, I immediately felt I had to be there, even though it was the very next day. As a Family Music Therapist & trained Opera singer, I have participated in various training courses on singing & music teaching, however I had never experienced anything like when Karina was in front of me, using her body & voice with such energy, vitality, expressiveness, improvisation & enthusiasm.

At first, I felt stuck - incapable of using my voice differently from what I had learned. Then gradually I started to begin to feel free from myself. My voice began to play & express itself, giving me strength & joy. I felt completely new. My body became like the keyboard of a piano; making all the sounds I wanted & I had nobody to stop me by telling me that I cannot reach the low notes. The greatest discovery was of my Intuitive voice. I communicated to myself my very essence and I began to really know Anna.

Even though my English is limited, I found when I am with my Tribe in front of Karina, I am able to understand so much. I perceive that it is her voice, intonation, rhythm & the compassion of Karina's heart along with her professionalism, that drag me towards my Mission in life. Certainly, we need to study & practice with our colleagues even before we work with clients. Giving & receiving sessions transforms us. We are living witnesses of this great change in the world of medicine; the healing frequencies of the voice that travels beyond distances, cultures & beyond the walls of every home.

I was lucky to experience the flow of the energy of love of the universe, which, with the help of Karina & Joyce, allowed me to become a Soul Voice® Practitioner in Training & to choose my path of growth as the voice of the soul & mother-warrior of Light. I thank the spiritual energy of my father's soul which has encouraged me to continue & use my voice differently. What a gift I received. I thank the teachers who assisted me in the 2 & 5 day Soul Voice® workshops.

It seems impossible not to be in circle with Karina anymore. The transformational energy is felt in the silence, in front of our sacred altar & I still feel the emotion from my first session with a colleague, both as facilitator & client. The sense of joy, responsibility & connection with Mother Earth. My divine part & the Love Universe during my first session with a client. The connection with our ancestors purest energy, with our inner child, the memory of sacred ceremony on the last day of our training, giving voice to the 4 elements of nature in circle around a fire, immersed under a starry sky & being able to see & embrace each other again in this strange world in which we find ourselves, is a great gift received together.

Every time I went back to teach school after a training... I felt that the children sensed something different in me, at a deeper level. Now back at school with them, my daily work, besides my clients & Soul Voice® Practices, is with the children... so that they do not lose contact with their "being able to give sound" to their soul & voice.

From the bottom of my heart, I am in gratitude for my tribe and my teachers. I feel the energy of the 4 elements within me & feel the call to bring to the world the message of freedom to be authentic in connection with the greatness of the Universe. Thank you for your compassion, patience, professionalism & great vision for the world of peace and love that the Soul Voice® Method inspires & contains within itself.

Anna Piara Simran Kaur (Marchesani), Soul Voice® Practitioner in Training, (upgraded PCP) Italy



I had never experienced anything like when Karina was in front of me, using her body & voice with such energy, vitality, expressiveness, improvisation & enthusiasm.



Two sisters' Soul Voice® Stories – Giovanna & Alessandra

... I was light and I was breathing deeply ~ I could spread my arms to the world and run happy, breathing happy."



At the end of July 2020 I re-contacted by email all clients to which I have offered Soul Voice® sessions, asking them the courtesy to write back with their personal feedback with the results obtained through their Sessions. I took the opportunity to offer them, in exchange for the feedback, a 9 euros voucher to be used by the end of September for a next session or 'package' of Soul Voice® sessions in my new Orizzonti Room ... an opportunity to continue the Soul Voice® path they started. They all answered me with enthusiasm.

"I attended a presentation with Anna Giaroli without any particular expectations and without even knowing what I was looking for or what I was going to meet, only, trusting Anna and seeing the insistence to let me participate in this presentation, I went. It was not easy immediately and at first I must say that I felt a bit of resistance, it was not easy to let myself go in the midst of many unknown people ... a few minutes and the embarrassment was immediately dissolved; also because after the first exercise I realized that if I let myself go and tried to listen to myself, new emotions and sensations would also arise on a physical level ... the climax was then reached when I was offered the opportunity to passively receive sounds by concentrating on a physical pain I had been feeling for days in my left hip ... I was incredulous the pain was almost completely gone and above all I felt light ... This experience with the power of the voice made me immediately book a cycle of two sessions; not so much because I had special needs, but because of how I enjoyed the experience of that presentation. The first session was an explosion; also that afternoon I went to the session without particular needs or thoughts and during the session it was like a volcano that continues to explode throwing out lava and each explosion was to lighten a weight that I unknowingly carried inside ... I went out charged and with the awareness of I could take my life in hand and I could be happy, I wanted to shout it to the world!

The second session I received it was like abandoning myself in the arms of someone who lifts me, makes me light, takes away the weights that crush me and takes my breath away, this was exactly the feeling I had when I finished the session, I was light and I was breathing deeply - I could spread my arms to the world and run happy, breathing happy."

