

1st Magazine Style Issue

soul voice® speaks



*We are the co-creators and together
we are changing the planet.*

Created by
SVI members,
for SVI members.

◎ The Power of a Mother's Voice

Vocalising for premature babies

◎ Listening

One of the beautiful poems inside

◎ Rite of Passage

Helping my father pass over with sounding

◎ Sounding Ritual for Success

Using sounds to manifest what you want

◎ A Complicated Case

Healing physical illness using sound

◎ Interviews

Get to know some of your Soul Voice® colleagues

Newsletter Contents

What's inside at a glance

Words from Karina and Administration

- ❑ A Reflection on the Expansion and Growth of Soul Voice® and Tribal Togetherness 3
- ❑ Karina's Other News 3
- ❑ Things to Share 3

Birthing and Passing-on Encounters

- ❑ Giving a Sound Birth 11
- ❑ Sounding During Birth 11
- ❑ The Power of a Mother's Voice 12
- ❑ My Birthing Experience 13
- ❑ Coming Back to Myself 13
- ❑ Rite of Passage 6
- ❑ Sound Informed Final Rite of Passage 7

Soul Voice® Experiences

- ❑ Sound Rituals for Success 5
- ❑ Precious Soul Voice® Explorations 6
- ❑ Sounds of Silence 7
- ❑ Presence and Listening in Nature 8
- ❑ Listening to my Body 9
- ❑ An Insight into my Soul Voice® Process 9
- ❑ A Complicated Case 10
- ❑ Vibration and Divine Timing 10
- ❑ My PCP Experience 16
- ❑ Learnings at PCP Level 2 16
- ❑ Facilitating 2-Day Soul Voice® Workshops 17
- ❑ Complete Trust 17
- ❑ The Sound of the Soul 20

Poems and Exercises

- ❑ Birthing through Faith and Sounds 14
- ❑ Listening 14
- ❑ Ocean Song 15
- ❑ Goddess Bridgit 15
- ❑ Time to Pause 15

Soul Voice® in Pictures

- ❑ Collage - PCP Levels 1 & 2 18
- ❑ Collage - Teacher Training Program 19

Interviews and Reviews

- ❑ Alora Waldron 21
- ❑ Maria Cristina Stella 22
- ❑ BirgitteHelena Winther 23
- ❑ The Film: Of the Voice 24

Soul Voice® Tribe Updates

- ❑ The North America Tribe Update 25
- ❑ The Danish Tribe Update 26
- ❑ The Italian Tribe Update 27
- ❑ The UK and Ireland Tribe Update 28
- ❑ The Dutch Tribe Update 29
- ❑ The German/Austrian Tribe Update 30
- ❑ The Swedish Tribe Update 31



Letter from the Editors

Veronika Busch, Kathleen Kirmer & Diane Angehrn
All Certified Soul Voice® Practitioners

Dear fellow SVI Members,

It is with joyous hearts that we bring you the first magazine style Soul Voice® Newsletter. We had the feeling that members wanted something very different this year and we really hope that you like the final product. As you will see there are a few different 'sections' with your stories but also collages, interviews and the tribe updates. For future magazines this could expand to also include other things like Soul Voice® business updates. "The sky is the limit," as they say.

Putting this publication together was certainly a learning curve and as with so many ventures it was not all smooth sailing. There were happy and satisfying times where we laughed a lot but also times of great frustration where we thought we'd never get it done. Still we persisted, expelled the doubtful thoughts, pushed on and here you have the end result.

We would like to take this opportunity to acknowledge all members who donated their time and energy to contributing to this year's publication. Thank you very much! Without you we would have no content and therefore the newsletter could not exist. It is fantastic to have so many practitioner's in training involved. For some of us 'oldies' we often forget how it was in the early days of our Soul Voice® journeys, so an extra thank you to you and good luck with the rest of your trainings and certification processes.

We hope however that this is just the beginning of new enthusiasm for sharing with each other and staying in touch. During your trainings most of you said you wanted a medium to get to know each other better and to be in contact more regularly. The hard copy newsletter is only one way to do this. Our new blog <http://soulvoice.net/share>, that was launched in November last year, is an ongoing platform for all Soul Voice® related things. If you have not had a look at it yet we highly recommend you do so soon. You do not have to register to simply explore the pages.

It is only after registering though that you can write comments or ask authors of the articles questions or post questions to the whole Soul Voice® community. We know the blog is not the easiest site to navigate and we are looking at making it more accessible and easier to use. Hopefully when new publications come out you will receive it via email and then if you'd like to read more or comment you can just click on the link provided.

First however enjoy reading and looking through the following pages of this years magazine style Soul Voice® Newsletter.

Much love Veronika, Kathleen and Diane.



A REFLECTION ON THE EXPANSION AND GROWTH OF SOUL VOICE® & TRIBAL TOGETHERNESS

by FOUNDER of Soul Voice®, KARINA SCHELDE

I have just completed a most inspiring & uplifting Module 4 of the Teacher Training in Europe. I am in awe of the transformations that can happen in such a short period of time through our method. To witness the expansion of Soul Voice® through the 'new generation' of teachers gives me so much hope, faith and pure joy.



Such an abundant wellspring of richness is available for us all and GRATITUDE creates miracles!

Soul Voice® is ever evolving and advancing... I am delighted to read about the 'new mothers' and their magical birth experiences of their little ones; what a significant testimonial to our growth & maturity! Indeed, all the Newsletter articles have that spark of burgeoning excitement!

The successful movie 'Der Klang Der Stimme' with Soul Voice® Teacher Miriam Helle, features the Soul Voice® method very powerfully. This is an extraordinary opportunity for Soul Voice® to become more recognised and therefore for you as a Practitioner to

benefit. As more people become aware of the Soul Voice® method and the possibilities it presents, your business may expand.



In these challenging times, to strengthen our TRIBAL TOGETHERNESS is more important than ever. Our inner & outer growth is always interrelated. How each individual takes responsibility & dedicates themselves to the work, influences the whole Soul Voice® Community. I know from experience that as you serve abundantly and with self respect, you shall receive tenfold back.

So let your voice & truth be heard! Always work with integrity & compassion as you sound it out, speak up & allow yourself to be heard in your Calling and anticipation for freedom, ultimate truth & divine meaning. Be proud of exactly where you are right now!

Our greatest gratitude to the newsletter 'organisers & manifestors', Veronika, Kathleen and Diane – for your clarity, endurance and commitment, thank you!

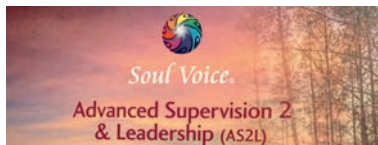
Thank you to all for your beautiful contributions from the Heart. In glorious sound and resonance,

Karina

KARINA'S OTHER NEWS

AS2L, Advanced Supervision 2 & Leadership:

It is with great joy and anticipation that I will share with you my latest research in the Soul Voice® Method and mentor you in this groundbreaking seminar. This AS2L is mainly based on the upgrade of PCP, which is being launched at present, PCP 2018-2020. AS2L is also a forum for strengthening our potential, individually & collectively. You would have received more details in the post recently.



Upcoming South America tour:

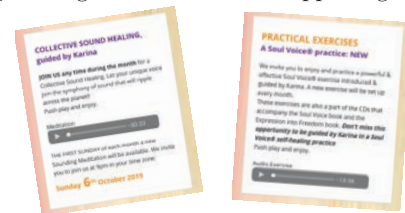
I am excited and grateful to again be able to spread the work to the South Americans. They speak so deeply to my soul with their powerful voices, roaring and soaring in fierceness, and with an irresistible spirit of passion and moving forward.



THINGS TO SHARE

by MELISSA McCORMACK, ADMINISTRATION FOR SOUL VOICE® INTERNATIONAL

The **Monthly Sound Meditation & Live Practice** on the homepage of the website gets changed each month. These 20-30 minute Sound exercises are great to share so people can see how effective the Soul Voice® method truly is. Let's lead by example & make it a priority for ourselves & our clients too. It is also shared on the Facebook Business page each month for those of you on Facebook. You can simply like the post and then share it on your own page. Let's get this global sound wave happening now!



Facebook is a great way to let people know what is going on regularly with Soul Voice® and with upcoming events. If you are on Facebook, we

encourage you to comment on our posts and share the posts as much as possible. The more you respond and share our Business page, the more people will see us on Facebook. We appreciate you liking the page and inviting your Facebook contacts to like the page as well.



Hot News

CONGRATULATIONS to:

The NEW Certified Soul Voice® Practitioners:

Italy: PAOLA BENVENGA
 The Netherlands: OLGA CURRAS and MARLOU KLEVE
 United States: CAROL PATTERSON
 Switzerland: HEIDE OLDEWURTEL; CHRISTINE LUGGEN;
 ISABELLE GERBER and NORA SCHONHAUSER

The NEW Accredited Teachers in the 5-Day Soul Voice® Advanced Sound Initiation workshop:

ANKE DE JONG, The Netherlands.

The NEW Accredited Teachers in 2-Day Soul Voice® workshop:

ANGELIKE VALSTER, The Netherlands.
 PAOLA MARIA RICCOBON and GIANLUCA FRANCHINI, Italy.

HEARTFELT CONGRATULATIONS!

Read the personal profiles on the Practitioner & Teacher pages at www.soulvoice.net



Soul Voice® Global Monthly Sounding Meditation on 21st of the Month:

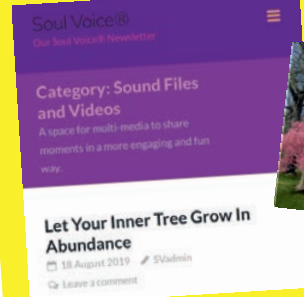
Created by Soul Voice® Teachers, the purpose of these events is to gather SVI Members and Practitioners in Training in an unified field to strengthen our precious and powerful community. Each of you is truly making a difference by joining these events and they are becoming more popular and effective, so don't miss it!

Please take the initiative to share your experience on the blog - much appreciated!



The 'VOSE' video:

Filmed at the 'Voices of Sacred Earth festival', New Zealand, it has now been subtitled in 8 languages: German, Dutch, Italian, French, Danish, Portuguese, Spanish and Japanese. Experience a beautiful and significant presentation of the Soul Voice® method by Karina to share with your clients and students. You can find and watch all these videos by typing in "Karina Schelde" into YouTube's search engine.



Italian Soul Voice® Practices:

A series of Soul Voice® Practices are presently being audio-recorded in Italian by Paola Benvenega. The 11 practices are a selection from the CDs in the Soul Voice® books. Thank you so much for this suggestion and powerful initiative, Paola. We look forward to announcing a successful completion soon.

A Former Member Returns:

Cecilia Yakubov from Israel is returning to the SVI community. She is presently doing the requirements to re-enter membership. We are very grateful to have Cecilia back amongst us as well as her being an ambassador for spreading the Soul Voice® method in Israel.



Book News:

The 'Soul Voice' book is currently being translated into Swedish and Portuguese. We have translated books ('Soul Voice' or 'Expression into Freedom') in French, Dutch, Spanish, Swedish and German that are awaiting the right publisher! 'Expression into Freedom' 2nd edition and Soul Voice, in Danish "Sjaelens Stemme" 3rd edition have been published by Soul Voice International. All books are available in English, if not published in your language 'yet'! Really take the opportunity to get the products out to as many students and clients as possible so that they too, have these profound tools at their fingertips.

Latest CD released:

Karina's album "Deep Soul Meditation & Rainbow Relaxation" has been released. A great Christmas gift to yourself or someone, who really may be in need of this effective relaxation. It can be bought in hardcopy from the shop and is also available to download from the soulvoice.net website.



Sound Rituals for Success

by **Tayah Osawa, Canada, Certified Soul Voice® Practitioner**

In 2018 when I was launching my business, I challenged myself to a 21-day sounding ritual. I had applied for government funding for my start-up and, because of the novelty of my work, it required additional energy to convince the approval committee. I decided to use my own "product" to influence the situation and support myself energetically. Here I want to share with you the process I went through during those 21 days:

Day 1. I begin with my ultimate desire: "I serve humanity and the planet with my sacred work, and all of my material needs are met with ease." I start to sound, 100% intuitive, spontaneous, and good. Mundane thoughts of dirty dishes, weeding the garden and walking the dogs contaminate the potency of my intention. I realise how often I seek distraction in the small stuff to avoid my true vocation. With this awareness, I am released. I float for a while in a lovely void of roaring silence. I realise how I have isolated myself. I need to venture out, meet new people who can "dance" with me. I begin to dance and sound, drawing on the vitality of my inner sun. I release old relationships and make room for more resonant beings in my life!

Day 2. What is faith? It's a verb. I question: How much faith do I have? In myself? In Source? I am challenged. What does one do with faith? Sit around and wait? No. I must begin to create marvellous things and the resources will arrive. So, I call the world into being with my voice.

