

SOUNDING IT OUT

Give yourself permission and set your voice free. Reveal your innate expression and magnify your soul by exploring your greatest potential—your own voice. Danish born Karina Schelde, creator of The Soul Voice Method, brings you the tools to liberate yourself and illuminate your inner wisdom. **INTERVIEW BY LAURA CIROLIA**

CD: Can you talk about the tongue, and how we use our words and tones?

KS: The tongue is the instrument that enables us to speak and sound, thus it determines how we are seen and heard and ultimately how we manifest. The tone of our voice never lies! The tone of voice reveals what is hidden beneath the linear, spoken words. Our tongue's flexibility and alertness is related to how well we listen and take responsibility for dealing with any underlying hidden agendas and issues that may be held in our resonance or lack of resonance.

CD: How does intention add power to our sounding? What else adds power to our sounding?

KS: When we allow ourselves to feel fully and to be in a state of absolute presence, we may start to surrender and relax into the flow of the unknown. For me the unknown is living each precious moment in trust, so that true spontaneity can emerge. When we are one with our inner power (and what we may name as guidance or Source), we will start to fuel our entire system with energy, with power beyond measure, and become very effective in our intuitive sound frequencies. I have structured a method that enables practitioners/students to use the information that wants to come through them, in a grounded way, using a rich kaleidoscope of practices and techniques.

CD: What do people notice in their lives when they have more access to their soul's voice?

KS: You will come to listen and express yourself more freely in an empowered and grounded way, thus you will be heard in unexpected and maybe surprising ways, which will enable you to become a better manifestor and communicator. You may be able to better relax, release, and let go when needed, to surrender to "being-ness" rather than coming from a "doingness-state," which often is stress-related. You may find your inner power and center quicker, which can open to greater inner and outer expansion in your life. You may be able to then let go of old habits or beliefs that don't serve you any longer.

CD: How does sounding differ from using an instrument that is not of the body?

KS: Focusing on the voice only with no instruments or remedies allows us to realise that the voice itself is indeed the finest and most effective of all instruments, as it has heart and soul and higher consciousness.

CD: What are some of the benefits of practicing The Soul Voice Method?

KS: On a physical level, working with this method benefits well-being and aliveness, a sense of being able to simply relax when needed. Other benefits include highly enhanced oxygenation and the body's own ability to detoxify and rejuvenate on a more permanent level. On an emotional level SV brings greater access to authentic feelings, calms the busy mind, and brings the ability to communicate more clearly and effectively from the heart.

CD: Can you share some Soul Voice exercises and what you've discovered doing them?

KS: The baby sound practice is a wonderful exercise to reconnect with the origins of the voice, allowing playfulness and innocence to emerge. The experience of maybe sensing your tongue for the first time; in this way the release of childhood memories to a depth never experienced before. Primordial sounding through identifying with the animal kingdom is fun and truly inspiring, as you may discover that those guttural and growling sounds bring you closer to your spiritual being, your raw alertness, and true aliveness. This practice may stir up deep rooted fears; however, it is also able to release them as you access your center and grounding with a new perspective. ●

For information about Soul Voice sessions, workshops, and facilitator trainings visit www.soulvoice.net/home.html.

Super-sonic sounder Karina Schelde is living proof that the voice is a powerful instrument.

"...the voice itself is indeed the finest and most effective of all instruments, as it has heart and soul and higher consciousness."

REVIEW: EXPRESSION INTO FREEDOM: VOICE AND SOUND YOUR DESTINY By Karina Schelde

Step into the world of sound. It's where we live, yet we may be missing the beauty and the power of sound and of silence. Karina Schelde's *Expression Into Freedom* takes us on a journey to the soul's essence through sound. We are instantly immersed in the sounds within and around us, through compelling and often poetic writing and exquisite photographs. The book is chock-full of simple exercises and includes a CD that you can use over and over again.

We learn that the tongue is an instrument of remembrance, that "every cell in our body is an ear," that emotions are the bridge to our subconscious. We learn what it means to listen from the soul. We learn how relevant our "inner child" is to our emotional health. We learn about the relationship of breath, heart, and rhythm. And all along the way, we are offered concrete methods for how to expand, how to contain, and how to develop our awareness, intuition, and healing.

Case stories and anecdotes from Karina's Soul Voice students and practitioners provide first-hand evidence about the effects of sounding and toning in your daily life. Instruction on setting boundaries, working with the elements, and regenerating exercises are all surprisingly accessible. Final chapters on compassion and oneness and telepathic planetary sound healing give inspiration.

Sounding and toning with the human voice is simple and it is profound, just like this book. Dive in and go deep! The water is glorious. – LORI LEWIS