GIOVANNA

Giovanna decided to offer a Soul Voice® session to her sister Alessandra as a birthday gift.

"I faced the Soul Voice® session without any particular expectations, if only to dedicate time to myself, and without knowing what it was. I can now say that it was a fantastic experience also after the session: I entered with a pain in my shoulder that had long been a chronic discomfort and impediment, I left without that pain and it never came back. In addition to the physical level, I feel better in my mood: incredibly I have started dreaming again, I'm not talking about night dreams, but about things I want to do in my life. I have also noticed a change in my energy level, which is greater & at the same time I see that I face things with less anxiety.

P.S. : I will definitely take advantage of your offer to grant me other sessions."

Anna Giaroli, Certified Soul Voice® Practitioner (upgraded PCP), Italy



Gratefulness

In deep gratitude to a person, who made it possible for me to join the Soul Voice® Practitioner Training, PCP.

There is a Soul on this Planet, who does not want to be named, but, I feel the call to share with you: this person supported me with the spirit, called money, to follow my deep Soul Calling and do the Soul Voice® Practitioner Training. This Soul recognized my gifts and understood:

SOUL VOICE® is my life - a path that penetrates into the depths of all levels of life.

Everything is Sound

My Body

My thoughts

My words

My actions

My experiences

Everything that surrounds me.

I am the CREATOR, the VIBRATION, the SOUND of each

PRESENT MOMENT.

Every moment I CHOOSE anew -

in deep, respect and loving connection with myself,

my inner woman, inner man, inner child and all layers that accompany me:

they teach and invite me -

to listen, transform, liberate and grow -

to dance and sound who I really am!

I cannot express my GRATITUDE in words. A few months ago, during a fire ritual, I asked how to show my gratitude and I received a deep message:

"I show my gratitude by recognizing, appreciating, loving and LIVING my GIFTS."

I live my gifts by connecting with myself every day and let this PURE LOVE vibrate through my whole body, let it shine through all cells and to spread it into all my actions. My GIFTS are: To touch people through my pure Being, Dance and the VOICE MEDICINE: SOUL VOICE®.

Yes, through my Soul Voice® Life I reconnect with the essence of myself every day. I become ready to take responsibility for my BEING. Every moment that I Co - create is pure MEDICINE - and I am incredibly grateful that I have my body and voice to dive into the Soul Voice® Work where I find the deepest level of healing myself, humanity and our beloved Planet Earth.

Your support - to give me the spirit, called Money, for the seminar accommodations is PURE LOVE.

May this love flow on through my voice as MEDICINE to all people and beings - so that the wonderful flow of giving and receiving - YIN/YANG - SUN/ MOON - SOUND/SILENCE - can vibrate in the rhythm of Life.

Zoe Ingellis, Soul Voice® Practitioner in Training,
(upgraded PCP) Germany



Inspiration for our Soul Voice® Sound Tribe

How do we organize ourselves as Soul Voice® Sound Tribe? This question arose during a weekend meeting with Dutch speaking teachers, practitioners and practitioners in training. Based on our common reflection three members of our tribe developed inspiring designs with both text and images.

I. The Soul Voice® Method is both the source from which our Sound Tribe originates as well as its foundation.

II. We perceive our Sound Tribe as a circle in which everyone is visible and audible to everyone else and where we stand - in different roles - on the basis of equality.

III. Inspired by 16 tribe-positions, each of which corresponds with a certain place on the Wheel of Life, we can distinguish 16 roles in the Soul Voice® Sound Tribe. A number of these roles are more or less self-evident namely those of the active teachers and practitioners and participants of the TTP and PCP. We can also include people who have followed individual sessions or participated in the 2-day, 5-day and/or Soul Voice® Experience workshop (SVE). When we go a step further back, we can also include participants from short introductory workshops, people who are already interested in Soul Voice® but have not yet participated in an activity and people who have not even heard of Soul Voice® but would be interested if they did.

We feel that the Sound Tribe is only complete, when also people who have followed the PCP and use the method now only for themselves - former colleagues who have ended their agreement with Soul Voice International - can find a place in it. In order to form a tribe, we also need one or more people to take on the role of connector and/or handyman. Connectors have a coordinating role in the Sound Tribe as a whole. Handymen perform sub-activities.

IV. Within the Sound Tribe we can distinguish different circles. With a circle we mean a group of members who are in a similar role or position. The members of a given circle can - in their own (online) groups or meetings - inspire each other with regard to their role, which is mainly but not exclusively aimed at receiving members in the opposite circle.

V. In addition to the Soul Voice® Method, Soul Voice International offers our Sound Tribe three pillars on which we can build further. These pillars consist of:

- (online) publications,
- the Soul Voice® learning path and
- supervision and continued education and leadership for practitioners and teachers.

What becomes visible in the mandala is that - as we see it - one pillar is still missing, namely a pillar that supports the organizational side of the work.

In addition to these four pillars in our Sound Tribe there is a need for other things.