Day 3. I am a desert. I sound the empty barrenness until I find an oasis. I encounter a blank canvas, a fresh page, an empty bowl - all symbols of creative potential and possibilities to be fulfilled. I recognise the certainty of my path and I feel profound abundance and the freedom to move forward.

Day 4. The funding committee asks for supplemental letters of support. I reach out to clients, colleagues, collaborators, and Karina. I sound a call to action! With my expressions and body movements, I invoke beautiful, potent, grounding letters of influence. I relax into a gentle flow of soft tones, fully trusting in the timing and my inner guidance.

Day 5. I am energised by the messages of support coming in. I bathe in the sounds of awesome support.

Day 6. I sound an anchoring of my supportive foundation and begin to plan my creative fortress.

Day 7. I sound for clarity of the value of my service and how it translates into personal exchange.

Day 8. I affirm all is well and that I am fully supported.

Day 9. I receive several letters. I print them out and place them on my altar. I call in beneficial support from all directions, time and space, infusing the paper and digital copies with my powerful intention. I direct my sounds to the four directions, swirling and dancing, intending the letters to touch the committee's hearts and stir their belief in my success. I feel certain, huge waves of love pouring into action. I send the letters.

"A structured sounding ritual gives clarity of focus and fuels manifestation. Committing to a daily practice builds discipline and improves situations of leaking life-force energy"

Day 10. I sound to draw in further support as necessary. "ALL COMPONENTS ARE ALIGNED WITH YES & SUCCESS!"

Day 11. I receive more letters which I again infuse with sound and intention. My partner joins me in dancing and sounding in celebration and certainty, animating the letters with his support and energy.

Days 12 & 13. My sounding focuses on my creative potential and what potent action I can take right now.

Day 14. I sound to illuminate my shadow side for a deeper embodiment of my spiritual work. I gain incredible insights for integrating deeper intention into my services.

Day 15. I am challenged by inner rebellion and self-sabotage. I sound radical self-acceptance.

Day 16. I relax into the flow and timing of resources in my life.

Day 17. My sounds are silly and playful! I feel renewed pleasure and purpose. I make a list of creative dreams to be realised over the next seven years.

Day 18. No news. I sound away any doubts about my worthiness: "I observe all is well."

Day 19 & 20. I sound and receive beautiful insights about how my work can best heal and transform myself and others. I nourish my heart and dreams with loving sounds.

Day 21. Still no word, so I sound my readiness to launch and the inevitable success of my business. I sound directly to the heart of the person managing my file. I become an elephant. I roar in every direction fusing my sounds and body movements in a phenomenal display. I am top priority. This elephant squeezes into her tiny office, knocking decor off the walls. It sits on her keyboard awaiting an answer.

Two days later, the phone rings. My application is approved!

Using a structured sounding ritual has proven to be a powerful practice for building clarity of focus and fuelling manifestation. The daily commitment builds discipline and improves situations of leaking life-force energy and inner polarity imbalances. It is a valuable process to deepen personal insight; recognise where focus and attention is needed, and to shift negative thought processes and habits that no longer serve in the course of personal evolution. I recommend this process to all students and practitioners to amplify our hearts and voices in sharing this work! AHO!



PRECIOUS SOUL VOICE® EXPLORATIONS

by **FABIENNE ISABELLE, SWITZERLAND, ACCREDITED SOUL VOICE® TEACHER**

One morning the calling started with the urge to do the exercise of the 21 gateways. At the time we did the exercise during the 3rd level of the PCP, I found it went a bit too fast for me to experience everything in depth. So I decided to explore and to deepen one point per day for 21 days.

“We discovered how to dance.”

After I made the decision I had a conversation with a few people about my plan and the next day we were four people starting the journey through the 21 gateways together. All of us had done the Soul Voice® PCP.

On our journey through the gateways, we visited the organs, the glands and we discovered together how to dance into this adventure from a structural point of view. Taking care of the physical level to the spiritual one, adding our needs, our colours, our way of seeing the work, using the OS, the US and the harmonic sounds was a great experience. A very intense dance for all of us!

At the moment we are deepening the chakras. We invite the energy of a chakra into our lives for 4 weeks and then we allow ourselves to take a week off before we start with the next one. For every step of our journey, we have an agenda, in which we have defined and structured our work. That allows us to dance individually inside of it. A “what’s up” group helps us to share our experimentations and we feel that this is very nourishing and supports all of us.

The magic of it all lies also in the fact that our adventure will end on the 30th of December! All of January we will take time to celebrate, digest, and do whatever will be needed at this time. The beauty of our journey together is that it makes altogether 9 months!

“Our work becomes deeper - individually and collectively.”

Our main intention is, to manifest through this deep journey whatever is important in our individual lives. Little by little, we are creating a safe container for ourselves that everyone can be free to express exactly what

they need to when they need to. Our work becomes deeper and deeper - individually and collectively.

Since embarking on this journey I am travelling through lots of layers. Experiencing and appreciating them fully makes me feel more and more secure and intimately connected with myself and with others.

“It is a mystery, a wonder!”

I feel very proud of giving to myself and my inner world so much attention, caring, healing, space. Even when travelling or being in “days off” I feel guided in the connection with the chakra we are working with and connected to my inner path. It is a mystery, a wonder!

To make a closure, I have experimented from a cellular point of view, that even when working on a chakra separately, they are all interconnected... just like we are!

Remember.

RITE OF PASSAGE

by **DIANE ANGEHRN, AUSTRALIA, CERTIFIED SOUL VOICE® PRACTITIONER**

I'd like to share my experience leading up to my Dad's passing in January of 2009. 11 years earlier, he suffered a stroke and became blind. After a long period of rehabilitation, he was then taken care of by my Mum for about 10 years. During that time they were never apart for more than a few days, as it was difficult to find a place to support his needs - the respite places for people with stroke did not want him because he was blind and the places for blind people felt he did not belong there, because he needed more care.

“My sounds were like daily conversations.”

Towards the end of 2008, my Mum came to visit me in Australia. It was the only time we found a respite place that would take care of my Dad for about seven weeks to give my Mum a break. I remember very clearly: After her arrival, I got a strong intuitive sense that during this long separation, it may be the time that my Dad would pass on. My response to it was that I began to sound for him with the intention to support him through this separation time. Every day for the coming months I connected with him through sounding. It was like having daily conversations. I felt gifted that I had a way of connecting with him through the distance, a way of sharing my love, my thankfulness for everything I experienced and learned through him. In other moments I found myself expressing sounds of letting go and grief. I also imagined him to be free again without the limitations of his body as it was... seeing him moving/flying freely! Often during my soundings, a sea eagle shared company with me. It felt magical like nature too was part of this process.

This daily ritual was very healing and enriching. Although I did not quite understand yet all aspects of it, I kept going to the beach and taking time out for it.

My intuition turned out to be right. When my Mum arrived back home, my Dad had already been in hospital for a couple of days. For another few days, they had moments of being together and time for farewells. When I got the phone call, I was not surprised at all, just in awe, of how life unfolded. I was so thankful for the opportunity they had to say goodbye. I myself felt like the ritual of sounding had given that to me too.

I began to understand that this ritual was for my Dad as well as for myself - a beautiful way of capturing passed moments in our relationship, the opportunity to let go of still lingering emotions, which created depth for healing. In other words, it was such a rich journey of being present, and I always imagine that it may have helped pave the way for my Dads dying process. Nevertheless, it was an opportunity of daily moments of grieving for myself and holding them both, my Mum and my Dad on their journey.

“My sounding ritual had given me a chance to say my goodbye.”

After his death, I continued to sound in support of him finding the light. I was feeling so enriched, filled, and complete in the presence with his rite of passage.

I feel very thankful for this beautiful and empowering tool, that is sounding.



SOUND INFORMED FINAL RITE OF PASSAGE

by DORIANNE DANIELS, AUSTRALIA, AUTHORISED SOUL VOICE® TEACHER

Module 4 Soul Voice® Teacher training took me to a new level of trust in the subtlety of my inner wisdom voice that is expressed through sound frequency. I had just completed a powerful sound process and Karina guided the group to draw our experience. The picture unfolded and revealed my father resting in peace, he had the head and arms of a Silver Back and he was ascending into the stars with those who walked before him. One thing that confused me was the nose in my drawing. It was not that of my father but that of my brother, Richard. I set it aside and let it go.

On the way back home from the module my mother informed me that Richard needed a liver transplant soon he would die. I was rattled to my core. When I arrived home I took another look at my sound informed drawing and sobbed. I realised the Silver Back was my brother. He was the eldest male in my family and it was his time to go. I didn't want to accept this information so I clung to hope in the moments that I could.

One month before Richard's death I connected with him often through sound. He was growing weak. As he lived in Melbourne and I in Tasmania it was difficult to be there as often as I wanted. Still, the information I received in the sound sessions was incredible, I could clearly see the wounds that were held in his body from trauma that had not been consciously worked with and generational issues that needed to be extracted.



One day not long after I started an etheric sound session he said: "Enough sis, I've had enough. I'm tired and I want to rest!" I saw him in spirit smiling at me and at peace. He told me it was his time, he had experienced what he needed to in this lifetime and it was time for him to move on. I was mad and I didn't want to accept the information I was receiving. I thanked him and spent the rest of the night grieving.

The next day I had no contact with him through sound and I felt like it was the darkest night. The next morning I received a call. Richard was in severe pain and he said to stay contactable as this could be the end. I walked to my healing room, feeling a mixture of sadness, numbness and disbelief. As I started sounding I felt the joy in the spirit realm almost immediately, from my brother and all those waiting for him. I called in the four directions and the elements, the ancestors, the divine and the whales to guide Richard back home. It was truly an incredible final rite of passage holding that space for him in his final hours.

"Whenever grief arises I sound it and within minutes it turns into pure joy."

Two or three hours after my ritual I had an important meeting to attend and as I drove towards it, grief and anger arose. I pulled over and sounded it all out, the blame, the despair and finally it transformed into forgiveness. As it did the sun beamed down on my face and a peace filled my entire being. He did it, he'd made it through his final rite of passage and was at peace!

A few minutes later I was back on the road and received a call that confirmed my sound informed experience. Richard had passed and in the end he was finally pain free and at peace. I felt so honoured that even though I wasn't able to be physically with him and my family (who sat by him in the hospital), through my sounds I was connected. At the same time that I was grieving and wailing on the side of the road so were my family who were with him when he took his final breath.

Today whenever grief arises I sound it and within minutes it turns into pure joy as I connect with my brother's transformation into pure divine light and sound. Sound has informed me that this life is precious and even our death from this earthly plane of existence must be celebrated!

SOUNDS OF SILENCE

by ANDREA BUND, GERMANY, CERTIFIED SOUL VOICE® PRACTITIONER

Do you know this? After having sounded I get into a most delicious state of presence in the following silence. As I enjoyed that once, a picture of utmost balance and peace appeared in my mind's eye: a blue snail sheltered in her house floating in the deep blue eternal sea under a buoyant golden yellow sky. At the entrance of her house shines a rose light. It is a feeling of being in the safest possible hands caressed by unconditional love, permeated by never-ending peace.

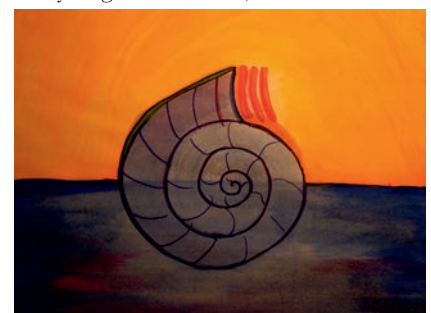
"...abandonment and isolation melted away."

When I woke up the next morning, the first thing that I had to think of was the "ancestors acknowledgement meditation" during Supervision I at Le Torrace. Dark blue was predominant for my father's male line and the joyous yellow was for my mother's female line.

Showing me their never-ending love and care I felt deeply blessed by my ancestors and the profound feeling of abandonment and isolation melted away.

As you suspect it is not that easy to get rid of that, but each time I feel a risk of relapse I evoke this picture of the snail floating peacefully and lovingly under a joyous sky, surrounded by all of my thousands and thousands of ancestors. I feel so abundant!

Ahee!



PRESENCE AND LISTENING IN NATURE

by ANNA GIAROLI, Italy, Soul Voice® PRACTITIONER IN TRAINING

I'm waiting for my friend Anna. It is 10am on a beautiful, bright spring morning, the sky is very blue, a light wind goes! Anna has not arrived yet, the minutes pass. I start to walk in the direction from which she should arrive and take the phone to call her. She does not answer. Why doesn't she come? The day is beautiful, but my attention is on the clock and the sidewalk from which she should arrive.

I look at my diary and find that I have arrived an hour early. Then I think that I had promised myself to do a listening exercise today. What can I listen to now?

