

Voice as an Instrument for Self-Knowledge & Vitality

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To learn how to use the sound of the voice as a tool for transformation and personal insight is invaluable to me. In this article I will gladly take you on to a journey into the possibilities of the sound of the voice. How our voice can bring us closer to ourselves and can re-unite our conscious and unconscious inner worlds. And also, how voice sound frequencies can break down inner blockages and recover energetic frequencies of the body. Vocal sounds have soul, have consciousness, and are a forgotten medicine. We all have a voice, we all can make sounds, anyone can do it, we just forgot how.

Breath and voice - energy charge and discharge.

Breath and voice are inextricably linked. No voice without breath, without breath no life.

The sound of Hā in Hawaii means breath, but also breath of life, life and energy. Breath is also the wave on which we talk and make sounds. How we breathe determines and at the same time, reflects how we feel. With a balanced breathing rhythm, the inhalation and exhalation are of the same length. If we breathe in briefly and breathe out for a long time, we will gladly take care of someone else, but may find it harder to take care of ourselves. When we have a relatively long inhalation compared to a shorter exhalation, we can be hypersensitive and often too negative and absorb the energy of others. We immediately feel attacked or ill-treated and are not able to determine our limits in a healthy way. When we are superficially breathing or having difficulty breathing, we might be caught wallowing in our fears or have a busy mind.

Alexander Lowen, founder of bio-energetics, has done a lot of research into the influence of breathing on the body and on the mental health of humans. The more actively a person breathes the more energy the body absorbs and the energy levels rise. Breathing is not a cure in itself. Most people cannot own a deeper breath or maintain breathing spontaneously. This has to do with the energetic patterns that one has acquired during development into adulthood. They speak of it in bio-energetics energy charge and discharge. We can only function if there is a balance between energy charge and discharge. This maintains an energy level that is sufficient for activities and general function. The energy that one absorbs corresponds to the amount that one can discharge. When actions and movements arise from free self-expression & are adapted to the reality of the situation, a sense of satisfaction and pleasure arises from the discharge of energy. This pleasure and satisfaction stimulate an increase in metabolic activity, which is immediately reflected in deeper and fuller breathing. As mentioned, pleasure and satisfaction are the immediate experience of self-expressive activities. If one's capacity to express oneself is limited by inner ones resistances, the ability to enjoy is reduced. In that case it will be the individual subconsciously reducing energy intake to maintain the energy balance in their body. The raising of a person's energy level cannot be brought about easily by breathing. The roads of self-expression through movement, voice and body awareness should be opened so that greater energy discharge can occur.

Our limited and unlimited world

Bengt Stern speaks about the limited and the unlimited world in ourselves. In other words, the unlimited person & the limited person. The limited world consists of the physical dimension of the universe and certain non-physical phenomena such as thoughts, feelings, experiences & action. The limited world includes everything that can be described with the intellect.

The limitless world is the spiritual or existential dimension of the universe, which encompasses everything that transcends the intellect and therefore cannot be described. The experiences of the unlimited world are love, creativity, inner silence, intuition, wisdom, openness, simplicity, truth, compassion, playfulness, joy and humor.

One way in which someone can come into contact with the unlimited world is through the fear of becoming aware and breaking through limiting patterns. For this it is necessary to release unnecessary mind control. An open connection between the limited and the unlimited world makes it possible to experience a sense of universal connection and unity.

The more we are able to unite the limited and the unlimited world within ourselves, the more it is possible to live from our heart and experience life in all its fullness in the here and now.

Lost freedom

We all have consciously or unconsciously built up inner resistances on the way to maturity. Memories of not being heard, fear of speaking or being laughed at. We often do not realize how much we are repressing, because it is more pleasant and comfortable to hide what is difficult to express. Every time we have an emotion or a creative impulse, we suppress our immune system. The energy in us does not move, the feeling can go nowhere, because it is rejected; there is no room for us to express ourselves. The tendency for repression is so familiar that we may not even notice it. It becomes a habit or a sleeping sensation in our body. We do not take enough time to listen to the signals from the body or the inner voice. We avoid listening to our true nature and compensate for that with all sorts of addictions such as too much food, drugs or alcohol, too much time for the television, computer or on the telephone, forced work or other distractions. We forget to have free time to experience nature and tune into Source. We forget to listen to the sounds of the sea, the sound of the wind whispering in the trees and the birds that let us share in their natural joy. How do we free ourselves? How can we train our bodies to listen again to its natural impulses? How do we give voice to what the body gives us?

