

*Authentic Voice*  
*Authentic You*

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# Introduction

**Hello beautiful soul!**

I'm Louise and I am so happy you are here.

In this book I want to offer you some insights and support to help you reclaim the power of your authentic voice and feel free to express your authentic self in all aspects of your life.



**We live in a world that is in dire need of transformation and yet is also a world of wonder and possibility.**

**As a human being living on the earth at this time you have the potential to bring about positive change through the power of your voice.**

**You also have the opportunity to enjoy the rich experience of fully expressing your unique and authentic self in your life.**

We all have this opportunity, yet many of us don't take advantage of it because we fear the judgement of others, we doubt ourselves and we don't understand that we have the power to create our own experiences in life. We live as victims, rather than powerful creators. We don't see that we are here to fully express our own unique 'soul signature'.

**This book will empower you to reclaim that power and speak up for what matters to you most.**

**It will encourage you to listen to the passionate voice of your heart instead of the condemning voice of the inner critic.**

**It will support you to take the next steps to share more of your authentic voice and your unique frequency - your 'soul signature' - with the world.**

**The world needs your light. I'm here to help you share it freely and joyfully!**

*Love and Light*

A handwritten signature in cursive script that reads "Louise".

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## My story

As a child, I was very shy (which most of my friends and my husband find hard to believe as I'm pretty talkative these days!) I am an identical twin and was able to communicate easily with my twin sister, even though to others it sounded like just a mumble of unintelligible words. She always knew what I was saying!

From the age of six I had to wear thick glasses which I hated. This was a huge event at that tender age and shut me down in many ways.

**I felt that I was deeply flawed and unacceptable to others.**

**I felt that there was something wrong with me: that I was ugly and broken.**

**I felt rejected and excluded.**

My thick glasses formed a barrier between me and other people and I became very quiet and studious. At a subconscious level I decided that if I couldn't be pretty and popular, I would be brainy instead! So I buried my head in my books and didn't speak up much for fear of attracting critical attention to myself.

**Although I did very well academically, eventually gaining a place at Oxford University to study French and German, I had very low self-esteem and didn't know how to relate socially to others.**

I felt like I was invisible and struggled to build friendships and intimate relationships. I would feel the words that I wanted to say churning inside my head - but be completely unable to express them through my voice. At parties I didn't know how to make small talk with others and often slipped away early, feeling despondent and isolated.

**Whenever I did speak, it was apologetically, with my hand in front of my mouth.**

Believing that no-one wanted to hear what I had to say, I spoke in a way that actually made it hard for others to hear me, so I continually confirmed to myself that what I believed was true. When, in fact, I was unconsciously creating that experience for myself over and over again through my meek demeanour and apologetic, mumbling voice.

**In my twenties I moved to Australia and began a toxic relationship with a man who constantly criticised me, saying I was over-educated and knew nothing about real life.**

My own self-esteem was so low that I believed everything he said about me (I discovered later, after we had broken up, that he was actually envious of me and all that I had achieved). By that time I was chronically depressed but it was a blessing in disguise, as I began therapy and slowly dug myself out of the pit of low self-worth I had fallen into.



**I started to do self-development courses, learning how my thoughts and the way I spoke to myself were actually creating my lived experience.**

I began to see that the voices inside my head that kept telling me I wasn't good enough were just the internalised critical voices of people in my past: from parents and teachers to schoolmates and ex-boyfriends.

**I realised that the stories I was telling myself weren't true, and that there was another voice within me that was crying out to be heard.**

My spiritual awakening began around this time, as I started to honour the voice of my heart and soul. I devoured New Age books and used the power of affirmations to land my first proper job! I moved cities and found a loving and loyal boyfriend who helped me to heal from that first toxic relationship.

**I began exploring my voice as an instrument of creative expression and healing.**

Despite being so shy, I had always loved singing and had been in choirs at school and college. I joined a female harmony group in Sydney and started to write my own songs, eventually recording an album which was launched just before my son was born.



I was also immersing myself in the ancient practice of chanting sacred mantras, where I had many profound spiritual experiences which deeply

opened my heart and made me realise how important my voice was as a way to connect to the Divine within me. I wept as the sacred sound and loving energy released all my grief.

**Eventually I trained as a Sound and Light Channel, learning how to open my divine connection to allow healing frequencies (light language) to flow through my voice for healing and transformation.**

I also started to offer sound healing circles, workshops and private sessions to assist others to discover the joy and power of their own authentic voices and align to their true nature.