I realise that around my feet soft white round balls of poplar seeds are flying, carried by the light air, playing and chasing each other in the breeze. They give me a message: stay light, play! I catch one with my hand, a soft white ball and I listen to the sensation in my hand: it is so light and very delicate. I say to the seed: "Let's go together, accompany me!" and I slowly make my way to the nearby park, with great attention and respect for that delicate and precious thing in my hand.



I feel the light air on my face. I feel light too and full of joy as soon as I enter the spaciousness of the park. I feel myself expanding, what a marvel of light, green, blue sky, the lawn covered with daisies, violets and blue flowers. I don't have a destination, my white wad suggests me to remain light and open, listening to what attracts my attention, and I let myself be guided only by that.

I look down and notice some yellow dandelion flowers, aligned as if to form an arrow with a head. I welcome that suggestion and go in that direction, slowly, totally present to receive the next directions through my senses.



There is a group of trees, I approach the one which I feel attracted to, and I look at it to see if it has a message for me. Surprisingly it has like two big eyes and a mouth. I welcome the invitation to make sounds. I realise only then that I'm struggling to keep my heavy shoulder bag on my left shoulder. I hadn't listened to my body yet. I get rid of the weight, thankful for the suggestion to pay attention to my needs.



Looking up, I notice that the whole trunk is full of eyes. I understand the call to look better and to look around again. I discover three other dandelion flowers arranged in an arrow showing me the direction in which I have to turn now.

I turn in the direction indicated and I observe: there is a large lawn and many trees, I listen to my feelings to discover what attracts me. There is a tree in the distance with fresh green leaves. In looking at it I perceive in myself a movement, a sense of joy. I approach slowly, always with my delicate white ball in my hand, bringing attention to the sensations of my feet, but also to the sense of freedom that I am feeling.

I play with a young branch at the height of my nose. I enjoy the sensation of freshness of the tender leaves on my skin from which I let my face be caressed while I'm listening to my sensations.



I embrace the tree. The trunk is wrinkled but it feels soft, The feeling of my face resting on it, from my arms surrounding it and from my body being in contact is very pleasant. I listen to what I feel in my body. I am very well, except for my feet, which now attract my attention. They are not well-grounded between the roots, they are contracted. It is easier to listen to their needs without shoes on so I take them off

and I remain barefoot. I feel the earth, fresh, under my soles, the pleasure of my toes getting more space. I also feel my roots now well anchored to the earth and my union with the tree is deeper.

I breathe with the tree, listening with my whole body. Upon contact I perceive the roughness of the trunk, but also freshness. At a deeper level I perceive its vitality, energy, strength, presence. I feel that our embrace is a deep relationship and exchange.

I totally relax and pay attention to the sounds. Like the slow opening of a fan, my ears seem to discover the sounds one after the other by types. The first I hear are songs of birds that intertwine, only after children's voices emerge in the distance. Then come the noises of the road, of cars and traffic. Other sounds then gradually appear on this background too.

After several minutes I want to ask the tree a silent question from inside me, if it has a message that it wants to give me. As soon as I formulate this thought my heart makes a jolt and I experience a sudden emotion. I listen. The message does not come from the tree, but emerges within me: I was ready to receive a message, but instead, it is a matter of giving one. Gratitude! A deep sense of gratitude expands from my heart and fills me. Gratitude for this sweet tree, gratitude for all trees, for Nature, for the Earth. Gratitude for it's infinite, generous, available, loving reception, towards me and towards all the beings that it hosts.



I feel moved and deeply grateful and amazed and grateful for my soft white friend, the little ball of poplar seeds, who offered to accompany me so that I could come here today to live this experience.

Right now a gust of wind releases him from the trunk where I had placed him to embrace the tree and lands on the ground between the roots of my dear tree.

He has finished his task. Thank you! I'm realizing the time now. I have exactly three minutes to get to my appointment on time!



LISTENING TO MY BODY

by Olqa CURRAS, NETHERLANDS, CERTIFIED SOUL VOICE® PRACTITIONER

I had a life full of suppressed and unspoken emotions in my body and tended to live more of what was expected of me than my true motives. I also had many negative beliefs about myself. This was not a good start to make such a big change, to move to a foreign country, far from home.

My body had been complaining for a long time and didn't want to work properly anymore, also because I have very severe scoliosis. I usually had so much back pain that I couldn't work, not even ride a bike to pick up my children from school. It felt like my body was completely filled with things that weren't supposed to be there and there was no room for anything else.

After trying several psychologists and other therapies, I found in Soul Voice® a huge relief and an important tool to start listening to my body.

“I had to look at my body with respect and admiration.”

After having studied at university and gaining a head full of knowledge, I decided to surrender to my body and temporarily switch off my mind. I realised that my body needed a big mouth and courage to let go of all the unexpressed emotions and tensions that I had unconsciously collected and absorbed over the years.

After working a while with Soul Voice® my posture began to change, my body became more and more flexible. I gained more freedom of movement and expression, space to breathe. My diaphragm felt liberated and I could finally laugh again.

With each release, I became aware of old patterns of behaviour, of negative beliefs about myself and about the survival mechanisms that no longer served me. I could let them go, transform them and finally find the strength to take care of my body, to look at it with respect and admiration, to listen to it and surrender to its wisdom.

When I let go, listen to my body and give it the voice it needs to heal itself the outcome is unbelievable! Sometimes healing can take the form of exercises, sometimes emotions need to be expressed, sometimes amazing dissonant sounds come from the depths of certain organs. Once, when I was working on my abdominal area and solar plexus, I suddenly sounded like a Mongolian throat singer without ever having learned that. After a while, my belly and solar plexus area began to tremble and suddenly a deep sadness, despair and hopelessness arose from a child who felt that everything was too much for it to cope with and couldn't find any comfort or place to hold on to. Now I could express it, let it go and fill it with very earthy, powerful deep tones that gave me a very secure feeling and I knew that I could now take care of myself, of this desperate little inner child. This area now also felt much more relaxed and from then on, I felt my chest more open and present. I finally was able to breathe deeply and face life.

Soul Voice® helped me not only with emotional and physical healing. This journey helped me to enjoy listening to my body which is now like an open book to me. I perceive the pain and tension and give it the



sounds that set it in motion and liberates it from that what does not belong, to find sounds that help it to find its healthy texture and structure, to express its original essence and function that is far more than a mechanical one.

“I know now that my body needs my presence, my energy to fully be and to manifest.”

Working with the voice is a holistic and powerful approach that makes me feel whole and integrated and always gives me more than I can fully understand, perceive and be conscious of. It's like learning a song as a child and only really understanding the lyrics a few years later. Now that I am able to read this magic never-ending book that is my body, I can hardly wait to support all those amazing unread books of clients working as a Soul Voice® practitioner liberating them from pains, blocked emotions, and let those stories unfold that need to be seen and healed!

AN INSIGHT INTO MY SOUL VOICE® PROCESS

by Ulla JERREBO, DENMARK, CERTIFIED SOUL VOICE® PRACTITIONER



My personal life's curriculum brought me to Soul Voice®. I had to find a way to release my busy monkey mind and find peace with myself. My monkey mind was constantly accusing me of being not good enough, and not loved if I did not

serve others or make them happy. I had to fight the “egoism”. So I ran around in the world helping others and not doing anything for myself.

“Fears are the same all over the world.”

Through Soul Voice® I found myself and I found a way to be me without the resentment in my thoughts. It has been a long process and is ongoing. Soul Voice® gave me the tools to release myself and Karina pointed out that I had to let go of how I controlled myself and let God take over. I have made it my life's purpose to use my personal curriculum to show how I have overcome the obstacles and fears of feeling unloved, and to look at my personal resistance and control.

What am I controlling and why do I need to control? What am I resisting?

I realised our deepest fears are the same all over the world. All conflicts are rooted in fear and we project our deepest fears onto others. We fail to feel and we do not know about ourselves as what we see in others. This deep fear is rooted in our unknown emotions and Soul Voice® brings that forward. It also teaches us about unconditional love in us all. Often, we are afraid of that (in an unconscious way) so we resist being in love's presence and that fear is what we project.

“We are loved and have done nothing wrong.”

I now feel guided and trust that everything in my life happens for a reason. Nothing has been in vain especially the hard times. Whenever I can see the innocence in others, I am innocent myself. As I see my fellow man, I see myself. We are all loved, innocent and spiritual beings and have done nothing wrong. That is how I guide my clients and they guide me.

In love and respect,
Ulla



A Complicated Case

by RENATE LECHLER, Italy, Certified Soul Voice® PRACTITIONER

In June of last year a doctor of medicine contacted me about a patient of hers who had more than 200 allergies, fainting spells, was full of heavy metal toxins and had very little will to live. Things were looking very bad for this patient. No sooner had the doctor solved one problem, then the patient would sprout yet another one! This doctor could do no more for the patient so she called me.

“My patient was allergic to life.”

I started working with the patient on various levels using Soul Voice®, Orgon Therapy and ridding her house of negative energy. She and her entire family lived on a property that had been a slaughterhouse, belonging to her husband's family. You can imagine what sort of energy was there! Working on the above mentioned three levels, I started by engaging help to clean the atmosphere of the house. At the same time, I invited the patient to come to my center to take some Soul Voice® sessions.

We started by transforming her cellular program chaos. She was in effect allergic to life! The strongest message embedded inside her was that of death, mostly from the slaughtered animals. We then chose her strongest allergy and we put sounds to it. The patient, however, was not very

motivated to do anything to change her condition, most probably because of her past experiences with failure. It wasn't easy because she often responded with nausea and fainting spells. I had to resort to lullaby sounds, rocking her in my arms like a child. In the beginning, she responded by crying. I communicated with her in baby sounds. She replied and then she began to smile, a small tentative smile. We were finally making progress!

The next thing to do was to work on her self-esteem by first removing her anger. This required several Soul Voice® sessions over the course of six months but things were moving along when she began taking her homework seriously.

“We worked on her self-esteem by first removing her anger.”

She began to be able to eat more foods that had caused her allergies before. I let her put sound into each of her various allergies. Eventually, we progressed to her fainting spells and she put sounds into them too! As things got better for her, I asked her to direct sound into the panic of the animals that had been killed in the slaughterhouse. I realised that this was a touchy situation, but it was the only way for me to make a change in her life. And so it was! She started using her

voice, gaining more confidence and further decreased her allergies.

The house also had to be restored to a healthy energy level. Many prayers were offered to the animals in the name of the whole family. She also asked the animals' souls forgiveness which in turn liberated the house of the negative energy.

“She started using her voice & further decreased her allergies.”

This patient is now a changed woman. She lives in peace, free from allergies, toxins and fainting spells. My patient has also discovered that she has a beautiful soprano singing voice! She's now a NEW HUMAN BEING!



VIBRATION AND DIVINE TIMING

by Priscilla Silcock, United Kingdom, Certified Soul Voice® PRACTITIONER

When I wrote my first song at the age of eight years old, the lyrics were simple but had a profound message as the title was 'Change The World'. Even at that tender age, I had a burning desire that we could improve our planet - the content of the song was about ending famine, achieving equality, diversity and world peace. Those goals and visions to use music to connect and awaken people to their higher selves and highest purpose never left me. In fact, it only grew stronger as I grew older. It was meeting Karina and graduating as a certified Soul Voice® practitioner in 2013 where I realised how much more I was being called to fulfill this vision and how much this powerful technique could help me not only in grounding myself and releasing trauma or energetic blocks that had been getting in my way but also by using the sounds in my shows to connect the audience together and attract Soul Voice® clients to my sound healing practice.

It was just as I enrolled on my first Soul Voice® weekend in Melbourne in 2009 that I met a significant individual, a music producer in Bristol who has now, become my husband. We both witnessed in awe the changes in my voice over the three year period as I attended

workshops and qualified as a practitioner. Our recordings changed during this period and we revisited some of the earlier songs to re-record them and to capture this deepening embodied voice of mine that was emerging. I have realised, we, as a human race have developed many technologies to capture and share vibration because it is that essential to our essence and core. The radio, recording studios, concert halls, musical instruments and amplification of sound through speakers all have new meaning to me as I have delved deeper into my Soul Voice® journey.

“It is my job to stand out of the way and let vibrations and inspiration move through me.”

I have realised these were tools to connect us to our divinity. Though my human ego wished for doors to open faster, that as a pure channel for a higher purpose it is my job to stand out of the way and let vibrations and inspiration move through me. I know now that it is not when I am ready but when it is ready, that the next door has opened and a path has shown its way. When I found myself working at a major book publisher in an office and administrative role, my heart swelled with



longing to be recognised as an author. I write to you now having had my mental health recovery story 'Burlesque or Bust' being released globally with a major publishing house. It includes the entire story of how important music has been to me but how physically painful it was to sing until I met Karina. There is a chapter about her and some of the methods in the book too, (the book is available at www.soulvoice.net). By stepping out of my own ego and into the flow I have found a publicist, my key music producer, a husband and a book publisher. I can only hope my highest vision to share Soul Voice® in arenas and stadiums in sold-out concerts will continue to manifest as to bring this work to more people. This is my humble wish and vision. I have also been blessed to manifest clients including my own landlady who has found it very beneficial.