Voice as an instrument

Karina Schelde has researched the effect of the human voice on the body and how to use voice for physical and mental well-being for more than thirty years. Based on her research, she has developed the Soul Voice® method.

The voice is the most powerful tool for mobilizing energy in our body. Nothing comes closer to the core than the sound of the voice. Voice has soul, consciousness and intention. Voices penetrate those areas where we cannot reach with our minds; where our restrictive conditionings are locked up. Voices touch our cellular memory and resonate with our primal memory of who we essentially are. They are capable of connecting the different worlds in us, bringing them together and harmonizing, which brings us closer to ourselves. One can experience a sense of unity. Tuning frequencies are able to return the body back to its original vibrational frequency. They work through all our layers of consciousness, physical, mental, emotional, spiritual and have a healing, cleaning, purifying, connecting and vitalizing effect.



" Primordial sounds are the mysterious link that holds the universe together in a web that is the quantum field."
Deepak Chopra

Everything is vibration

As the old ones knew, everything in the universe is vibration. Energy is vibration, consciousness is vibration, the chair you sit on is vibration as well as this page.

Sound is also vibration. Just like our thoughts. "Resonance" is the frequency at which an object naturally vibrates. Everything has one resonant frequency, whether we can perceive it with our hearing or not.

Awareness = energy = vibration = sound.

In accordance with this concept of sound, it is also important to understand that every organ, every bone, every piece of tissue in your body has its own separate resonance frequency.

Just like the subtle-energetic energy layers (mental, emotional and spiritual) around our physical body. Together they form a composite frequency, overtones and that is what is called personal vibration. Thanks to resonance, the vibrations of a vibrating body can move another body. That is easy to observe when, for example, a singer's voice breaks a glass. What happens is that the voice of the singer is capable of the same resonating frequency as the glass which causes the glass to vibrate. Due to too much sound energy and the rigidity of it glass, the frequency breaks the glass.

To vitalize the body with voice is based on the same principle. Just as it is possible to tune to the resonance of a glass, it is possible to tune to the resonance of a body part or organ. When an organ or other part of the body is in a healthy state, there is a natural resonant frequency that is in harmony with the rest of the body. With stress, suppressed emotions or physical discomfort however, a part of the body has adopted a different "sound pattern" that is not harmonious vibration. By tuning specifically into this different sound frequency, it is possible to use voice sounds to help restore the natural sound pattern of the body.



Every cell is a "listening ear". Inspired voices penetrate into every cell of our body.

Another physical phenomenon that occurs when a body becomes vocally exposed is so-called entrainment, or the adaptive capacity of sound frequencies.

Strong rhythmic vibration of one object can cause to change a less strong vibration of another object so that the rhythm of both objects coincides. In this way it is also possible to change the frequency of our brain waves (Will and Berg, 2007). This results in a consciousness shift and information from our subconscious becomes accessible.

The voice of your Soul is spontaneous

The voice of the soul is first and foremost a voice that touches us; it is the primordial sound of the soul. It is from there she gets her creative and healing power. She is the liveliest instrument there is, built from breath, rhythm and tone. Indigenous people know that primordial sounds can cure. They use the voice as a means to unload deep unconscious inner blocks. This has a purifying and healing effect. We are familiar with these spontaneous expressions with the voice. Such as sighing, groaning, laughing out loud, a sound of wonder (ahhh), or when we eat some delicious food (mmm). These sounds are spontaneous, intuitive and soul-linked. The voice is a special instrument that produces sound with the goal of restoring harmony. Children do this naturally. They have the ability to quickly change from one emotion to the next; to play without getting stuck in control and judgment. Children are great guides for working with the voice. As adults, we sometimes move away from our natural and spontaneous expressions. Our personal conditioning prevents us from being free and spontaneous. Spontaneity is a quality that opens our hearts. It is up to us to free ourselves from limiting conditioning.

