



Part 2

The Healing Gift of your Voice



How you can work with
the healing gift of your voice
to support your health, vitality and well-being

You are invited on a journey to explore the wonders of
your divine instrument - your own voice !





The healing gift of your voice

Our voice is a wonderful gift - it allows us communicate about all aspects of life, to question and discuss, and to express our needs.

Above all, our voice is a magnificent and powerful tool for self-healing.

We all have the ability to create healing sounds for ourselves -
to use the sound of our own voice to heal.



We have many beautiful instruments such as the piano, harp and flute, however, we ourselves are divine instruments, and are capable of creating an extraordinary range of sounds, simply through humming, toning or singing.

We are divine instruments and our sounds can heal.

Our sounds (healing frequencies) can alter the vibrations in every cell, organ and system within our body and every layer of our aura, restoring health, vitality, balance and harmony.

In fact, just by sounding long vowel sounds, we can reduce our blood pressure and rate of breathing, as we become deeply relaxed.





How you can heal with your voice

Your voice is the most powerful healing tool that you have.

It is intimately connected with who you are, and already tuned to your frequency and needs.

Yet, how many people are really comfortable with the sound of their voice? They may have been hurt or disempowered by others criticising them, or by past traumas of having said the wrong thing, at the wrong time. Also, many people have been told that they can't sing.

Numerous people are shy about their voice, and yet the sound of our voice expresses who we are, and is our most powerful healing instrument.

I love to show people how to use their own voice for healing, and I'm delighted to have this opportunity to show you in clear and simple steps how to do this.

If you can hum, or tone vowel sounds -
YOU CAN CREATE HEALING SOUNDS

It is as simple as that.





Using your voice to create healing sounds

Two audio recordings are included in this part of the course which will guide you to start creating healing sounds with your voice.

1. Gentle introduction to creating sounds with your voice

This recording will guide you through the steps for becoming more comfortable using your voice to create healing sounds. You will start by humming softly, then tone vowel sounds, and finish by creating whatever sounds your body would like to receive.

I hope you enjoy the recording, and that it will ease you into using the amazing gift of your divine healing instrument - your voice.

2. Practice sending your healing sounds to various parts of your body

Now that you have explored creating healing sounds with your voice, are you ready to start sending your healing sounds to various parts of your body?

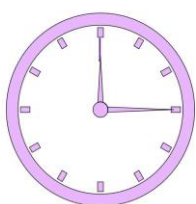
This recording will guide you through the whole process, and soon you will be in the flow of healing sounds.

The steps for doing this are summarised on the next page.



Steps for sending your sounds to various parts of your body

An audio recording guiding you through these steps is included in the course



15 Minutes

Part 1. The sound of your breath

1. Start by focusing on the sound of your breath as you breathe in and out, gently and evenly. The sound and rhythm of your breath will calm and relax your whole being.
2. Ensure that you are fully grounded and protected. Ask the wisest aspect of your being to assist you with this exercise as you connect with the loving energies of your heart and the wisdom of your mind and Higher Self. Also ask any spiritual guides and beings of light that you work with to assist you.
3. Breathe in, and on an outbreath, imagine that you are sending your breath, along with its life-force energy, to your right hand.

(There is already an energy pathway established from your breath and lungs to your hand as oxygen and life-force energy is carried in your blood stream to your hand.)

4. You can energise this process even more by visualising your hand receiving your breath and life-enhancing energy.
5. Let a picture form in your mind of what your hand now looks like. Is it alive with energy?
6. Notice the sensations in your right hand. You may be aware of a tingling, slight vibration, heat, or a new vibrant sensation of aliveness.

Continued overleaf



7. Now compare the sensations in your right hand to those of your left hand. Do you notice a difference?
8. For balance, send your breath and its life-force energy to your left hand and notice the sensations.
9. Choose another part of your body and send your breath and life-force energy to that part.

Part 2. Your healing sounds

Now that you have experienced how your body feels as it receives the sound of your breath and life-force energy, you are now ready to practice sending healing sounds to various parts of your body.

10. Breathe in, and on an outbreath, send a humming sound to your right foot.
11. Visualise vibrant light and life-force energy (healing energy) travelling on your breath and wave of sound to your foot.
12. Let a picture form in your mind of what your foot now looks like.
13. Notice the sensations in your right foot, and compare it to your left foot.
14. For balance, send a sound to your left foot, while also visualising light and life-force energy (healing energy) going to your left foot. Then notice the sensations and what your foot now looks like as it receives your sounds.
15. Now focus on sending a wave of sound (humming or a sound of your choice) to another part of your body.
16. Visualise vibrant light and life-force energy travelling on your wave of sound.
17. Let a picture form in your mind of that part of your body becoming alive with this life-enhancing energy.



18. Notice the sensations and what this part of your body now looks like.
19. Choose a different part of your body and continue sending healing sounds. As you do this, tune in to your body and see what sounds it would like to receive. Experiment - and have fun!
20. Finish by ensuring that you are grounded and protected again, and thank the wisdom of your being and any spiritual beings that have been working with you.
21. Rest for a few minutes afterwards and record your insights in your healing journal.

I recommend that you continue to practice this exercise,
4 or 5 times a week for about 15 minutes each day.

Enjoy the experience, and soon you will be flowing with healing sounds.

Frequently asked questions

Question: When I send a sound to my hand, I notice a tingling sensation, whereas when I send sound to my leg, it feels warmer.

Answer: This is your body's way of sending you signals to let you know that it now has an increased flow of energy, or blockages have been dissolved. So you may experience different sensations in different parts.

Question: I often find that I want to change the sound or the volume of the sound I am creating as I continue to send sound to a part of my body.



Answer: This happens because you are 'tuned in' and following the guidance of your intuition in producing a new sound, or increasing its volume. Even within this short practice, your body is responding, and is healing and rebalancing. Your body starts to vibrate with a new frequency (sound), and you are 'tuned in' and following your inner guidance as you change the sound you are creating to a new and appropriate sound.

Question: I'm not sure which sound to send. How do I know it is the right sound?

Answer: It is always helpful to bring your focus within, and ask your body a question - what sound do you want to receive? You will be using your intuition, your wisdom and the loving guidance of your body, in creating the healing sounds.

My experience: I usually start by sounding a note, and I may adjust this note a little, based on how it sounds, and how I feel about it. Usually after 3 or 4 notes, I have relaxed into the process, and am in a flow of healing sounds.

As you continue to practice, you learn to trust the process; you experience the results and benefits, and know that the sounds you are creating are the right sounds for you at that moment in time.

You are now ready to start using your voice to restore balance and harmony on all levels - physical, emotional, mental and spiritual.