GIVING A SOUND BIRTH

by MIA KAMLA MARIE, DENMARK, SOUL VOICE® PRACTITIONER IN TRAINING



As soon as I found out I was blessed with the gift of bringing through another divine soul into this world, I called BirgitteHelena and asked if she would support me with sounding during the birth of Michael.

“The water and my sounds felt like a true blessing.”

On the night of the solar eclipse of July 27th as I went into labour, she arrived at 1am and lit the sage. She cleansed the house, as we moved from the bedroom down into the bathroom where my partner Svend had filled the birthing tub.

The water felt like a true blessing to me. So did my sounds which increased along with my contractions. I stayed with the

AH-sound for a long time, visualising opening and making room for my child’s journey into life on Gaia. Every contraction was a long Ah-sound. It felt good, I felt supported, and I really felt I could cope with the pain. Every now and then, BirgitteHelena mirrored my sounds. At other times she sounded to me to calm my spirit, and comfort me, and it felt so good to have a loving supportive sister by my side.

As the labour progressed I felt myself being in a sort of trance – at one with the sound and the pain. The sounds allowed me to go even deeper into the pain, and I realised the capability of my physical body, as I felt it stretch and expand to create a passage for my child.

Suddenly, my Ah changed to an AAHH! – and I was ready to “push”. Everything intensified even more. It was almost too much for me, and I started to lose focus and drift off. Somewhere far away I heard BirgitteHelena’s soft voice in the breaks in between the contractions. I put my head under the water surface with the next contraction, sounding primordial sounds into the water, and into my body. I stayed in this mode for a while trying to regain my grounding but I was flying into the cosmos, the pain lifting me out of my body. I felt some fear and doubt in my ability to endure even though this was my fourth childbirth.

I was too far away to ask BirgitteHelena for some grounding sounds – I wanted to ask her, but I somehow just couldn’t. I put my eyes to the ceiling and called upon the angels and masters to help me. Then I let go and let my body take over. I let my body do what it was created to do, and used sounds to handle the pain.

“I let go, let my body take over & used sounds to handel the pain.”

I was in a state of trance when Michael arrived at 4.11am – still inside his fetal membrane with his eyes closed in a peaceful sleep. Still underwater, he suddenly burst the membrane with his arms and hands, and as I lifted him out of the water and into my embrace he opened his eyes. I spontaneously made a few sounds, then I sang: “One Love” as a closing sound to our beautiful, sacred birth ritual. Having heard this song numerous times from inside my tummy he fell right back asleep, completely safe, peaceful, and loved – born at home, in water with sound, sage, and sacredness.

As the family gathered around the tub, the water became bright RED with my blood, and a Crow passed the windows outside crowing seven times. Then the sun rose.

SOUNDING DURING BIRTH

by DOMINIQUE KRIBBEN, NETHERLANDS, SOUL VOICE® PRACTITIONER IN TRAINING

Before I actually entered the experience of giving birth I always thought I was going to use a lot of sounding to carry me through. When the actual moment came where I felt the waves of contractions start I retreated back into my sacred space together with my partner Pim and sat down with the sensations, expressing what I felt. During the first stages of labour sounding really helped me connect to my body in the midst of the contractions and allowed myself to really move deeply into my body with my consciousness. I have experienced the contractions as powerful portals to feel deeply into my emotional body and sounding was a very helpful tool to express and mobilise the energy. This helped not only me to connect to the process but also Pim could, by listening to my sounds, connect with the deeper, ancient context that birthing has.

“Sounding was a very helpful tool to express and mobilise the energy.”

When labour moved into the last phase of coming into matter I experienced a transition in the use of my sounding, which was kind of a struggle at first. The contractions had moved to such intensity that I could barely hold myself together and I used the sounding in a way that the energy wasn’t really going downward but rather outward through my throat, as a strategy to cope with the cramping. It took quite some practice to feel the fine balance between when to use sounding to fully let go and release and when to hold back expression resulting in being able to use the

energy for something else. In this case, pushing out a baby!

Birth has been such an incredible experience that I find myself still processing. I have been in an altered state, floating in between worlds during those magical hours. My experience with sounding has really helped me to anchor down the energies that came through. At one point I wasn’t even really conscious anymore what sounds I made and I was very pleasantly surprised that Pim felt the urge to record my sounds during the process, so afterwards we had hours of footage that was captured. During our first week with baby Mana, we listened to the sounding of the first phase of labour and this took us back to the intense feelings and with this, it helped us process the experience. We haven’t dared to listen to the recorded sounds of the last phase yet, because this was so emotional, but I know that one day we will be ready to go back there and that the sounds will carry us.



THE POWER OF A MOTHER'S VOICE

by PAOLA RICCOBON, Italy Accredited Soul Voice® TEACHER



For many years I have been dealing with health and psychophysical well-being, understood as consciousness and awareness through a person's energy balance. After developing my own method which I call POSTURAL EVOLUTION, and a technique of relaxation and vertebral mobilisation in water, AQUAREL, I met Soul Voice®. I realised how this method has brought about a huge change in me. Every level and progression acquired in my journey with Soul Voice® in recent years has brought about a remarkable qualitative leap that is reflected in all my expressions.

“Soul Voice® brought about a huge change in me.”

A few days ago I was meditating on what Karina pointed out to me in her feedback: she emphasised the quality of my numerous and meaningful life experiences. I found myself retracing with my heart, my mind and also with so many emotions an experience that concerns the birth of my son, which took place 31 years ago. I was so very far from the encounter with Soul Voice®, and I reflected on how in life certain experiences are connected to each other, even if the times and contexts in which they occur seem to have no relationship between them! It is true that energy does not know space and time ... recognising the magic and the power of certain events and how these lead us to such significant encounters and experiences is wonderful and powerful!

With this in mind I want to share this experience with you:

On 28th January 1988, during my 30th week of pregnancy, due to a sudden rupture of the amniotic sac, my son Arturo came to light. The sack rupture was not complete, which is why I had already been a whole week in bed, during which it was possible to complete my son's lung therapy so that he could breathe better once he was born, so

severely premature. During that week when I felt that the inevitable would happen at any moment; my emotions were of great fear, and a huge sense of guilt for not having been able to complete the pregnancy, with all that this would have involved for my life and that of my child! Arturo was also in a breech position, so he was also born with a caesarean section.

Needless to say, I had dreamed for this birth to be something else. However, when I saw Arturo for the first time I found him BEAUTIFUL. He weighed only 1.4kg, was a mignon baby and he was sitting in the palm of my hand! Luckily he was very vital. He didn't need reanimation and he sucked immediately. Unfortunately, I didn't have any milk and couldn't give him mine.

“... nothing happens by chance.”

The summer that preceded these events I had been in France, and I had met a neonatologist, who worked in a neonatal intensive care unit, especially dealing with premature babies. He had told me about Marsupio Therapy, a technique aimed at stimulating premature babies with the physical and motor stresses they would have had if they had been in the womb to term. He also spoke to me about Musicotherapy, and it struck me very much how he performed with these premature children. He used music composed specifically to evoke a response in the brain of the premature and verified it with an electroencephalogram, which was quite similar to what the children had when in contact with their mother. Also within this music, the voice of the mother was recorded, who spoke to her child, telling him tender and affectionate phrases that every mother expresses to her child, and also, if possible, singing some nursery rhymes. This meant that the children were in contact with their mother's voice more often, especially since very premature babies had to stay in hospital for a long time. The noises babies are usually subjected to in an incubator and all the intensive therapies are certainly not similar to those that they would feel in the womb!

In light of what happened to me a few months later, the consideration that nothing happens by chance was obvious, and that that meeting with the

neonatologist, when I didn't even know I was pregnant, was the result of a magical coincidence! We immediately called Claude Maury, the doctor I had met, and he arrived when Arturo was 15 days old. He immediately set up the sound therapy for my child, recorded my voice as I spoke and sang to my Arturo, and told him how much I loved him, and how much I wanted to take him home with me. This recording was inserted into the pre-established music, and Arturo listened to everything several times a day, while he was inside the thermal cradle, in my absence. Arturo grew quickly and 40 days after he was born I finally brought him home with me!

“My voice helped my child to grow and comforted him.”

When all this happened to me, 31 years ago, this was a completely innovative therapy. Unfortunately even today these resources are not used in a big way!

What strikes me about this experience is that surely the use of my voice helped my child to grow, and to comfort him in my absence. It has profoundly marked my soul and after so many years, with a smile in my heart, I recognise the "imprinting" that somehow led me to Soul Voice® some years ago!

It would be nice to be able to use Soul Voice® in a more systematic way with the mothers of premature babies. Not only to treat themselves, with all the emotions, fears and anxieties that live in that situation but also to enter into empathic contact with their babies after birth, to restore that maternal contact that was so abruptly interrupted with premature birth and to restore the emotional and relational nourishment with sound frequencies.

With sounds of joy and affection,
Paola



My Birthing Experience

by Viola Bennick, Netherlands, Soul Voice® Practitioner in Training

It is the evening of the 22nd of December last year, 18 days before the due date, and I am working on the documentation of a Soul Voice® Session, sitting on a meditation cushion. The cushion becomes slightly wet. Am I peeing? I stay in denial. When the 'peeing' doesn't stop, my partner Boudewijn asks the midwife to come and have a look. She confirms that my water broke. I try to get some sleep, but of course, I am too excited. For some weeks already, I visualise a bright guiding angel in our living room where I want to give birth. That is where I want to be. So I get up and prepare the living room.

Meanwhile, contractions are starting in a gentle way. The full moon and bright angel energy give me confidence that this will be a beautiful night. When contractions are getting heavier, I awaken Boudewijn. He starts to fill the birthing bath that we rented and he calls the midwife again to get support. When she arrives, the bath is ready and the contractions begin to push the baby down. These contractions are strong! I step into the bath and immediately feel that the enclosure of the water relaxes me again. I warn the midwife that I will sound and that it can be loud. She is not familiar with sounding. Deep, low, primal roars accompany every contraction. I am in connection with my body and my baby.



“I am in connection with my body and my baby.”

Boudewijn joins my sounding once in a while, which makes the contractions even more powerful. I don't have to push. My body knows what to do. In between two contractions, Boudewijn and I look into each other's eyes. We both get emotional by this moment of pure contentment. The midwife tells Boudewijn to get into the bath to receive the baby. First, the head comes out. Beautiful dark hair! With the next contraction the entire body shoots into the hands of Boudewijn. Nobody moves for a moment. Then, Boudewijn lifts the slippery baby clumsily but gently out of the water to take the first breath. Welcome to Mother Earth, little one!



Coming Back to Myself

by Veronika Busch, Austria, Certified Soul Voice® Practitioner

helpful. The shift change brought a much older, highly experienced midwife which was better, yet her method was very traditional and she had little understanding of alternative practices. Once I was dilated enough to go into the delivery suite, I was given gas to further dull the pain. I took it gladly but had no idea what to expect. It helped with the pain but also totally spaced me out and distorted everything. I remember being able to hear the midwife and Christian encouraging me to push and I remember I was combining my sounds in time with the contractions but more from the reactions I received and not from what I felt within.

At one point my view was so distorted that I asked quite panicked where my baby was and was very confused to hear it was still inside me. Right towards the end for the final pushes, they said I was to hold my breath when pushing because otherwise, I'd lose too much strength. Not making a sound at this point felt totally unnatural but I needed it to be over so I did as they said. The moment the baby was out and they announced it was a girl I was also totally thrown. I had been so certain it was a boy. Of course, that she was a girl didn't matter at all it was just strange for me.

The days that followed were a roller coaster ride of feelings and new experiences. As Samantha was so small, only 2,6kg, hospital staff were very preoccupied about her gaining weight quickly. Five days later we finally got to go home. Having not really been able to use what I had learned through

Soul Voice® in hospital I was feeling very deficient. This feeling was further amplified by having many problems feeding Samantha.

About eight weeks after the birth I got a high fever and was achy all over. Christian took Samantha to his parents so I was alone in our apartment for the first time since Samantha's arrival. It was a very strange feeling being totally by myself again and it took me a while to really know what to do. However, I took this opportunity to feel into all that had happened over the last weeks. I felt so much guilt, inadequacy and grief about not having been able to tune into my body and intuition at such an important time in my life. No wonder I had a fever. I lay on our bed and breathed deeply until sounds came to let it all go. Tears also flowed as I told myself that I was forgiven and that all was ok as it was. Needless to say, I felt much better afterwards and was filled with joy upon Christian and Samantha's return.

**“Through forgiveness,
all is ok as it is and I am happy.”**

Now Samantha is nine months old and is a total joy to take care of. I am incredibly happy now but being a mother will always only be one part of me and I am very aware of not losing everything else I was before she came along. Therefore, I sound to Samantha when I feel it will help but I make sure I spend time on myself too. Only then can I help shape my daughter's life with integrity and fulfilment.