1. Offering the opportunity to people interested in sounding as a spiritual practice, where they can regularly experience the connection with themselves, others and 'the whole thing' through simple Soul Voice® exercises. The idea is to form Sounding Circles for this purpose, in which people can participate before and after they have followed the 2 or 5 days workshops.

2. The possibility to meet with those who followed PCP but are not practicing professionally the method, to exchange specific Soul Voice® practices.

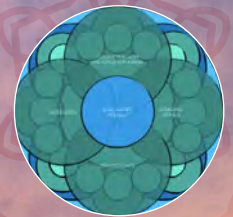
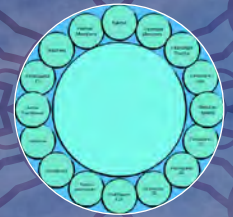
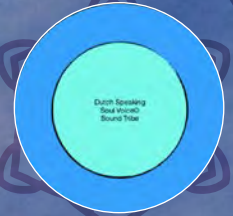
3. Co-creation with practitioners (and those in training) and teachers, who (want to) conduct an active practice.

4. Offering a stage to Karina to raise awareness of the Soul Voice® Method in the Netherlands.

5. There is also the idea of organizing a Soul Voice® Festival, where all members of the Dutch Speaking Soul Voice® Sound Tribe (including former members and potential members) can meet each other.

This design isn't meant as a blueprint. It isn't something that we MUST do, but we CAN make it happen, if we WANT to. In our vision the only thing that is necessary to make this work, is that all members of the Sound Tribe follow their own inner guidance.

Arjan Verschuur, Certified Soul Voice® Practitioner, The Netherlands



Becoming a mom

In autumn 2013 I first read about Soul Voice®. I had been struggling with my voice and not being able to speak fluently all the time, One day after having joined a choir & being fascinated by the a conductor's freedom of voice expression, I googled 'freedom-voice-fully' and back then, Soul Voice® teacher Marinet Koeman came up. In her 2 days workshop a whole new world opened up for me having lived in academic studies and being a psychotherapist, relying on reasoning, not expressing my vulnerable inner world. My god, how I learned a lot about undoing and just Being. Listening within. Trusting my own inner guidance beyond the mind!

I started to trust my intuition and my powerful voice to express myself freely, inspired to do so from both Marinet & her assistant Marieke Lzicar Visser. I learnt to let myself be heard; what a revelation and great feeling that was and is!

I decided to go the whole way, take the education and become certified. During this transformational journey I was going through a rough period because the process of becoming pregnant & giving birth to a child, which was my biggest wish, was taking a lot longer than expected. I did not become pregnant with my partner, and after we broke up I started to take fertility treatments & got a donor, however without success. My Dutch tribe supported me the whole way in my mission and my next step was signing up for adopting a child, however the waiting list was very long... !

Now I know that all this waiting-time has been well spent: I strongly believe that my Soul Voice® path opened me up to trusting my process and path, going into my emotions instead of avoiding them, learning about Divine Timing with everything. I also used visualisation and trained 'to get out of the way'.

In January 2019 I gave up to adopt a child. One final chance to make my wish come true: a fertility treatment in a foreign country to become pregnant. Without the Soul Voice® path I would never have done the preparation I had to go through before the actual fertility treatment in St Petersburg, Russia. It all went extremely well and the most special was that it all felt as a part of a bigger plan. I did visualisation work to attract a beautiful Soul to come into my life and I also got very scared at times, but the emotions were there to be felt & sounded on a deeper level.

In April 2020 I gave birth to a GORGEOUS baby boy. His name is Marijn (Hero of the Sea). What a miracle this boy is: I can see the bigger picture of all the preparations in all these waiting years, which were not waiting years at all...but big & necessary learnings!! I have the pleasure to be his mum and know there is a reason that he chose a mom with my mature age.

During labour I felt backed up by my Soul Voice® work...in my birthing bubble, working through my contractions I felt no shame at all, from the first moment on I made sounds that came from a deep empowering place, feeling I had every right to let myself roar. I felt my deep raw female power within that had to come out, an intense release (to say the least) of 5 hours and with the most ecstatic ending with this new little human body of mine... a soul I knew already but now is also visible in the physical.

My life as a mom is intense and gives a whole new loving dimension to my existence. There is always a bigger reason to come home to and to live for and the unshaming and empowering process goes on with motherhood. And so it is on my Soul Voice® path, which I am so happy & grateful for.

Marleen van Manen, Certified Soul Voice®
Practitioner, The Netherlands



*I learnt to let myself
be heard; what a
revelation and great
feeling that was and is!*



Discovery of the Real Voice

I am so grateful that during this stressful & uncertain time, I have experienced so much liberation and connection through Soul Voice®.