*If I can reclaim my voice and express my authentic self, then so can you.*

Are you ready to join me? Let's dive in.

## 2. Why you don't speak your truth

**When you were a baby, the only way you could express your needs was through your voice.**

If you were lucky, you would get the response you desired in a timely manner. At other times, your voice may have been ignored or attracted a negative response, such as anger or frustration, from your caregivers.



**As you got older and began to 'use your words', you learned the power of language to express your desires and intentions.**

As a young child you could assert your will by saying 'No!', but you also learned that doing so could come at the cost of losing the love and approval of your parent or caregiver.

**You gradually learned that it wasn't always okay to express yourself freely.**

*'Why is that lady so fat?'* you piped up in the supermarket, only to get told off by your mother. You felt confused and hurt, not understanding why you were in trouble. After a while you decided it was safer to keep your observations and questions to yourself.

**Over time you learned the types of responses that would elicit a positive response from authority figures such as parents and teachers. You absorbed social expectations around what was acceptable to talk about and what wasn't.**

You discovered that sometimes telling the truth hurt others or made them uncomfortable, so you started to withhold your words, manage them to make your message more acceptable - or even say the opposite of what you really wanted to say!

I have a son who is on the autism spectrum and does not have the ability to monitor his words in social settings. He will loudly announce that someone has bad breath or tell them to their face that it's time for them to go home. As his mother, this can be embarrassing at times and at others, refreshingly honest! It makes me realise how much we learn to censor ourselves as politically correct citizens.

**You may have found that you were unable to find the words to say what you really wanted to say or that when you did speak, you were misunderstood or criticised by others.**

Perhaps you grew up in a family with lots of loud talkers and you were the quiet one who couldn't get a word in edgeways. In your despair, you gave up trying to express your views and opinions to others.

**Maybe you talked *too* much and were criticised for being a chatterbox or your family and friends made fun of what you said. After a while your enthusiasm for sharing your ideas and inspirations ebbed away.**

As a teen and young adult, you may have found yourself in situations where you wanted to say 'No' but you didn't.



Peer pressure and the desire to fit in may have led you to repress and ignore your truth and do things you didn't really want to do.

Perhaps you had sex too young, accepted alcohol or drugs when you really wanted to say 'No' or didn't speak up when your school friends bullied someone.

**Maybe you always had a feeling of being an outsider and didn't know how to talk to others and make friends. Perhaps others laughed at you when you tried to join in or you just never knew what to say.**

By the time you reached adulthood, your ability to state your desires, set your boundaries and speak up for what you believed in may have been severely compromised. In fact you may have lost touch completely with your own inner voice by this stage.

Of course, this is not necessarily true for everyone, and I have encountered many young people with an admirable degree of self-awareness, authenticity and empowered self-expression.

But they are the exceptions rather than the rule, and there are not many people in our modern society who feel genuinely free to express their truth and share who they really are in all aspects of their lives.



**These are some of the common factors I have observed with my clients which prevent them from authentically expressing their truth:**

- fear of losing love and being rejected by others
- fear of being hurt or punished by others, not trusting others
- fear of causing pain/harm/ discomfort to others
- feeling not good enough / unworthy to speak up
- waiting for permission from others ('not allowed')
- feeling ignored/misunderstood/drowned out (why bother trying?)
- feeling too loud/intense/overwhelming/intimidating for others
- wanting to keep the peace in order to protect oneself/others
- wanting to fit in with others and feel a sense of belonging
- being unable to express in words what is felt inside
- feeling numb and out of touch with one's own feelings and desires

### Reflection Exercise

*Do any of the above factors resonate with you?*

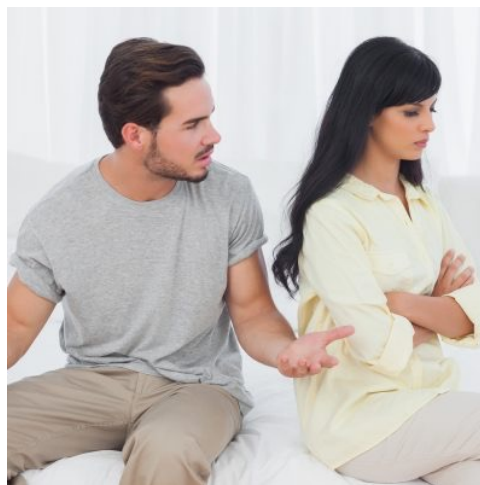
*If so, is it the same with everyone or only with certain people?*

Make a list of the significant people in your life, including members of your family and extended family, your friends, people you work with, significant people in your community/neighbourhood/church/sports team etc.