I had every intention of writing about my daughter's birth and what a magical experience it was being able to use my sounds to bring my baby into the world. The problem is that it wasn't like that. Instead, I was overwhelmed and thrown by the whole situation. My waters broke without contractions and I was stuck in hospital for two days before labour even started. I got caught up by the western medicine all around me and my intuition flew out the window.

**“I felt so much guilt,
inadequacy and grief.”**

When contractions finally began, I was already exhausted and the young, inexperienced midwife could do little to support me. My partner Christian was amazing, encouraging me with soft words and holding my hand but a woman's energy would also have been nice. Around eight hours in I needed something for the pain even though my sounds were somewhat



BIRTHING THROUGH FAITH AND SOUNDS

by PAOLA BENVENGA, ITALY, CERTIFIED SOUL VOICE® PRACTITIONER

The beauty of a body that allows Life to grow within.
The bliss of a moment apparently so close to death but
actually so close to God.
The primal energy that grounded me on the floor to give
birth almost one year and a half ago, still so vivid in my
cellular memory.
The humility to hug and be hugged and to call the
Creator to help me giving birth to his creature. With my
voice, with my body, with a focus and a power that I had
never experienced before.
Breath after breath, contraction after contraction.
And then I am reborn, a new woman, with new eyes,
new body, new arms and a new heart to explore.
And then you are born, new little wonderful Life.
We are blessed.
Life arrives slowly but determined. Takes its time to
grow, moves in its own unique ways.
Life surprises, it's simple but majestic.
It begins with a little baby and it opens with a sound.
And it is so big!
A newborn family begins on another dimension, sacred
and quiet until it can ground again into the world.
Since that beginning, may sounds be the guide and the
reminder of magic, of primal power and
pure tenderness.
Once the family is back into the world's routine, may the
sound be the calling to connect with the Source again.
May the sounds give thanks to the Source always.
May the sound simplify the speaking and bring it back to
the raw singing, to the syllables, to our true call.
The baby is born and it can begin a continuous singing
to remind him where he comes from, to remind all of us
where we come from and to celebrate and respond to
Life with joy and passion, to calm and soothe,
to release and recover.
The voice is the tool but also guidance.
Touch creates space and sound celebrates it.
Emotions arise and the sound expresses them.
May thinking about giving birth remind us that we are
meant to express, not to suppress... to let go, not to hold
back... to be raw and not to be moral... to begin again.
Always.



LISTENING

by MIA KAMLA MARIE, DENMARK, SOUL VOICE® PRACTITIONER IN TRAINING

“I love that I love myself to the extent that I actually
listen to my inner voice.
I listen to what my body is telling me.
I listen to the advice and the needs of my inner self.
I listen to my soul.
My Higher Self longs to express herself fully as the unique light that she
is, and I try to make way for her voice to speak and sound through me to
be the frequency that is authentically mine.
I work to let go of outer judgment and
listen to my inner voice.
I trust.
I listen to my inner truth and practice walking, talking and actually living
my truth in all situations/areas/issues/places/cases.
I listen to the stirrings of my Ego, and its panic-like attempts to get me to
stop evolving, and stay in the known/procrastination/non-action/old
paradigm/commonly accepted “norms”.
I listen to the ‘Light-worker’ within who is ready to
spread her wings and fly.
I listen – and see the Real Me behind the illusion.

I listen to a crow as he passes the rooftop of my house and lands in a
nearby tree to observe me as I sit in silence on the porch.
I listen to his cries as I see the Real Me as I am listening.
The moment where truth rings through me and becomes conscious to
me crow makes his sound: “kraaa – kraaa- kraaa!”
To let me know, I got it.
I now know.
I am conscious of who I am now, and it is part of my knowing.
My wisdom.

I listen to this wisdom, and the image of me living this truth begins to
emerge like a movie playing in my mind. As I observe it all with my Third
Eye, I cry from the beauty of seeing myself the way I really and truly
believe myself to be. I listen to my soul's longing to become this light,
to just live it, and create THAT.
I listen in the silence as my crying fades.

My meditation becomes the platform where I am given the insights.
As the truths emerge from the unconscious I break the silence
and express their soundscapes.
I feel the vibration of them. I internalize them, locate them
in my bodies, and I become wiser.
I listen to the signals and signs of my bodies, locating the areas asking
for my conscious awareness, and for balancing.

I listen.
Inhale, exhale. Pause. Connection -
With my Heart.
With my Soul Essence.

I get a thought. About my kids, and later this afternoon –
I open my eyes to check on Michael in the pram.
Inhale, exhale. Pause. Re-connection.
Coming into my SELF again, and remembering once again my Truth,
and what I FEEL in this moment of this Now.
Becoming aware of my present vibration.
With all, it contains; light and shadows. Practicing Acceptance.
In this life, I don't know what happens. Regardless, I am here
always living it. It is always in motion.

I listen to draw out the wisdom of my path, and
to my perceived obstacles, and miracles.
I listen to the birds, the trees, the wind,
the air being filtered through the woods.
I listen to the sounds around me and within me.
I listen to all my dreams.
I listen to my potential.

OCEAN SONG

by MELISSA McCORMACK, AUSTRALIA, AUTHORISED SOUL VOICE® TEACHER

We set off one morning sleep still in our eyes
neither aware of our impending surprise.
Our tongues they were still but our bodies a movin'
with much in our hearts and nature approving.

We followed the steps of many before us
each our own rhythm together a chorus.
Listening within we strayed from the track
down into the bush without looking back.

Then beyond in the blue while breathing in Mother
we heard the first calling a song like no other.
These gentle giants had something to say
singing protection & courage whilst sending up spray.

Then on foamy tresses the dolphin's arrived
to ignite the spark further already lit in our eyes.
Needing no more encouragement to quicken our pace
with sounds of delight down further we raced.

Then paused mid descent to watch the deer flee
alerted by our footfall and squeals of glee.
Out onto the beach we followed the call
and were into the water in no time at all.

The touch of the water refreshing and cold
small price to pay to be welcomed to the fold.
Suspended beneath waves I sent out my song
the answer received as that I belong.

We floated a while on various emotion
warmed by the sun and caress of the ocean.
Then back on the beach beheld another sign
that all that we are is truly divine.



Goddess Brigit

by MIA KAMLA MARIE, DENMARK, SOUL VOICE® PRACTITIONER IN TRAINING

This Poem is about my experience of Therapeutic Acting
while undertaking Level 2 of the PCP

I am Brigit Goddess of the moon and sun
I rise with the day that has just begun
I am Daughter, Mother and Crone
I don't back down - I am enduring to the bone
I bloom after every fall
I hold the passionate fire of my heart's inner call
I speak my truth honest and pure
I don't back down - all I endure

I am Fire
I am Desire

I am Daughter, Mother and Crone
As Mother Nature I am known
I am Brigit Goddess of water and fire
I am the flame in you that will never expire!

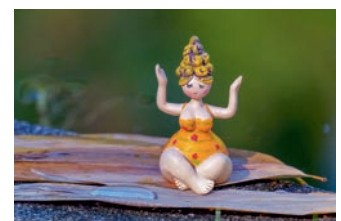
Your heart's desire.

TIME TO PAUSE

TWO EXERCISES TO REFRESH YOUR DAY.

Exercise 1: Notice what you can see with your eyes at this moment. Starting from a wide-angle slowly focus on more details..... Bring your awareness to the sounds around you..... Concentrate on one and then move to another one..... Follow your breath for a while..... How does your body feel at the moment? Which sensations do you notice in your body?..... Choose one area where you feel a tingling sensation, maybe some tension, warmth or something else..... Breath in and out into this area..... and then let a sound arise out of that area. Let your voice express intuitively and spontaneously what is moving in you.....After you have finished your song, send some gratitude, a thank you, a light or whatever feels good for you into this area and then to your whole body. Namaste

Exercise 2: Take some deep breaths and imagine a light beam following your inhale and exhale up and down the spine. After a while extend it around 40 cm above your head and below your spine. Then send a smile into your body and go on with your day.



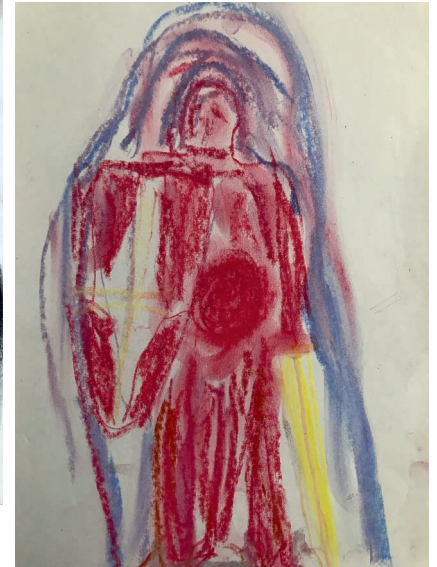
My PCP Experience

by PIETER GAUTIER, NETHERLANDS, SOUL VOICE® PRACTITIONER IN TRAINING

I have just finished Level 2 of the PCP. It has been an amazing experience. Among lots of other things, I discovered drawing with my left (not dominant) hand. Without bringing it into my consciousness, my hand quickly drew one drawing after another.

“The teeth are still there but I don’t need them.”

During Level 2 we worked with the inner child. Drawing my protective self (part of the inner child) took me only a few minutes. I was not aware of the harsh dangerous types with their shredding teeth (Karina told me that teeth are connected to the root chakra). Although they are very unkind, I was happy to see them and to realise what power is in them; the power to bite. I played out this power together with Joyce Hellendoorn. It transformed into a force that I can use in daily life; grounded and strong. Taking my place in a calm way. Being clear. The teeth are still there, but I don't need them. When I drew it afterwards a massive knight arose; impregnable. It felt so good.



LEARNINGS AT PCP LEVEL 2

by JOAN KUHLMAN, NETHERLANDS, SOUL VOICE® PRACTITIONER IN TRAINING

Functioning at the top of my game gives me joy. That is how I experience the PCP training levels.

To be with a dedicated group of people, to explore our inner worlds, the joys and the shadows, and to trustingly uncover them and gain knowledge and belonging at the same time, is unbelievable. I learn so much about myself, which is one of the reasons I wanted to do this training.

“Breathing deeply when I am in a tight spot is a real help.”

Before Level 2 I had been going through a really difficult time and was feeling very down. In Level 2, we focused deeper on the breath. As a result, my body got an increased supply of oxygen, which felt physically exhilarating and psychologically like coming out of depression. Since then I have been breathing deeply every time I feel in a tight spot before doing something else which is a real help.

The second thing that had an enormous impact on me came from a colleague. As we were chatting during our vision quest day, integrating what we had been doing so far, a tidbit of wisdom came upon me: Don't bite off more than you can digest. Pushing boundaries is something I do naturally, in fact, I rarely look back. I have trouble physically digesting and so this came to be my new wisdom. It also plays into relaxing more, which is more than beautiful to enrich my life. Hallelujah!

“I let go of trying to understand the words....”

The third thing I want to mention was that I realised that I could choose to be in my body. While watching a demo of a technique, I found myself not wanting to be in a state of mind, so I switched to something new. I let go of trying to understand the words and focused on what I was perceiving with my body. It was as though I could sense other things, emotions in waves, energies, a beautiful dance of all this was unfolding in my perception and the most beautiful part of it was: I felt connected to it. What was happening

in the demo was part of me. I also noticed that it was now easier for me to concentrate on the demo and everything else. The wriggling, the sounds of my colleagues and everything else around me were filtered out. Later, I could clearly sense my boundaries both physically and otherwise.

These kinds of experiences and pearls of wisdom are totally priceless, and in these trainings I have them every day.

Another very special thing that also happened was that Karina guided us to feel the major 'vibratory' parts of the body that, just like the vocal cords, are long muscular tissues that vibrate in our body when we make sounds. My experience of sound in my body has become so much deeper, and my practice has deepened. I now have a 'sound sense' of my inner body. When I sound I am now letting all these places within vibrate consciously. This is deeply satisfying and profoundly joyful to me. I can't wait to guide others into their body in this way as well.



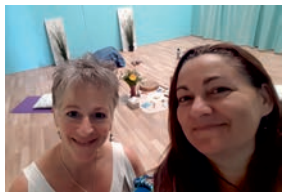
FACILITATING 2-DAY SOUL VOICE® WORKSHOPS

by MELISSA McCORMACK, AUSTRALIA, AUTHORISED SOUL VOICE® TEACHER

This year has been a busy one for me in teaching the 2-day Soul Voice® workshops which are always both rewarding and challenging at the same time. Previously I had only ever done a maximum of two workshops in a year but so far, I have done three in five months. I have learned so much about the various dynamics of people in a workshop setting and in general but I also learned a lot about myself.