The decision to sign up for Soul Voice® PCP happened right after the 5 day ASI with Miriam Helle. At Level 1, I experienced so many extreme emotions, liberations, insecurities, but also a lot of clarity! It was one of the most intense weeks of my life! Finally after 20 years of stage experience as a singer, I learned to allow my true emotions and to know my true voice. So much sadness came up and I don't think I've ever cried so much, but to be able to let this happen was a new and valuable step. That week, I found there was room for clarity, anger and space after the grief. I felt more grounded, stronger and clearer and took this home with me.

When I first arrived home I sounded and walked outside a lot. Being in nature took on a new importance, but as time went on, it became more difficult to integrate what I was experiencing and I felt stressed by all the powerworks and the pressure I put on myself by believing I needed clients to move forward. My desire and joy waned and I knew I needed to find balance between what I had to do and what I could do.

I'm looking forward to telling people about my experience with Soul Voice® because I realise I can inspire others with my motivation and fire and that it is contagious.

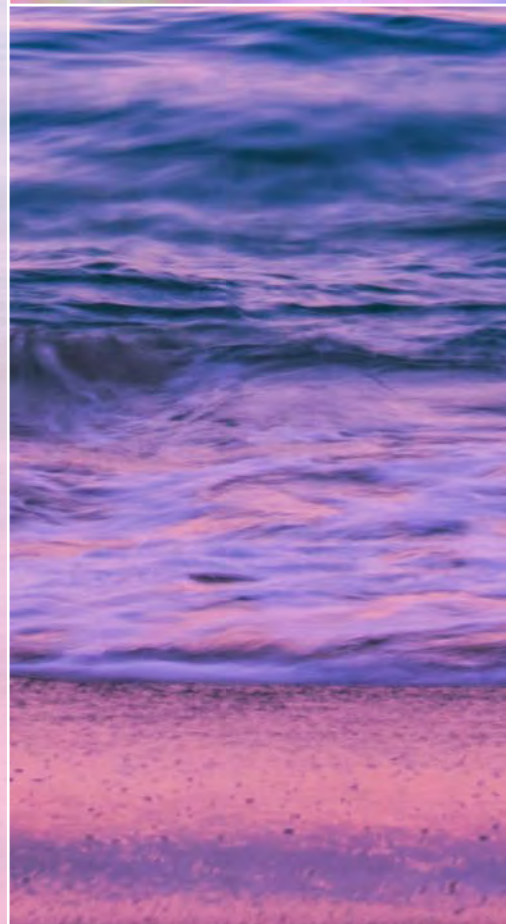
Our Tribe met in small groups to do the practices. In the beginning we had some discussion & confusion as to how to structure our meetings with the exercises. However, I found the practices very helpful and valuable as I came in contact with my 'issues' again and again. I experienced great understanding from my colleagues and the sound healings were powerful, which are continuously supporting dealing much better with my tensions.

Sounding often is a gift for me, so I can let go of daily stress. What is very noticable is that less sadness comes. Very often and quickly I have moments of empowerment when I feel & sound expansiveness and depth. I sound out my anger and the ability to say no. I am more protected from the emotions of others and I no longer take on everything or make myself small. Because of this I have clarified some relationships where I don't always accept responsibility for what is not mine! I feel happy and excited that some friends say that my facial features have become softer and more relaxed.

I have worked with 2 clients so far, but still need time to cultivate this and to not push myself. I posted on Facebook, promoting myself as a Soul Voice® Practitioner in Training but nothing concrete has come from that yet. However, I have received many good responses from interested people. I also use facets of the Soul Voice® method with some of my psychiatric clients. It is great what happens with them even if it is as simple as them learning to breathe again and make small and fine sounds. To be able to work with them in this way is wonderful and freeing !

It is not easy at the moment for people to sound without a mask, or come to one on one sessions but I am convinced the need is there, because there is a lot of fear, distance and silence. I'm looking forward to telling people about my experience with Soul Voice® because I realise I can inspire others with my motivation and fire and that it is contagious. I am grateful to have met Soul Voice® and hope very much that we all meet again in March. I trust.

Brigitte Marolf, Soul Voice® Practitioner in Training,
(upgraded PCP) Switzerland



2021 Begins...

In March 2020 London went into lockdown and with it came many opportunities that advanced my Soul Voice® Practice and profile as a practitioner.

Initially, like many people around the world, I experienced anxiety and I was working in a full time job the biggest education company in the world. They had a mindfulness initiative within the business so I participated in some meditations and trainings which helped me a lot and I also used my fear release Soul Voice® powerwork.

These activities helped me stay in my zero point and enabled me to see with a higher perspective the gifts and lessons that were being presented to me. I was able to see what it was like to truly rest and have quality time at home.

I also noticed a backwards piece of abundance when I lost my major publishing sales job and was offered 3 months of garden leave at the same time as a tax rebate came through. This meant I was able to move home as I had been living frugally in a 2 room studio flat which made it hard to see Soul Voice® clients. In moving home I did a visualisation and used sounds with pictures on my phone and laptop depicting my perfect home. This would include a music studio and space for a piano. Lo and behold, in a few short weeks we found the perfect home and moved.