Now look at each name in turn and ask yourself:

*Am I able to express myself authentically with this person?*

*If not, why not? What am I afraid will happen if I do?*



*'Can't you at least tell me what it is you don't want to talk about?'*

### 3. The hidden costs of silence

Shortly before my daughter was born, just as I was beginning my healing studies, my mother died of ovarian cancer. She had already survived breast cancer in her rocky marriage when I was still a child, followed by thyroid cancer after her marriage of 28 years was ended by my father.

He refused to speak to her after the divorce and I firmly believe that the words that were choked up inside her throat contributed to the thyroid cancer. Medical research shows that cancers often arise about two years after a stressful event. Mind-body medicine, as described for example in the work of Dr Deepak Chopra, helps us to understand how blocked energies can manifest in particular areas of the body as disease.

**This is an extreme example of how the energy that wants to be expressed through our voices can fester within us if we don't let it flow. Stuffing our words and feelings deep down inside will take its toll on our health and wellbeing.**

Another example is a client who came to me for some healing sessions after she attended one of my voice workshops. She had also survived breast cancer and still had some lesions in the tissue of her upper chest. During one of our sessions, we uncovered the fact that as a child she had been molested by a family friend's son and her mother had told her not to speak about it, for fear of ruining the friendship. So she had kept quiet.

The shame and anger about not being heard or supported by her mother had stayed choked up within her for decades, finally manifesting in her physical body. (I am happy to report she is now in good health and is able to honour and voice her feelings in an empowered way).

**Other ways repressed thoughts and feelings can emerge in our lives may be through anxiety and depression, as the blocked energy held within us gradually drains our life-force and happiness.**



**Alternatively, we may experience outbursts of anger, rage or grief that seem disproportionate to the situation in which they arise.**

Many of us can recall a time when we flew into a rage about a relatively minor incident, simply because it was the 'last straw that broke the camel's back'.

There is such a build-up of unexpressed emotion within us that we reach the tipping point and out it comes, like an unstoppable tsunami, often with damaging effects for those around us.

**In intimate relationships, if we don't express our feelings and take time to listen to those of our partner, misunderstandings and false assumptions can take each partner down a rabbit hole of suffering and resentment.**

Issues that could have been resolved with one conversation if each partner had been willing to discuss them, can harden into bitter feuds, estrangement and separation.

**So it is in our own best interests, as well as those of the people around us, that we find healthy ways to articulate our feelings and allow pent-up emotions to find an outlet sooner rather than later.**

## Reflection Exercise

*How do you express your feelings when they arise?*

*Do you have people in your life who are willing to listen to you?*

*How do the people in your life express their feelings to you?*

*How do you respond?*





## 4. Identifying the false voices in your head

I recall a time when I was in my mid-twenties and was studying a Marketing Diploma in Sydney. I wasn't very interested in it as it was a choice made from my mind rather than my heart, and I remember envying the students enrolled in the more interesting, creative courses.

One day I was lying on my bed feeling resentful about needing to study when suddenly I realised that the voice in my head that was telling me to work so hard wasn't really mine. I saw that if I really wanted to, I could lie around, eat chocolate all day and not study at all!

### **So whose was the voice that was putting so much pressure on me?**

It was the internalised voice of my father and his expectations of me to study hard and get a good job to 'pay off that expensive education' (he actually said that to me in a phone call once). I had internalised this demanding voice and the child inside me felt that if she didn't work hard, she would not be loved.

For a young child, receiving the love of our parents is of major importance and we all adopt certain ways of being and of expressing (or not expressing) ourselves that will assure that love is forthcoming (or at least, that we will avoid further pain and punishment if our parents are too wounded themselves to be able to express love). This is survival!

### **We also internalise the beliefs of those around us, particularly if certain statements are repeated like a mantra.**

My mother often said, "We can't afford it" and I learned to expect "No" from her so stopped asking for things I wanted. I was shocked when my younger sister, who was the baby of the family, would simply ask for things and get them!