“The Universe gave me a real shake-up.”

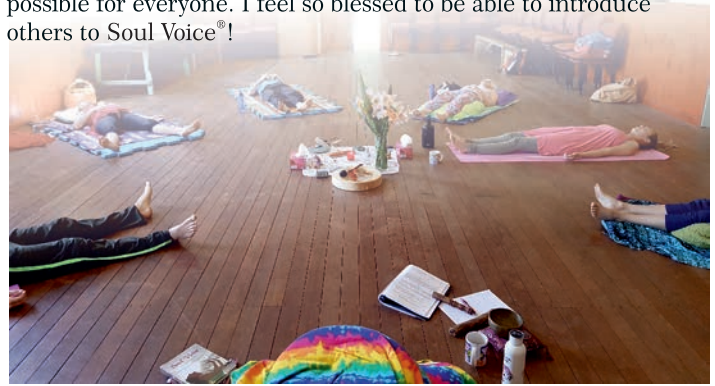
After workshops in Lismore, where I live and then one in Perth, I held another workshop in the well-known spiritual mecca of Byron Bay. This was by far the most challenging workshop I have facilitated so far. In the week leading up to the workshop, the Universe gave me a real ‘shakeup’ that set me up perfectly to deal with what came up in the workshop. It was something I’ve been shown for a long time... years... but that I was not ‘getting’. It was like the Universe has been poking and poking me with this issue... then it just threw its arms in the air and said, fine... you asked for it... slam! I was given a (cough) wonderful opportunity to make another person’s actions and words not mean anything about me. That I am not worthy... a failure, a fraud, stupid, too big, not big enough, too loud, too ME! I experienced that what other people say to me, how they treat me, speak to me, act around me, etc... it really does have nothing to do with my worth as a person, as a Soul Voice® Teacher, Practitioner, mother... or any of the other hats I wear.



I choose to take on what other people do and say or I choose NOT to take it on. It’s so simple yet it has taken me a LIFETIME to figure this out and to really live it. I was able to work through the emotions triggering me into old patterns and I came out on the other side a changed woman. Because of that learning in the week before the workshop, I was able to handle with compassion and patience, some situations that occurred whilst maintaining my authority and continuing to hold the space for the other participants.

“I worked through my emotions triggering old patterns and became a changed woman.”

Regardless of the dynamics within a workshop, the ‘before and after faces’ has to be one of my favourite parts of teaching Soul Voice®. The participants seem to arrive with all kinds of looks of trepidation and nervousness or shyness and they walk out the door on Sunday evening looking assured, awake and ready to take on the world. I described one woman as scurrying in like a mouse and strutting out like a lion! The difference is mind-blowing and I am reminded every time I facilitate a workshop that this is possible for everyone. I feel so blessed to be able to introduce others to Soul Voice®!



COMPLETE TRUST

by KATHLEEN KIRMER, UNITED KINGDOM, CERTIFIED SOUL VOICE® PRACTITIONER



Facilitating Soul Voice® sessions is one of the few activities in my life where I can really surrender, trust and let God, or however you want to name it, take over. Every single time it feels so special, like a huge relief and a gift that makes me humble.

“I really surrender into the “I don’t know”.”

Most of the time my ego is very enthusiastic at judging – mostly myself – and producing a constant noise, asking: “Am I good enough?” or “How can I do it better/perfect?”. However, when a client is in front of me and needs support the miracle happens, I surrender. I am able to listen to my inner voice and be a channel for support and

healing sounds. At this moment, I am fully aware that I am not the one who knows what is right or wrong for the client or how healing can take place. How could I!? I really surrender into “I don’t know” without any fear and therefore I am able to listen deeply to my inner voice, my guidance. I stop and wait for inspiration – and it comes to me, always.

Karina taught us to take time to ground and centre ourselves before we meet a client and I find this very helpful. I love to sound and meditate beforehand and sense into the vibrations of the client and the session that will happen. Sometimes, however, it is very hard to switch off my mind. For example, I remember a day when I went through an emotional turmoil and the client was already on her way so I could not cancel the appointment. I didn’t know how I possibly could manage the session. I tried to calm down, to become more grounded, connect to mother earth but nothing worked. Thanks to my experience in working with people I managed to appear calm and confident in front of her while inside I felt horrible and helpless. I begged – there is no

other word for it- for help, for guidance and then it happened. While one part of me was still panicking about my own situation another part started to listen and follow this guidance. It was a crazy but great experience during which I calmed down myself and surrendered into – trust? The client connected for the first time in her life with the Great Mother and was experiencing femininity in a most wonderful, gentle and powerful way. After the session she gave me such positive feedback, I was almost shocked about it. She told me how deeply she trusted me and how safe she felt during her journey. It was such a wonderful surprise. I just feel humbled and blessed about these powers around and inside of us. Surrendering during a session leaves me refreshed and energised.

“I look invigorated and shine after each session.”

Once my husband gave me the feedback that I look invigorated and shine after each session. Now I wonder how I can experience surrender and trust in everyday life. I am still experimenting....

Collage - PCP Levels 1 & 2



COLLAGE - TEACHER TRAINING PROGRAM



The Sound of the Soul

by MARION PÜTZ, GERMANY, CERTIFIED SOUL VOICE® PRACTITIONER

... or how can my own voice contribute to my overall well-being? Since November 2018 the film "Of the Voice" by Bernard Weber has been shown in German cinemas. It is a wonderful film that illuminates how singing puts us in a state of happiness and it shows how free sounding with our voices leads us past the mind straight to our life themes that want to be solved or mastered. One of the most touching and powerful moments is certainly to welcome a new being here on earth with the sound of our voice during birth.

But how can I use the vocal sound for all the personal and human issues in my life and for my well-being? The healing effect of singing on mental health and physical complaints, in general, has been the focus of medicine for some time now. It refers mostly to the singing in a group like a choir which works like an elixir of life and helps to switch off, calm down and to gain new strength.

"Every body part has its own story and vibration."

In my work as a body therapist, I have come to understand that every part of our body has its own life story and vibration. Furthermore, each consists of sound frequencies of our own individual vibration. Just as our fingerprint is individual and unique, our voice is unique as well. It mirrors all the light and shadow sides inside of us, all the experiences that life has brought us so far, whether we find them pleasant or not.

Is singing a positive way of coping with life and reducing stress? This is confirmed by findings in music psychology and neurobiology. There is now an organisation called "Singing Hospitals" that brings singing to clinics and practices, and there are also numerous offers ranging from mantra singing to chanting and sound yoga. Even if you sound just for yourself it is very beneficial. You can see that people who sound or sing on a regular basis are usually more satisfied, liberated and self-confident in daily life.

Implemented in the body-therapeutic practice, there is a method that uses the healing potential of the voice that works regardless of any vocal technique just by using the pure vocal sound: Soul Voice®. It is a method that we can use for all human matters that want to be healed; be it on a physical, emotional, psychological or spiritual level. There is a sound, a healing vibration for everything. I surrender and trust any sound that arises because my voice guides me, guides everyone who uses this precious and powerful instrument. Nothing wrong can be sounded, every tone,

every noise, every sound is always an expression of what is in that very moment. My personality also manifests itself through the sound of my voice.

As babies, we still had our very own unique language, which was at one with our sensations. Through sound and its vibrations, we were connected with the natural expression of life and nature around us. As we grew up, we often withdrew our spontaneous expression at different points in life, depending on what was accepted or allowed and what wasn't. This way our voice, our body, our personality and our consciousness was formed on the vibrational level. This determines also how we meet today's challenges and the challenges that life holds especially for us so that we can develop further.

In our modern way of life, we practice yoga, mindfulness meditation or other helpful methods for our well-being and development. Why not allow our voice to be used as a tool for a profound and very individual way of touching all levels of being. The sound of the voice is the intelligent being that we can trust and value and that can guide us through healing and personal growth processes.

It's all about learning to allow any sounds to arise that feel good. It means to go beyond, to sound beyond harmonic and beautiful sounds, to experiment to groan, to moan and to sound what is needed just in this very moment. It is also an important message to our creative expression. The way I am dealing with my feelings, my emotions is essential. What kind of feeling resonates at this moment? Can I perceive it, accept it and, when it has filled my body, transform it into something that brings me into my power and liveliness? We often think that a feeling will last "forever" and will not change. However, it is the case that our emotions are not eternal, but of short duration (short moments to hours). If we express our feelings with our voice in sounds, give them space to be felt, to be seen and heard they will guide us right into our own strength and wonderfulness.

"Observing children is one of the easiest ways to see that our emotions are usually only of short duration and guide us well."

The easiest way to observe this is in children who are "saddened to death" about something in one moment, and a few moments later "sky-high cheering" about a beautiful thing. At this point, I would like to let a great singer, known to all of us, have her say. She has summarised many aspects of this in her wonderful song "Beyond":

Beyond – a spiritual message by Tina Turner

"Nothing lasts forever ... go beyond fear beyond fear takes you into the field, where love grows

beyond means to feel yourself start every day singing like the birds singing takes you beyond ...

we need a repeated discipline, a genuine training

to let go of our old habits of mind and to find and sustain a new way of seeing...

go beyond the rights and the wrongs...

go beyond to feel the oneness of the unity... singing takes you beyond, beyond..."

From: Beyond, Regula Curti, Tina Turner & Dechen Shag Dagsay

"Sounds are one of the most powerful tools for health, healing and being authentic."

The fact that we have to keep up with working on our issues regularly if we want to make progress is a reference to our discipline in order to keep the focus. It is a very rewarding focus because with sounds (as we do in the Soul Voice® method), we have one of the most powerful tools for health, healing and being authentic on our side. Through the sounds, we are immediately connected with our sub-consciousness, with our body, up into every cell and our energy flows freely again. Being guided by the intuition and wisdom of one's own voice is as magical as it is simple: we give ourselves the inner permission to let go of old patterns and open ourselves to live in the present.

I would very much appreciate a comment. You can write a reply by logging into our blog: at: <http://soulvoice.net/share/the-sound-of-the-soul/>

With enthusiastic sounds about our wonderful method,

Marion



Bernd Kasper / pixelio.de

COLLEAGUE INTERVIEW

with ALORA WALDRON, AUSTRALIA, AUTHORISED SOUL VOICE® TEACHER

Please, tell us a bit about your background.

I have been a holistic natural health professional for 38 years and integrate modalities covering mind, body and spirit. I started with Hands-on healing with Swedish, Remedial, sports, reflexology, lymphatic, digestive and acupressure massage techniques. Adding in reiki, polarity and other energy healing modalities.

I draw upon my education as a nutritionist, iridologist and crisis counsellor and love working with the whole person body, mind, and feelings.

I incorporate intuitive greatness coaching/readings, Mbrain - heart, head, gut-brain work as well as call on my background skills in magnetic therapy, Chinese 5 elements, Ayurveda, body psychotherapy, trauma release and cellular healing.

Offering sound meditations weekly/monthly again and restorative journeys and retreats is part of our offerings. Along with nourishing organic and natural lifestyle education around eating alive pure food, removing toxins from the body and using skin care products. Recently my passion is sharing education on anti-ageing, athletic recovery, cellular health restoration including gene signalling rebalancing regimes with health and lifestyle coaching.

What role does the voice play in your life?

Everything!

Communication and relationships are key in my life. Sharing inspiration, wisdom, truth and facilitating creativity, and authenticity.

Our voice is an instrument with which to touch, heal, move and inspire. I relate to our voice as having immense power and potential especially when clear and generated with our breath from our soul depths. Speaking, sounding, intuitively expressing compassion from our heart is a gift and tool for transformation, leading to freedom, healthy self-expression and deeper embodiment.

This is both my passion for my own health and fulfillment and for others especially women and the next generation moving forward.

Please, describe what led you to Soul Voice®?

Before I started my Soul Voice® journey I was already a member of choirs, loved singing and opening my throat chakra and sharing over toning in groups and much more.

As a part of my own professional development, I had also trained in a voice healing modality called, 'If you can speak you can sing'. I have always been attracted to professional speaking, leadership, and effective cutting edge communication and presentation training. So, when I saw an email in my inbox with the subject "sound initiation training" it was an intuitive "Yes". After inquiring I found out, I needed to complete the 2-day workshop first. That is where it began.

It was destiny that Soul Voice® and Karina as a master teacher, healer and facilitator came into my life. It has since then been a profound, significant part of my ever-unfolding transformation and soul adventuring. I am so grateful for the tribe, colleagues and community I am deeply connected with through sharing sound and the Soul Voice® therapeutic sessions.

Would you like to share a story about how you use Soul Voice®?

Soul Voice® is intuitively and organically part of my daily, weekly regime when dancing, doing yoga, massaging, walking, giving deep soul sessions, sound healings in groups, 2-3 hr play-shops and now I am beginning to offer 2-day Soul Voice® workshops. In essence, the work is invaluable as I journey and be fully grounded to support living and functioning from a more richly embodied place.