I increased my Soul Voice® profile when due to the lockdown a day I was instigating, known as World Burlesque Day, transitioned online and I opened the day with a Soul Voice® meditation broadcast on Instagram Live. I tangibly felt an energy encircling the whole globe and that day the World Burlesque Day reached 48 countries.

I began an exchange with a dancer from my group who had newly arrived in the UK from New Zealand. I would do a Soul Voice® Session and she would teach me dance. One of the best growth areas for me as a facilitator was when I helped her with a grief release on Zoom and she commented how she loved it so much she was going to do it again herself the next day. She said she loved how it contained the emotional release and left her feeling a lot lighter afterwards.

Having lost my job and having garden leave payment, I tried in vain to look for a new corporate job but my heart was not in it. I enrolled on another voice based course and had a big activation and unblocking realising I now had a platform and strong business platform in three countries. I began to promote my own business courses to begin in January 2021 for my sector in burlesque and I manifested 10 students, bringing in more money than my day job salary for that month.

In December I decided I would not look for any further work with an employer and I registered a limited company, World Burlesque Ltd. I now see this new home as my home base and my market place. My husband has a music studio, a separate room with a piano, a large area to teach live online webinars, dance classes and Soul Voice® and a thriving internet business set to grow.

The professional training course started last week and we began on Saturday 9th of January 2021 with students online from Poland, Finland, South Africa, USA, Switzerland and the UK and I closed the two hour zoom training with a Soul Voice® Sound Bath for the group introducing Karina's Soul Voice® book and what the method had meant for me. This was so well received that it has resulted in additional one-on-one sessions being requested by members of the group. Since World Burlesque Day I have posted a flyer to many participants in the post offering a 30 minutes trial session and have had a request from as far as Honolulu in Hawaii!

I am very excited for 2021 and all the possibilities it brings now the world is smaller and we are all connected online for learning together.

Priscilla Silcock, Certified Practitioner,
United Kingdom UK



Reclaiming my Sounds

By June 2020 the ache to sound was immense. The need to be away from my family and together with nature and my sounds were growing and I decided to have my first two nights - away from my youngest child - for the first time since her birth.

In a friend's home situated close to nature I gave a powerful session that was very fulfilling for my friend & myself; it nourishes me so deeply again and again to give sessions!

After the session I went into a forest, connecting deeply with the large oaks, resting in the thick moss and then sounding to all the trees and life. Coming to a lake I removed my clothing and entered the water as I allowed myself to experience being reborn in the water and being held. Here I re-set my clearest intentions for my healing voice.

My sounding was re-ignited and I have been working with two clients. I also posted my availability online for sounding through Zoom, which hasn't materialised yet, but even my willingness to do so is new for me; it is also removing the issue I have always faced in finding a venue that can accommodate my large sounds.

As so much is moving online in these times I have been envisioning how I can make this work for me. Having recently separated from my youngest daughter's father I will soon have full weekends all to myself. I plan to incorporate a regular dose of sounding & sessions into this time, connect to my higher self and ground myself more. Sound does that to me like no other technique. Having these two nights away proved to me what alone time can re-awaken in me and the space I knew I needed to re-connect to my Soul Voice® practice and the powerful healer within me.

The clients I am working with are both women. A client is suffering from deep fear and paranoia. We worked together three times and it was amazing; yet, it was also so delicate as the fragility of her body was very obvious. Oh, but those soul songs that came through me, singing to the most wounded parts of the client and filling them with ancient songs - these soul songs are like a soothing balm and delicious like honey.

I feel so grateful to have these sounds come from my body and out into the world. In the end this client truly needed to be medicated as she has a very challenging situation on her hands; she needed to be in the care of a psychiatric team, which I encouraged her as her paranoia was very strong.

I worked with another client online in four sessions and she wishes to continue another series of sessions. This client is very angry and bitter after a break up; she is stuck and not able to move forward. We did a lot of tender work on her heart energy initially as well as clearing many layers of fears in her solar plexus. Also, strong grounding and playfulness has come into the sessions.

I've enjoyed the challenge of being hands off, while being online, so instead of my hands shaking her body, when I feel compelled to do so, I've had to hone my voice to do all the work; on occasions I requested the client to move and shake.

These experiences with my client have given me confidence building for further online work.

I am happy to continue with my Soul Voice® journey.

AnneMarie Hynes, Certified Soul Voice®
Practitioner, Ireland



Allowing Self-Love

When K. first came to me, she had already several years of traditional psychotherapy behind her. In the beginning I hesitated to work with her, since she was taking anti-depressants. At the same time I really wanted to try it. We met in vocal improvisations and thus I knew that she has a good access to her voice. When we started, she had already begun to reduce the medication.

In the first session K. cried and cried. I held her in my arms and let her lean into me. In the debriefing she told me that it was so good for her that she was allowed to cry. She was grateful that I hadn't tried to get her out of her grief and save her but had let her feel and express her long stored sadness.