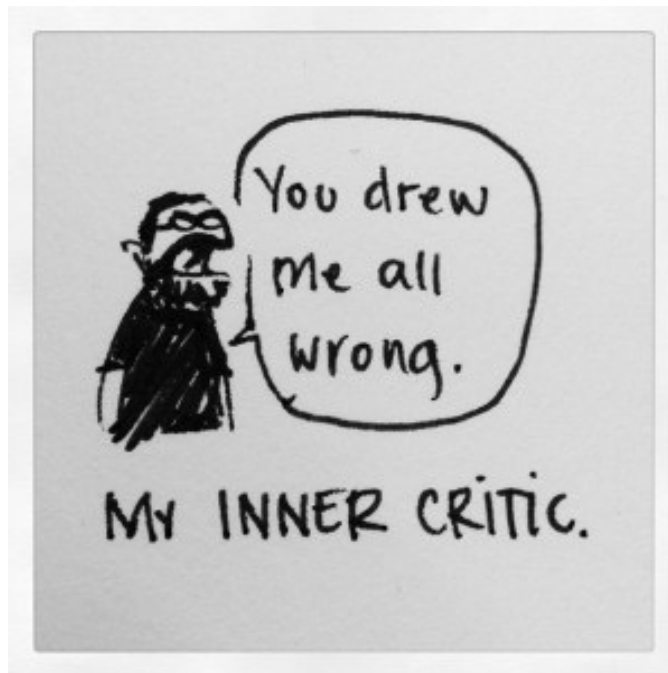
I had internalised my mother's belief around money and even as our family circumstances improved and we became more affluent, I still had that negative belief repeating in my head. Later in life I would stop myself from doing things out of a belief I couldn't afford it, when in fact I could have found various ways to earn the necessary money. But the inner voice stopped me from even considering that my desires could be fulfilled.

### **Everyone has some kind of negative voice within, variously described as the wounded ego, the inner critic or the saboteur.**

It's the one that calls you an idiot when you make a mistake, questions your worth, says 'Who do you think you are?' when you try to step up in your life and points out all of the difficulties and problems with taking the next step towards your dreams.

It's the one that grabs you by the ankles just as you're stepping up onto centre stage to be seen in your truth.

It trips you up time and time again. What a party pooper!



**The good news is that you don't have to listen and you don't have to believe a word it says. Once you realise that this is not the true voice of your authentic self, you can rip off the mask and laugh in its face.**

You can say:

*'Hey, thanks for telling me all the ways I'm not good enough. You've done a great job. But you're no longer welcome here. I want cheerleaders, not party poopers. It's time for you to go.'*

**Once the room is empty you can light some candles, put on some soft music and invite the voice of your heart to come sit with you and whisper in your ear what it truly desires.**

**Finally, you'll be able to hear it.**

**So the first step towards reclaiming your own authentic voice and honouring your authentic self is to acknowledge that:**

- **the critical, doubting, demanding voices in your head are not yours**
- **they aren't telling the truth about who you are**
- **there is another voice within your heart that is longing to be heard.**

## **Reflection Exercise**

Think about the negative messages you received as a child about yourself, life and others.

*Whose voices had the strongest impact on you?*

*How have you internalised these voices?*

*How are these voices impacting on your current reality?*

Consider the impact on various areas of your life including:

- *intimate relationships*
- *relationships with family and friends*
- *finances*
- *career*
- *health*
- *body image*
- *creative expression*





## 5. Listening to the authentic voice within you

**Although I have now spent decades exploring meditation and other spiritual modalities to centre me in my deepest self, I didn't have a regular meditation practice until my thirties.**

Prior to that I kept myself busy and didn't really enjoy doing nothing as then I had to spend time with my negative, chattering mind. All of those internalised voices that kept telling me I wasn't good enough! So I tried to distract myself by filling my time with endless activities.

**I look back now and see that I had a deep fear of simply being with myself because I felt worthless unless I was *doing something to prove that I had value.* How exhausting!**

I felt at a deep level that I were to stop and be still, I would no longer exist as all of my identity was caught up with performing to please others and get the love and approval I craved (from my father, my boss, my partner). To be still was literally death to my sense of self.

**But of course that was a false self, not my authentic self, which could never be extinguished.**

I feel sad now to look back on that younger version of myself who simply could not see how valuable she was just for being her. Who could never relax and 'feel comfortable in her skin', as the French say so beautifully. Who was afraid to simply *be* with herself, because she believed she was deeply flawed and unlovable.

Maybe you feel this way too sometimes. Perhaps you're angry with yourself for your perceived 'failures' in life or feel ashamed that you aren't healthier, wealthier or more successful in your career or relationships.