This is an aspect of the real gift of this work to me.

To be more present and activate heightened levels of listening and receiving who I am and out of that depth and respect, I am able to hold a space for others to shine forth and be really received in their truth and light. It is a part of who I am forever.

What inspires you? What is your passion?

Feeling centered, grounded and connected within, to the divine in myself, in others and all life. Transforming limiting programs, separation and woundings in myself and other people.

Promoting and nurturing with healthy rejuvenating products, services, experiences. Celebrating the wild beauty of nature, the ocean, the mountains. Communing with humpbacks and dolphins. Taking people on meditative journeys, connecting with indigenous cultures,

wisdom, teachings. Creative artistic outlets... animals. Protecting our health, environment and celebrating our precious Mother Earth. I love deep meaningful co-creative connections with kindred souls.

Do you have any advice or suggestions for other Soul Voice® members? What do you find helpful for yourself in your work with Soul Voice®?

Most recently I have found as a part of my sounding practice to visualise, sense and feel my connection and belonging to my teacher colleagues, Karina and greater Soul Voice® tribe. I sound in the four elements as well and weave these into my sounding current intentions. Allowing space to then feel that cellularly and commit to being of service "to the mother."

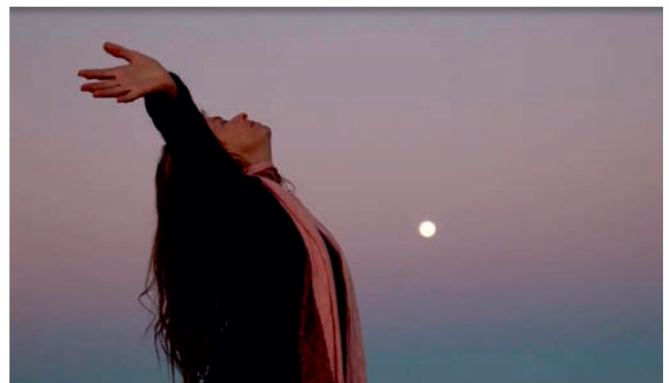
Is there anything else you'd like to share?

I especially feel a deep love and gratitude for giving sound sessions with colleagues who are fully open to receive and be a channel for sound. I love this raw, authentic, creative experience and the deep insights from these exchanges. I have fallen in love with giving and receiving the long distance over phone/internet sessions still hearing the sound and receiving such great shifts to allow me to further come back into alignment in the moment.

Do you have any questions for the Soul Voice® community?

What are the most effective ways you market and language your services to attract the Avatar for your practice and get clients and students?

It is possible to answer online at: <http://soulvoice.net/share/category/colleagues/>



COLLEAGUE INTERVIEW

with MARIA CRISTINA STELLA, Italy, ACCREDITED SOUL VOICE® TEACHER

Please, tell us a bit about your background.

I love to describe myself as an eclectic researcher living an ecological lifestyle. I started my way with becoming an architect and then studying geobiology to learn about our planet's language. My process led me to deepen tools for personal growth and to share it with others who like me, felt the need to come closer to their true selves.

Besides the Soul Voice® method I have studied Chinese Traditional Medicine, Roy Matina techniques, health food according to the alkaline diet, intimate gym for women and family constellations. I also host a radio program about ecology and last but not least I write books about these things. The last book I wrote is called "Choosing to Be. Tools to go back to Ourselves".

What role does the voice play in your life?

I am a Soul Voice® teacher in my essence. For ten years now, voice is everywhere in my life, in my personal life, in my job, and during my pleasure time. I feel the Soul Voice® path brings a very important evolution and empowerment into the communication with oneself and with others and therefore it sustains my inner growth as well.

Please, describe your path to Soul Voice®/ what lead you to Soul Voice®?

A long time before I met Karina and her method, I knew that I was called to work with the voice. The first time I heard something about the value of human voice frequencies I immediately recognised in myself that it was so true and I needed to go

for it. Then, practically after years, I had my first contact with the Soul Voice® method when a friend of mine asked me to organise a workshop for Karina in Florence - that's how my Soul Voice® journey started.

Would you like to share (a story) about how you use Soul Voice®?

Gianna is a middle-aged woman very thin and fragile. She has lots of problems with her digestion and nutrition, many diseases of different kinds have brought her to think she was close to death. She attended a 2-Day Soul Voice® workshop and afterwards had five individual sessions with me. Here her words from two days ago:

" I have always been sad, as a child and THEN also as a woman. Now I have started to feel a sense of irony when I get in contact with my moaning inner child so that when I think of my mother I perceive that the old hard rock inside has started to melt. I find myself observing the way I dive into the role of being a victim, depressing myself and becoming passive. I have started to train my sense of responsibility. I am in an experimental phase and at these moments when I am able to take responsibility for myself. I discovered that I get control over my spine and I can say that I have started to reconcile with God! My new goal now is joy!"

What inspires you? What is your passion?

My passion is to discover step by step how much Mother Nature is perfect, abundant, and rich in teachings. I love to discover this path of inner truth about what is grander inside and outside myself.

Do you have any advice or suggestions for other Soul Voice® members? What do you find helpful for yourself in your work with Soul Voice®?

The only thing I feel to share is that I am more and more in the state of faith and trust of our inner engine that works for our evolution. The human voice is the key to open the door of our inner treasures and Soul Voice® teaches how to go back to this ancient wisdom. This always inspires me and nourishes my roots.

Is there anything else you'd like to share?

We are all people making choices and having different experiences to fully embody our soul and I respect every way in which this happens.



COLLEAGUE INTERVIEW

with **BIRGITTE HELENA WINTHER, DENMARK, ACCREDITED SOUL VOICE® TEACHER**

Please, tell us a bit about your background.

Most of my life I have been singing all kinds of music - in bands and in different choirs. I am an occupational therapist and have been working full time with assistive aids, ergonomics and sitting for many years. Today I have my own Soul Voice® practice and work as a freelance occupational therapist.

What role does the voice play in your life?

Teaching Soul Voice® the voice plays a giant role in my life. I use it every day doing my own inner work and I talk about it all the time almost everywhere.

Please, describe your path to Soul Voice®. What lead you to Soul Voice®?

Around 2005 I started to feel an interest for spirituality and energy work. The voice was in a strange way part of that and I felt that singing was not fulfilling me. I didn't really know what I was looking for but I tried out different things in the spiritual area and also different things with the voice. Then I met one of Karina's students who were doing a Soul Voice® presentation with some of the exercises from the Soul Voice® programme and I felt deeply that I had to come to the 2-day workshop that Karina would teach some months later. After the 2-Days, I did feel very called to the 5 -Days and I signed up for it but there were a lot of emotional things going on in my life and I was pretty confused and actually very sad in that period when I think back. I wanted to withdraw my registration for the 5-Days and luckily the organiser called me up and told me that it was the best way to work through though emotions and so I went. The 5-Days became a turning point for me and I felt a deep calling to do PCP. Not to be a

professional practitioner but for my own sake. I knew I needed to do the Soul Voice® program for me. It was during Level 3 that I first felt a calling to be a Soul Voice® Practitioner. And then a teacher.

Would you like to share a story about how you use Soul Voice®?

Soul Voice® has become my way of communicating with the spiritual world if I can call it that. I sound when calling in Spirit and Help, it is the way I always communicate with Nature. It is the way I cleanse myself and fine-tune my own vibration. I use sound in meditation and when I talk to my body. During the years with Soul Voice®, a special sound language has emerged - a kind of shamanic chanting. In Danish, I call it "Kraftsang" (singing/sounding the power) and that is definitely my unique Soul Voice® expression.

What inspires you? What is your passion?

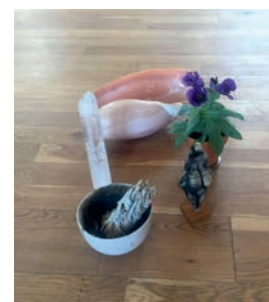
My passion is to spread Soul Voice®. I see so much need for this work and I feel a deep urge to help people to feel and understand what a powerful tool the voice is. I am inspired to create new ways of teaching Soul Voice® - new workshops, Soul Voice® Experiences that will inspire different kinds of people and provide them with embodied feelings of what they can do with their voices.

Do you have any advice or suggestions for other SVI members? What do you find helpful for yourself in your work with Soul Voice®?

First: Do your own, inner work every day! It was one of the biggest challenges for me to be persistent with my own, inner work. If I don't do my daily work, my vibration goes out

of alignment and in comes doubt, fear, envy etc.. You all know what I am talking about. Taking care of my own vibration on a daily basis keeps me most of the time aligned with my core, my Inner Being and constantly brings me back to myself. For many years this was a struggle for me - not that it necessarily is for everybody, of course. But once you find in there with ease - then there is a big transformation!

Second: Follow your calling! It took me many years to dare to take the leap and quit my job to become a full-time Soul Voice® Practitioner and Teacher and finally it was like I had no other choice. Even if I was still afraid and even if I am still not doing as successfully as I dream of I am still learning and there is so much to learn from that free falling. Still, it is, of course, important only to jump when ready and only you know when you are ready.



The Film: Of the Voice

by **MIRIAM HELLE**, Switzerland, Accredited Soul Voice® Teacher

A Thank You to my husband, for this wonderful movie “Of the Voice” (Der Klang der Stimme)! In an impressive way, he has succeeded to make the versatile work with the voice visible. The movie speaks to a wide audience and touches the deep desire to express oneself with the voice. Also for a singer, it is about the 360 degree sound and the expression of the voice as a liberation of the soul.

As there are four main protagonists, it was very important to show deep processes in a short time. The challenge for me during the shooting was to stay authentic in front of a camera. During the shooting, it was a bit easier for me having my husband lead the camera as our familiarity did support the intimate moments. For the interviews though, it was more difficult as he already knew a lot about what I had to say about the voice work. This sometimes created funny moments.

Although our roles were clearly distributed in the movie, I a protagonist and he the director, it was challenging and touching to do this movie together. It was a creative marriage of both our vocations: the work with the voice and the work with the filming, together with the audio and with the visual.

I thank him at this point, for his excellent movie which we can all use to show and to inspire people about the Soul Voice® work. The world premiere of the film was fortuitously on my 50th birthday, at the Solothurn film festival in Switzerland. 900 people sung ‘Happy Birthday’ to me at the beginning of the film and at the end, there was standing ovation!

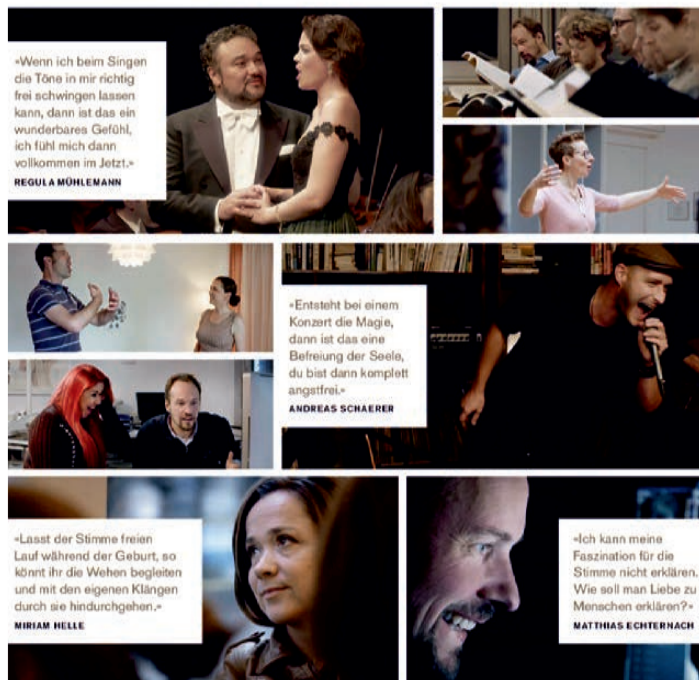
Thanks for this Homage. I hope you enjoy it!

To watch the trailer see the following link:
<https://derklangderstimme.ch/en/>



DER KLANG DER STIMME

Von der transzendenten Kraft der Stimme



Official ANNOUNCEMENT:

The film “Of the Voice” (der Klang der Stimme) tells the story of four people pushing the realms and possibilities of the human voice. Andreas experiments with his voice to evolve new sounds which transform him while performing. Just using her voice, Regula is working hard to achieve the effect of 360 degree surround sound. Matthias tries to understand the voice's secrets with sophisticated scientific methods. Finally, Miriam's techniques inspire people to discover their own unique voice allowing her clients to get closer to who they actually are or always were.



The North American Tribe Update



"Across six time zones, members of the Canadian and US Tribes have begun meeting to explore the creation of a North American Tribe. In our first meeting we sounded together via Skype and planned to meet monthly. We have started brainstorming what we might offer each other as a tribe: sounding together, support, ideas for marketing, getting clear on how we embody Soul Voice® discovering our personal flavour. As a group we want to develop the power of sound, to have people to talk to who understand our Soul Voice® language and to create sound communities in our local areas. We would love to help create a North American tour of Soul Voice® 2- day workshops and have an annual face-to-face healing circle."