In the following sessions K.'s main topic was shown from different angles. K. had experienced it again and again with changing partners (father, brother, ex-husband, friends, etc).

The point is that she is not able to take her space. She often feels overwhelmed and then feels ashamed about it. She desperately longs for privacy, but cannot claim it for herself. She feels constantly overburdened by the problems of her two daughters, whom she raises alone. It is a vicious circle - because the daughters seem to live out the problems of their mother. K. is well aware of this - which brings her further feelings of guilt and the belief that she has no right to live her own life.

K. has taken 10 sessions so far - and she wants to continue. We need a lot of patience. But a lot has already happened. In the beginning it was mainly about giving space to herself and her feelings. Then she slowly felt into her needs and realized that it is completely okay if she cares for them, which doesn't mean that she neglects her children or other duties of her life. There were sessions in which her father played the leading role, in others it was her ex-husband, but the topic continued through all sessions and became clearer and clearer. As I write it down, it seems kind of "unoriginal". I am beginning to believe that every single problem of every single person I have met so far can be broken down to this lowest common denominator: not enough self-care...

It looks as it was all about showing herself and standing up for herself. But the reason is that she does not yet respect, let alone love herself.

K. has already made a few big steps in perceiving herself better, accepting, standing up for herself, being able to relax and receive and therefore also trust more. Only recently she has been able to let her eyes open while sounding - without breaking into tears.

It seems to me that the journey must continue in such a way that K. gently gets to know her inner child again with all its aspects, accept it and give it so much space and love, until it dares to show itself, grown and developed. After that, she'll be able to find the way back to the trust that she has lost completely in her long lasting depression. She is just slowly beginning to believe - still doubting and cautious - that she could actually lead a happy life again.

Veronique Dutli, Certified Soul Voice®
Practitioner, (upgraded PCP), Switzerland.



*I am beginning to believe
that every single problem
of every single person I
have met so far can be
broken down to this lowest
common denominator:
not enough self-care...*

21 Days Ritual of Virtues

COMPASSION

I feel the connection, humbleness and gratefulness for Mother Earth, my life and the Spirits. I
feel the call to respect and love my life – my Soul Wisdom.

FORGIVINGNESS

Forgivingness gives me the freedom to listen to my Soul purpose.

TRUST

means also to have respect for life and to see the bigger picture.

GRATITUDE

I am the Vibration of Gratitude
I am the Vibration of the world I wish to be.

LIGHTNESS

dance
humor
spontaneity.

RESILIENCE

I am present and ready to flow with everything that is.
I feel calmness -
calmness of the great bright blue Zoe within me.

JOY

Dolphins. Dance. Voice.

DETACHEMENT

Fire – I clean myself, my cells, my organs, my bones, my blood my thoughts, I shake,
I honor the fire,
I honor my soul, I let go of self doubts,
I shine in all my power -I am courageous.

OVERVIEW

Eagle Vision. Humbleness. Soft. Power. Devotion to Life. Seeing with the heart.

FLOW

The obstacles are within myself. Its about letting go, to trust and to become empty, so I can hear
the song of my life.

ACCEPTANCE

Creates space. Sense of Freedom. Relief.

SLOWNESS

Listen.

LISTENING

“is going home“

SURRENDER

I surrender into my body.
I surrender into space.
I surrender into Life.

EARTH POWER

Mother Earth has taken care of everything. She knows and has everything we need.
I am protected.
I am earth too.

CHARISMA

I let my light shine through all my cells.
I live my full potential.

SELF LOVE

To love myself means to come home.
I am a holy child of Mother Earth and Father Sky.

PASSION

Sun and Fire energy within each cell.

FREEDOM

I am sound.

CLARITY

I vibrate in the frequency of my Soul.
I vibrate in the frequency of my intention.

PEACE

Peace..



Zoe Ingellis,
Soul Voice®
Practitioner in Training,
(upgraded PCP)
Germany

Healing and Dying Processes with Animals and their Humans

*I knelt on the street
sounding the pain, shock
and fear of a little dog
who was hit by a car
while his blood painted
the street and his human
stand beside screaming
hysterical. I ordered the
car driver to organise some
water for the dog's human
and I held her when the
doggy's soul was gone."*

As Certified Soul Voice® Practitioner, animal communicator & psychotherapist, I assist people and their animals in the healing, growing and dying processes. Here are some examples:

I accompanied a dog with cancer in his dying process. His human friend was very anxious, so I guided her through short breath and Pain Release Sessions over the phone, not going too deep, just as much as she could follow up step by step. After a while, I showed her how to use breath and sound to loosen blocks in her dog's body and energy.

On his last living day, the dog was breathing hard and couldn't relax or sleep. I told his human to watch the breath to see where it was blocked. She found two spots and I asked her to hold her hand over the first spot and sense what's there. She said it felt cold, so I asked her to sound the coldness. She sounded it for some minutes and together we witnessed the shift. I stayed on the phone all through the session and guided her in the breaks.

