

Soul Voice book

The SOUL VOICE book is an odyssey and an invitation to dive deeper into the voice we might have forgotten but that our soul remembers. It is a map to help us unravel the unknown and the unexplainable; an opening to become familiar with the most powerful instrument of all ~ our own innate voice. A mirror for our inner universe, this book is not only designed to be read, but to be experienced.

The Soul Voice book is for people from all walks of life: whether you have already consciously explored the voice for spiritual growth or are a novice; whether you are a communicator or you are shy; whether you are a housewife or a business manager, this book explores how to liberate your voice, enhance communication and unlock creative expression.

Editorial Review

Karina Schelde presents profound wisdom that can only come of personal experience born of deep passion. I first met Karina in April 2005 when we were both invited to present at an international conference. I remember being stirred by her presence, but it was not until the end of the conference that I got to experience her special gift as a sound healer and transformation artist.

Karina weaves a fascinating insight into the world of sound. Today science verifies what ancient cultures have sung, danced, carved, and expressed in their songs, stories and rituals. We are born of light and sound. I have always been aware of the vital importance of sound. In times of ritual Maori women played a vital role in opening up the portals to the invisible world to invite the support of the ancestors. They did this through sound and a process called karanga, which means to activate the sound that weaves the light of the soul.

As I read *Soul Voice* I am moved by the deep respect for life and the rituals that human beings have evolved to depict this. Much of modern healing practice till now has focused mainly on the light. *Soul Voice* helps shine the light on sound and its importance in helping us connect with and express our soul self. It is a book for these times and it will be a rich source of inspiration for those in search of the deeper meaning of life.

I am always excited when I get the opportunity to learn from a master teacher. Karina's soul voice shines throughout this book and I am humbled that I was asked to write this foreword.

~ Makuini Ruth Tai, Maori author & leader

Testimonials:

"I found myself 'ooohing' and 'aahing' as I read this courageous and authentic masterpiece. Finding your voice ~ literally and figuratively ~ is life's great journey and Karina Schelde is a masterful guide."

Chip Conley, founder & CEO, author of *The Rebel Rules: Daring to be yourself in business*

"Karina Schelde's marvellous book sings inspiration into our hearts as it takes us on a thrilling journey deep into ourselves. Through a rich variety of accessible exercises, she shows us how to use our voice to access our own wisdom and raise our state of consciousness. Her wisdom, insight, warmth and passion inspire us throughout. This book is a high-quality self-development programme in itself."

Dr Joy Manné, author of *Conscious Breathing: How shamanic breathwork can transform your life*

"Passionate, real and raw ... Karina shows us, step-by-step, how to connect and heal the deepest parts of ourselves and how to become a vibrational instrument. Inspirational, uplifting and liberating ... reading this book is a must."

Eve Eschner Hogan, author of *Way of the Winding Path*

"Within each of us is an intelligent blueprint that has always been, that is our own expression of the Source of our being, our living Soul. As we begin to journey towards our potential we find that we are required to embrace our wounds, injuries and pains. Embracing the wounds, the difficulties reveal the pathway that unveils the potential of our Soul. Karina Schelde gives us the depth of experience and authenticity of the power that is in each of us to know ourselves as a living soul. A work of beauty and simple truths and practical guidance for spiritual practice."

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

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All chapters have practices included

Two case stories excerpt from the book

“I was invited to attend my sister-in-law’s second labour, as she wanted me to help her use sound during the birthing process. Fab braced herself on my brother, Graham, and squeezed his and my arms with each contraction. To my astonishment, Fab, who had never intentionally sounded before, took to it like a seasoned skier to fresh powder. She jumped right in. I helped Fab find expression for the sound within her that was the optimal sound for diffusing and releasing the pain of each contraction. When she was overwhelmed by the pain I joined her in sound and guided her into the heart of her labour pains via sound trails, and asked her to follow my vocalisations. A number of

times Fab spontaneously emitted low, moaning sounds which she found eased the intensity of her contractions. I was amazed by Fab. She sounded from start to finish. In one hour, with no drugs, and in just three pushes, she delivered her daughter, Sabine. Her first birth had taken ten hours, and she had received a number of drugs to help her labour. I am convinced that her consistent sounding shortened her time in this labour and allowed her to proceed drug-free."

Valerie Moysey, Canada

"My client Johannes is an artist and works temporarily as a teacher. When he was standing in front of a class he always had an enormous fear of failure and of not knowing enough. His face often broke out in a rash. In a telepathic sound healing I 'beamed' him into my workspace and performed intensive sound therapy on him. I received the image of a metal beam that pressed on his belly, so I worked on removing the beam and suddenly felt a heavy load disappearing. The operation was done. Johannes told me on the phone the next day that in certain moments he experienced fear and panic and a sensation of a metal beam pressing on his belly, blocking his breath and triggering a fear of ulcers. Over the next two days Johannes felt dizzy and had to throw up several times. From then on, his fear was simply gone. He felt remarkably relaxed and regained his trust and joy in teaching."

Miriam Helle – Accredited Soul Voice® Practitioner & Teacher, Switzerland