

A Soul Voice® story from before the Soul Voice®

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The Soul Voice® method is a method that develops naturally along the tracks of what are the spontaneous impulses of the human being: manifesting oneself. By this term, manifesting oneself, I mean bringing one's inner universe into the world so that it finds its place and frees us from the need to hold it back. That is, to hold back that information that compressed inside conditions us and often hinders us from living our Life with pleasure. It is that which frightens us or which we believe to be misjudged by others but which is misjudged by ourselves in the first instance. It is a process that allows for a conscious processing of inner dynamics that leads to an understanding of who we really are.

Since our nature is to manifest ourselves, the information, beliefs, and traumas that prevent us from doing so, do not belong to us but we have acquired them through the events that have involved us or even through the memories of family branches, we have mistaken them for our own and we have become absorbed in them. Letting them go then will be the way to awaken self-consciousness and better delineate one's being so as to find the meaning and reason for our days.

A fantastic discovery, even obvious, but certainly not taken for granted I would say it could be defined as our intrinsic task, that of refining our inner essence so that it is able to realise what our Soul's project, when we are born, brings with it. The story I want to tell describes how Alfred Wolfsohn, born 23 September 1896 and died 5 February 1962, a German national, came to understand these great truths. His job was that of a singing teacher but he was confronted with the tragedy of the First World War.

To help out, he offered himself as a stretcher-bearer in the trenches of the battle outposts.

During this terrible time, he witnessed the death of many of those soldiers suffering and screaming in pain...those sounds, those screams stayed with him and even once the war was over, they would not go away, giving him hallucinations.

He was diagnosed with shell shock, which was the way a mental disorder typical of combatants and veterans of the First World War was diagnosed.

In short, a kind of post-traumatic stress disorder.

This type of disorder was considered, and was considered, curable through targeted psychotherapy and the taking of antidepressants.

But Alfred was not receptive to therapy and this disorder continued to accompany him until he began practising on himself a mode of vocal release that he described as 'a combination of catharsis and exorcism'.

He used extreme sounds, those sounds he heard inside and by giving them a voice, he brought them out into the world so that finally, by letting them go, he was free of them.

Normally those sounds subjected to our judgement, that which governs and controls us, are considered ugly, dangerous, fearful inhuman, sounds too unpleasant to hear. We shy away from those sounds.

Thus is born the fear of our 'dark' side, that which does not respond to the rules of silence to which we have subjected ourselves.

As if the dark side is not what gives strength to the bright side. The experience Alfred had with himself healed him and was so effective that he began to teach his vocal techniques to others as a form of therapeutic expression. Later these techniques were incorporated into drama therapy and music therapy. Not only that. Subsequently, some of Wolfsohn's students used the extraordinary vocal range that those techniques allowed to develop to create performing arts productions, which influenced avant-garde theatre and experimental music. Moreover, upon his death in 1962, many of his students formed a theatre company called Roy Hart Theatre under the direction of South African actor Roy Hart who had studied with Wolfsohn for fifteen years, and who continued to influence practices within expressive and performing arts therapies. In short, Wolfsohn had made an extraordinary discovery that allowed him to restore to the voice its power as a guide and instrument for expressive freedom and deep wellbeing. He brought this to the world of the arts and theatre because in that world it is more acceptable to allow oneself to break out of the sound patterns that regulate us...

With the Soul Voice® method, on the other hand, we bring into everyday life the right to recover deep contact with what we are, letting go of what does not belong to us and does not serve us to grow.

Those sounds that are so unpleasant are, in this method, the precious keys with which to open those invisible inner prisons that close our horizons.

Finally cleansed and polished, it will be easy to claim what our life is really worth living for.