Kimba was an 18 year old cat whose dying process lasted 2 years. Kimba and I trained her human how to deal with the severe symptoms but although she was prepared for this situation, her human was scared and felt totally helpless. The acute dying process went over a period of 4 weeks and I was in contact with her almost daily. I lead her to observe the cat's body and energy field and to "see" and sense the knots. I guided her how to listen for the sound of these knots and sound to release them as well as guiding her how to breathe with her cat. Kimba and her human were very connected, and the cat mirrored immediately what was going on in her human. Assisting the human meant reminding her about daily grounding, leading her out of panic if she was losing herself in it; making her aware about her attachment to suffering & giving her the security to be able to accompany her cat through the whole process. Kimba eventually died in peace. Her human evolved enormously as a result of our daily Soul Voice® work in this period.

I believe the dying process is a birth process out of the body into a new kind of being or dimension. A dying process has its own rhythm, more like a wave than a straight line, a sometimes wild or sometimes slow dance. To accompany a dying process needs total compassion for all involved. It needs to be open for possibilities, absolute trust into the process and the inner wisdom of each soul. Expect the unexpected and pray for miracles.

The Soul Voice® sessions do not follow a plan and I have to be very flexible. The session might be short or really long, and I might work with the dying being or the one who is close or both. I often use the pain release structure, but it might change into Universal Sound. When I accompany a euthanasia, it's a very different kind of session.

*My most important rule;
be with whatever is NOW
and Now is changing...*

Kaja Benala Schellenberg, Certified Soul Voice® Practitioner, Germany



Soul Voice® for Business Owners

Business owners come to see me because of their sleeping problems. And once we uncover the core issue of their symptoms and find out how serious it is, then they are very open to doing what it takes to solve their problem, even if they have never heard about sound healing or the Soul Voice® method at all. But the main reason why they want to work with me or get attracted to me is because I am very clear on my message and the way that I communicate about my work and services. Most of my clients are holistic practitioners, therapists, coaches, artists... and they all have one thing in common which is they all want to help people doing what they love using their gifts and talents, but they just don't know, how and where and how to attract clients.

There different areas that I help them with:

- The inner work using the Soul Voice® method
- The outer work, which is Personal and business branding
- Business coaching in order to help them communicate their messages, attract their ideal clients and grow their businesses with ease.

I get clients from different places, at networking gatherings, seminars that I attend, yoga lessons that I take, at parties, at grocery stores... clients are everywhere, we just need to know how to approach them and it is one of the things that I help my clients to master, so that they can grow their businesses faster and help more people doing what they love.

I work with clients both online via Zoom and offline, in person for 3 months up to a year at a time, both with the inner and outer issues, which means their personal and their business challenges.

I believe, if we want to help others, we need to help ourselves first. Therefore self love and self care is a must. So, I always make sure to get enough sleep, eat healthy food, exercise regularly and meditate 30 minutes before I see clients and that helps me to be fully present during the session.

If you want to know more about my work:

visit www.solomonsoundhealing.com

Link

Judy Solomon, Certified Soul Voice® Practitioner, Denmark



Guidelines for Online Soul Voice® sessions

from Soul Voice® Admin

Online Soul Voice® sessions are a great way to work with clients when we cannot for whatever reason, do that in person. Whether you are using a video platform such as Skype, Messenger or Zoom... or you are doing a phone or distance session over the ether, the setup is much the same as if the client were physically present.

We know from our PCP training that distant sessions can be equally effective & powerful as an 'in person' session, because we are working with the client's energetic body. The session is still facilitated by you with focused intention and sound frequencies. However, we also understand that this 'form' may not be suitable for all of you.

Here are some guidelines for online sessions.

SETTING UP & PREPARING FOR YOUR SESSION

Be clear with your client about the structure of the session and what they need to do to prepare for the session, in an email or text message.

- Choose a time for the session to start and the medium (phone, video, etc.) that you will use for the session.
- Choose who will make the call/contact (you or the client).
- Say where they should physically be for the session. (Quiet space with no disturbances.)
- Duration of the session & who will call at the end (if necessary) and at what time they will call.
- What they can expect from the session as far as body sensations, heat & cold, thought processes, etc.

TELL YOUR CLIENT:

- What they need to do before, during and after the session, including their own personal preparation.
- Find a quiet space to lie down where they will not be disturbed for the duration of the session. (If it is appropriate you may ask client to set up their sacred space)
- Drink a glass of water before the session & have some in the room for afterwards, including tissues.
- Choose to have either earphones/headphones or a speaker if they will be 'listening' to the session. (This is not relevant if it is being done without phone or video over the ether.)
- Have a notebook & pen handy to take notes after the session (or eventually a drawing as well).
- Have faith & trust what will come from this powerful healing session.