Ruth Danziger

Liandrah Macklem

Wendelin Bartley

Carol Jean Patterson

Tayah Osâwâ Lanteigne





The Danish Tribe Update



Meet the Danish tribe! We are six certified practitioners and one in training for the time being and two are on a break from our meetings. Currently we are working on getting a national website up and running. Besides this we spend our meetings connecting through the Soul Voice® work, exchanging sessions and talking about how we can support each other in spreading the work. We chose for this presentation to tell about how differently we all work with the Soul Voice® method. We are a small tribe and each work uniquely in our own way with Soul Voice®. It is our wish to inspire and uplift.

Yasmin Elvira



I use Soul Voice® when working with groups of disabled children, singing and sounding. Using my song "There is space for you" <https://youtu.be/VvifNkyLqvQ> the children sing and sound, opening and freeing their voices. It is a deep process where all sounds are accepted.

Mia Kamla Marie Bluhm



Embodying the qualities of Brigit, my chosen goddess from Level 2, I am inner fire, heart's desire, passion, nature, Creator, and immaculate love. I feel called to sound in nature with small groups, to create events where I combine sound with movement and dance and to assist people in sensing themselves more into greater self-awareness, and growth.



BirgitteHelena Winther

Teacher and Practitioner. Soul Voice® runs through my veins and nature inspires me a lot in my Soul Voice® work with students and clients. In my intuitive singing I feel deeply connected to Source and the ancestors that practiced voice medicine.

Ulla Jerrebo



Lise Rydstrøm



At the moment I am in a writing process and my clients are my inspiration and bring me examples I can use. I get their feedback and I feel I am on the right track. I am guided by my intuition and my clients bring me even further in the sessions we share. As I see my fellow man, I see myself. We are all loved, innocent and spiritual beings and have done nothing wrong.

After a three month break so to speak with only focusing on my inner work and my job with three choirs and students learning to sing and play piano, I am excited to give Soul Voice® presentations. I also have a new choir where all members have chronic lung diseases. Its a great pleasure to try moving their beliefs of what they are able to sing (and breath)!



The Italian Tribe Update [?]

During the last Italian Soul Voice® tribe meeting, in November 2018 we met each other after very different experiences. Some of us came “directly” from the teacher module, others had previously become certified practitioners...so we melted all together...sensing what could be some good practices and exercises to help us all, in our path and in mutually re-defining our tribe’s field. We have all changed a lot!



We started with a very deep and profound listening exercise and sharing and thereafter we worked on all of our “projections” to do with the Soul Voice® method. We made a very effective and collective “heart” storming about: “what is Soul Voice® for me?” Then we put down all the negative emotions/issues around this, our projections, limits, self sabotages and so on. After this, we processed them, using our voices, indeed, to clean our inner channel of all these blockages.

It was truly powerful and deep. Some of us dove into really huge self sabotage situations, but the group energy field was a very good and safe container. After that we did the 21-minute sounding directly to the bone structure with the intention to sustain all of the new frequencies and changes...and wow... it worked! This exercise was deepened by an automatic drawing on the experience with the 21-minute sounding and a very beautiful sharing followed.

During that weekend we also exchanged sessions and discussed (in an open forum modality) the practicals of being a certified Soul Voice® practitioner and teacher, including the proper use of the logo in printings and in social media and so on. It was very touching and profound to meet each other, after (for some) a very long time. However when we started to reunite in a sounding circle, giving sound and touching each others hands, we remembered that we were “still there” and united with the sound.

The meeting of our Teacher Tribe in June 2018 must absolutely be mentioned. Four teachers met and talked about the progress of our teaching activity and the last workshops we did, exchanging significant feedback on the challenges and successes of being a Soul Voice® teacher. Then each of us, in turn, proposed and conducted a Soul Voice® exercise in which the other three were students. This was very enjoyable and useful to work on, both as a facilitator and as a student.

During this day, exchange proposals emerged between us, and also ideas for sharing public events. It's nice to feel part of a tribe, and also to share the commitment in promoting and presenting our Soul Voice® work. SHARING was the key word of this meeting and in this regard Gianluca proposed to participate with him in an event that would take place a few months later in his city. Viria and Paola joined with enthusiasm. Together we took care of organising the event, setting up the stand and managed the space during the two-day fair. During the fair we held a presentation where each of us was active. We also offered a three-voice Sound Bath to people who were interested, which was a great success!

Reflecting on how beautiful and gratifying it is to share these experiences, we have decided to organise some evening presentations of our Soul Voice® activity with Sound Baths during the winter season. These are experiences that we will surely repeat also during the next year, from September to June 2020.



Priscilla

The last twelve months have been momentous. My autobiography was released which was a soul-searching exercise sharing with my family that I was speaking publicly about our strict upbringing which damaged me in a repressive Church environment, there has been a lot of forgiveness in our family and the book has united us in some ways. It was also a chance to share Soul Voice® publicly with a chapter dedicated to how important the methodology was for reversing my negative thoughts and anxiety. I manifested my first two clients and I gave my aunty a wonderful long distance session which I felt was one of my best sessions ever. She was stuck in grief and was visibly lighter and relieved afterwards. I also created a flyer and Facebook page for my sound healing and gave a demonstration at Springer Nature, my corporate workplace during Wellbeing Week.



Caroline

Having taken a sabbatical from running workshops for a while, it was a real joy to join my fellow teacher colleagues, Anke, Joyce, Viria, Karin and Adelgunde in January in Italy. We shared a wonderfully rich, full and healing time of combining work with love and laughter and remembering the deepest sense of connection in sisterhood. It reminded me yet again of how the truth held within the body and brought to light via sound and the voice is a wonder we can all access and an absolute privilege to share with others. It also reminded me of the need to honour our natural rhythms and that time and space, our most precious gift on earth, really do whisper their wisdom during those silent retreats. As we know, and I have come to be reminded of yet again, silence, space and stillness holds everything and births all.

Kathleen

My year was mainly work focused due to a job change. In addition to my work, I also run a weekly mantra singing and meditation class. It's great to see how people often come for the mantras and then surrender more and more into their own healing sounds and embrace them. I have a few SV clients and I love to support them on their way to healing, inner strength and self-confidence. This work not only empowers them but also myself and shows me that this is the right work for me. A few months ago I decided to sound the experiences, the stresses of the day or simply the sensations in my body as a daily practice, and it helps me enormously to keep my stress level in check and brings relief and more grounding into my life.



The UK & Ireland Tribe Update

At the moment the UK Tribe has four members Priscilla and Kathleen live in London, Caroline in Kent and Anne Marie in Ireland. Each of us has been busy with following our own paths which have taken us in different directions. Kathleen and Priscilla met when Kathleen supported Priscilla through a challenge with her autobiography coming out and the two had another colleague session day at Kathleen's. We hope to connect more, even if on an internet conference call, to strengthen our bonds and support each other.



AnneMarie

I sing at weddings, traditional Irish sessions and original gigs, I weave sounding into songs or stand alone pieces and always use intention when I sing at every event imagining my songs reaching people's cells and souls. This September I begin working with children and music in my new business - I've great plans in motion to support families using song, all the while incorporating Soul Voice® into my actions.



The Dutch Tribe Update

by Joan Kuhlman.

I'm well embedded into my practitioner tribe this springtime, coming back from Level 2, ready or not to face life back home with a much deeper sensitivity than when I left. Armed also with new insights, tools and intentions. How great it is to have a tribe when that thought pops up, like a gnome in the early morning, squealing symphonies of 'how are you ever going to make all this happen?!' (please keep reading, it will get better, I promise ;))

Then I'm calling to mind and heart my tribe, looking around the circle, feeling the love and confidence and prayers, and I am seriously well again.

These last few months the larger community that is the dutch tribe, old and new practitioners and teachers is gathering once a month on an online conferencing platform called Zoom. I'm just loving feeling the connection of this bigger tribe, of 'oldies' and us 'newbies', although the Zoom thing is new for all. I've loved setting the Zoom meetings up and facilitating them with my colleague Arjan Verschuur. We hardly knew each other and so that in itself has just been super nice. The flow is also fun because now we've done this twice and we're starting the planning for a live meeting with all the tribe in the fall.

The fire of our community is being kindled. In these Zoom gatherings we have, up till now, had a central theme, that we all share something about. There could be a question, such as last time: "what are your experiences with going completely blank in a session with a client, not knowing what to do, and how do you deal with this?" Another theme we dipped into was 'sexuality and boundaries in our sessions'. Each time I've felt safety in sharing vulnerable stories, with humour, giving each other space and also strong connection. At the end we have been sounding (which sounds completely weird on Zoom because the microphone on the program goes haywire) and signing off together. There is also a possibility to record the meetings for those tribe members who want a replay, for example if they couldn't be there live.

I feel really blessed to have this big family of Soulvoicers that love to connect in this way. It makes for a warm home here in the Netherlands!

The photo you see is a snapshot of the end of one of our Zoom sessions. Waving to each other, waving to you all! Much love, from all the tribe to you.



The German/Austrian Tribe Update

There are 10 German/Austrian tribe members however at this point we are not very connected. Our members have varied experience with Soul Voice® from being a Authorised Teacher to Practitioners in Training. Having also quite a few new members this year it has been challenging to get a group feeling started. Some of us are in touch quite a bit and others are not yet taking part. Attempted gatherings this year have not happened so far. The last gathering we did have took place in Austria, in April 2018 where four members were present. We had a fabulous weekend of group sounding, session swaps and social time. Hopefully we can learn to connect and support each other more in the near future.

Marion Pütz - Celebrating, in 2019, the 10 year anniversary of my Soul Voice® practice I am still fascinated about what expressing through the voice can do for us.



gentle but deep

light

confidence

Andrea Bund - My goal is to go step by step, let things evolve from my very own core and not allowing myself to be chased by the agendas of others.



“I am that I am”

Barbara Schmitt - Finishing my PCP and heading towards being a certified Soul Voice® Practitioner at the end of 2019. I want to invest my energy in reclaiming (my) feminine power, transformation and in connecting with people interested in creating real change.



being a tribe

vitality

joy

Julia Brossok - Both face to face and via Skype I enjoy giving sessions to friends, family, and Soul Voice® colleagues.



femininity

keep on track

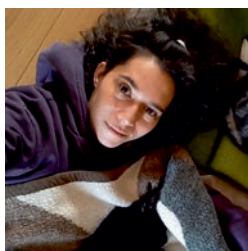
Veronika Busch - While I am not looking to hugely expand my practice this year due to recently becoming a mother I am staying open to and making the most of opportunities to use my sounds as they arise.



love

letting go

Babette Handke - Soul Voice® has become a natural habit in my everyday life. I'm not an active practitioner at the moment.



softness



Marieke Lzicar-Visser

The Swedish Tribe Update



The Swedish Tribe is not so active at the moment, however there have been two 2-Day Soul Voice® workshops in Stockholm during the spring.

In both of them there were two participants so four people in total. The workshops were very strong for all of the participants and the energy was very good in the place I picked. I translated all the material into Swedish and I discovered that this was very important for my grounding and way of talking, that I knew the words in my language to have more assertiveness and to be more professional.

I got a valuable personal insight. For these two Soul Voice® workshops I did not have an assistant. This was great to understand within myself first how it works and what I will need for a bigger group with an assistant. I solved the session demonstrations with Karina's DVDs and some I just did myself. This made me feel sure about my work and I could hold the space in a good way.

One of the participants in the first workshop went so deep in her pain release that she left the body. I felt secure and could bring her back, as I knew what to do because of my own work. I know how important it is to dare to go so deep and "do the work" within myself. I also discovered that in Sweden it is common that young girls (and boys) take drugs and do not tell about it. How does this impact our work with them? What can this do?

Another person in the second workshop had a beneficial first day but came back with resistance and was kind of closed the second. She wanted to talk and ask things the whole time and did not want to work at all. She had a lot on her mind, in words and projected them on me and my authority. I felt then that I had to do something and I dropped the manual for some minutes and turned to her and asked what she felt, how it was for her and so on. It then became a deeper work for her and she could be angry and say all that she needed to Me as the authority. After this we could go on and she was (and also the other person) overwhelmed about how deep and powerful this work is. Also in a direct way, she had never in her 54 years discovered anything like this!!

The next workshop will be in October. During the autumn there will start some tribe work and Soul Voice® circles to spread and strengthen the Swedish Tribe. A well known translator is also translating the two Soul Voice® books and the first one is ready soon - hopefully it will be on the Swedish market during next year. Next week I will go for the 4th part of TTP in Germany where I will be boosted with strength, energy and focus for the next steps in my work here in Sweden.

Love,

Maria Redig

Authorised Soul Voice® Teacher