Influence of voice on the body

Dissonant voices

Dissonant sounds are sounds that are often not pleasant to listen to. They irritate because they resonate with memories & unprocessed emotions that have settled in our emotional body. In essence, unprocessed emotions hinder contact with our unlimited world, the place where creativity, passion and the ability to enjoy, live. Do use dissonant sound, the blocked energy starts to move & the body can release (years of) accumulated tension. Emotion, or e-motion, is nothing more and nothing less than energy in motion;. Emotions are the bridge between the limited and the unlimited world.

Harmonious voices

Harmonious sounds bring harmony to the body. They make the body receptive (energetically) to recharge and to relax. After release of tension from the body with dissonant sounds, the body becomes more receptive to harmonious sounds and has the possibility to go back to the original energetic blueprint.

Overtone vocal sounds

When we consciously add a range of tones to a base note in a sound, we create overtones. Overtone sounds are high frequency sounds and have a strong therapeutic effect. Alfred Tomatis, a French throat, nose, and ear doctor has spent 46 years of his live to study the functions of the human ear and the importance of listening. He discovered the therapeutic effect of overtones after the leader of a Benedictine monastery had called for help. The new abbot of the monastery thought that six to eight hours of chanting was of no use and skipped it from their daily schedule. Shortly thereafter the monks had complaints of fatigue and depression. Various doctors were unable to trace the problem. It was Tomatis who finally found out that without the uplifting effect of the Gregorian overtones, the monks were incapable to maintain their strict schedule of work and prayer. As soon as Tomatis re-introduced the daily chant, the monks were soon able to resume their 24-hour work schedule.

Overtone sounds have a harmonizing and cleaning effect on the body. They balance the left and right hemispheres of the brain and influence the frequency of brain waves. High overtones present in Gregorian chant have the capacity to affect the central nervous system and to re-energize the cortex. Overtone sounds are capable of releasing pain or tension from the body. They balance our being and raise our energy. Overtone sounds provide us access to a higher consciousness, through which it is possible to experience a sense of unity or oneness. Overtones are often present in both dissonance as harmonic voices.



Tuned & embodied vocal sounds bring transformation.

Voice as an information carrier of intention.

Vocal sounds can be "programmed" with an intention, thereby the effect of the voice on the body is enhanced. For example, visualize that you are eating a very juicy apple and saliva production starts immediately. The water literally runs into your mouth. So we are able to evoke physical sensations with visualization. The same applies when you make a sound with an intention, with an image, with a feeling in your body. The sound will have a stronger tangible physical effect. Just think of how different a song will "feel" if the singer is full of passion or if he sings the same song on autopilot. In the first case our mood will be touched more.

It is an example of how the intention and the visualization contribute to the effect of the voice on the listener. Jonathan Goldman expressed this in the following formula:

visualization + vocalization = manifestation.

When translating the visualization and the intention to a sound frequency, the embodiment of the intention is crucial. Embodiment is simultaneously visualizing and feeling the intention in the body. Deep breathing promotes the embodiment and thus the resonance of the sound.

If we give sound to what lives in us, to how it feels, we become, the interpreter of energy, as it were. We call this a healing voice. It is not about a beautiful sound or a beautiful song. It is not about "what it sounds like." There is no wrong sound! Every sound has effect, no matter how loud, soft, pure or false the sound may sound. It's about how it feels in the body. It is, as it were, an inward-acting medicine that aims to restore the physical body and to relax the mind. Every cell in our body is a listening ear. It will incorporate the healing sound frequencies as a "balm for the soul." As we open ourselves for the healing frequencies. This brings about relaxation. The body can restore to the original healthy frequency. At this point feelings of inner peace, self-confidence and pleasure become available from the unlimited inner world.



Liberation

Summary

The primordial vocal sound from our embodied soul is the voice of the subconscious and works through all layers of our body awareness. She is able to break open the limited world of thoughts, unprocessed emotions and desires. This creates increased vitality and opens our creative force. It cleanses the body from tensions and emotional blockages and restores the natural harmony. When body and mind are in balance, we get access to a higher awareness and it strengthens our intuition and confidence. We come in contact with the heart, the place of our essential intelligence and feelings. The voice of the soul opens up our feelings, enlivens our breath, and carries the living voice of the heart. It is the connector between our limited and limitless world and makes us receptive to life experiences of openness, connection, unity, love, compassion, inner wisdom, trust, playfulness, enjoyment and full life in the here and NOW.

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