PREPARING FOR THE SESSION:

Do your usual preparation for a Soul Voice® session to come to your zero point energy and ultimate presence. For online sessions often additional grounding & boundary-setting practices may be needed both before & after the session.

Set up the room as if your client would be physically present. Have your water, notebook and pen, clock, smudge stick, device for facilitating the session such as your phone or computer, etc and anything else you may need, all present. After your room setup and personal preparation, tune into the client before the call/Zoom/Skype, etc.

CONCLUDING THE SESSION:

After the session is finished, let them rest for a few minutes as you normally would if they were in person. Ask them to share the essence of what they experienced before you share your experience and offer their Powerworks.

Once you have finished the session, make notes on your experience, and then disconnect from the energy of the session in whatever way usually works for you.

Melissa McCormack, Accredited Soul Voice® Teacher, Australia



HOT NEWS

CONGRATULATIONS NEW CERTIFIED SOUL VOICE® PRACTITIONERS. Since end 2019 **Viola Bennink, Diekus van der Weij, Arjan Verschuur, Ireen Houben**, The Netherlands and **Barbara Schmitt**, Germany.

CONGRATULATIONS PRACTITIONERS CERTIFIED AT THE UPGRADED PCP. Since September 2020: **Sabina Ruhstaller & Veronique Dutli**, Switzerland and **Anna Giaroli**, Italy.

CONGRATULATIONS NEW ACCREDITED TEACHERS **Melissa McCormack**, Australia & **Marianne Comtesse**, Switzerland accredited in the 2 days Soul Voice® workshop.

Joyce Hellendorn, The Netherlands, accredited in the 5 days Advanced Sound Initiation.

HEARTFELT CONGRATULATIONS!

Read all their personal profiles at soulvoice.net

WE WELCOME ALL THE NEW PRACTITIONERS IN TRAINING FROM LEVEL 1 (upgraded PCP), INTO OUR SOUL VOICE® COMMUNITY & TRIBES.

Switzerland: Bernhard Egli, Brigitte Marolf, Charlotte Intartaglia, Gabriella Gueldenstein, Hsin-Hui Hung, Sara Zollinger. **Germany:** Carolina Rueegg, Gaby Abeld. **The Netherlands:** Anna Den, Belinda Kamps, Nynke Ypma. **Italy:** Indalecia Rohita Ziritt; Giuseppe Lentinello. **Spain:** Aurora Garrido Garrido, Sandra Marcela Iriarte Baquieiro, **Czech Republic:** Sarka Filipovicova.

Our brand new website will launch early this year. **Thank you so much to those, who made the effort to update** their profile & to those 'newcomers', who contributed their profile for the soulvoice.net website; much appreciated.

Gratitude to all the translators of the new website: Adelgunde Mueller (German & Italian); Joyce Hellendoorn (Dutch), Olga Curras (Spanish), Kamla Marie Bluhm (Danish); Fabienne Isabelle Pharisa (French); Grassy Fabricio & Julio Peno (Portuguese).

Consider to make your own promotional video about your Soul Voice® Practice. Here is an excellent example from Certified Soul Voice® Practitioner Judy Solomon:

Be inspired! https://www.youtube.com/watch?v=aTkGAU6S2_E&feature=emb_logo

Book News: We are currently looking for book publishers in the following languages: German, Dutch, Swedish, Spanish.

The 'Expression into Freedom' book has already been translated by Practitioners into German & Dutch & **the 'Soul Voice' book** to Swedish & Spanish. If you have any contact to publishers in those countries, please let us know.

Sarka Filipivacova is currently translating the Soul Voice book to Czech. Re 'Expression into Freedom' translation in French, please contact us, if you would consider this translation job.

Scripting of powerworks for Practitioners & Teachers in Training: **Our deepest gratitude to Certified Soul Voice® Practitioner Cheryl Middletown**, AU, who has beautifully taken care of this job over quite some years with lots of love, compassion & precision. **This job will hereafter be done by Certified Soul Voice® Practitioner, Jeannette Adams**, NZ. **Thank you Jeannette**, we look forward to the 'next ride' with you...



Cheryl Middletown



Jeannette Adams

*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!*



Collation & Supervision:
Karina Schelde
Editing: Melissa, Kevin (Karina's Husband)
& Karina
Graphic design: John Cathro



Reminder to all Practitioners: **RE: ®, our trademark**, please remember to use the trademark each time you mention Soul Voice®. Let's strengthen our trademark by using the correct wording & keeping integrity.

How to get the trademark sign: Press 'option' on keyboard simultaneously with the "R" key!

The BLOG. Please remember to share your ongoing Soul Voice® related stories on the Blog that Kathleen so skillfully & lovingly is taking care of, email: newsnewsletter@gmail.com

We invite you to visit our inspiring Social Media sites,
FACEBOOK & INSTAGRAM
Please remember to share our page with your clients, friends and family so that they can see and be a part of what's happening in the Soul Voice® 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

Thanks to everyone who contributed with your most amazing stories & experiences. THANK YOU!