**We live in a world where we are all told do be more, do more, have more.**

**We are rarely told that we are already enough and that we have nothing to prove.**

**We are rarely encouraged to listen to our hearts and act on our intuition.**

I wish I had learned sooner in my life the benefits of simply slowing down, tuning into my breath and body and softening into my heart.

**I wish I had known that there was a voice within me that wanted to inspire and uplift me. A voice that would say, 'You've got this. And I've got you'.**

I wish I had known that I could always access a more expanded, powerful version of myself if I just took a moment to step out of my fearful mind.

I wish I had known that my Higher Self, my true self, was always there to guide me if I just took the time to ask - and to listen for that guidance.

If I'd known, perhaps I would have taken more time to listen out for it.

**Developing a daily practice of listening to your true self is vital.**

**Taking time to remove yourself, even for a few minutes, from the demands of daily life can powerfully reset your focus and your energy.**

**Tuning into your heart and your intuition on a regular basis is essential for you to make choices that support you in your life and are fully aligned with the truth of who you are.**

## **Reflection Exercise**

Sit quietly and close your eyes.

Focus on your breath and allow your body to relax.

Feel your feet on the floor and your spine upright.

*Observe yourself for a few minutes.*

*How does it feel to be still?*

*Notice what you are thinking about, without judgement, simply with curiosity.*

*Don't try to stop yourself from thinking, simply observe yourself in the act of thinking.*

*Notice any judgements that arise about doing the process.*

Now bring your awareness to your heart, dropping out of the mind.

You might like to visualise that there is a ball of light in your mind that gradually moves down into your heart.

Breathe deeply into your heart, visualising a bright flame there that grows bigger and brighter with every breath.

This flame is the essence of you.

Imagine that this flame is like a pilot light that never goes out.

It is always lit and when you focus on it, it expands and spreads its light throughout your entire being, like a strong yet tender embrace for every part of you.

Imagine that this flame could speak to you in loving tones.

*What would it say to you, this true essence of yourself?*

*How would it like to support you, this flame of divine light within you?*

*How could you support it, in turn, to grow brighter and stronger?*



## 6. Reclaiming the power of your voice

When I do healing or mentoring work with clients I am always listening intently to what they tell me about themselves and the challenges they are experiencing in their lives. Often the words that come out of their mouths will reveal the limiting beliefs that they are holding within them:

*'I have to do everything myself'.*

*'No-one understands me.'*

*'I don't have enough money/time/talent.'*

Once uttered, these words vibrate in the space between us and we can hold them up to the light to see if they really tell the truth about this person and their lived experience.

We can then begin to clear these beliefs and energetic imprints from the body, mind, heart and soul. We can direct energy and intention into creating a new way of being, anchored in authenticity and freedom of self.

**One of the ways I encourage my clients to use their voices to heal themselves is through the power of self-directed compassion.**

**By speaking words of apology and acknowledgement to the parts of ourselves that feel hurt and disempowered, those wounded parts feel heard and held.**

**The pain of the past dissolves in the presence of our loving acknowledgement and we are able to bring these parts of ourselves back into wholeness.**



*"I'm so sorry you feel broken. I'm so sorry you feel sad and lonely".*



We can then learn to speak a new language of affirmation, empowerment and self-love which will keep us centred in that authentic version of ourselves, no matter what challenges we face.

**We can rewrite the limiting stories we have been telling ourselves and put ourselves in the lead role.**

We can state the loving truth about ourselves and finally accept it.

We can express deep gratitude for all that we are and all that we are yet to become.

We can say 'No' to the judgements of the past that have condemned us and 'Yes' to the desires of our hearts.



*"I am grateful to be me. I take care of myself and listen to my heart"*

**In summary:**

We can use our voices to name and forgive past experiences which have limited us.

We can use our voices to release stuck energy and access our own power.

We can use our voices to affirm our own worthiness and to offer ourselves loving kindness and support.

We can use our voices to articulate what we want to create in our lives.

We can use our voices to advocate for ourselves and to ask clearly for what we really want and need.

We can use our voices to empower and inspire others to find their own truth and express their authentic selves.

**We can use our voices to heal, to create, to inspire, to teach and to lead.  
Our voices are powerful indeed!**

## Reflection Exercise

Say out loud to yourself as you feel into your heart and your body:  
**'I am free to express my authentic voice in every area of my life'.**

Notice as you say the phrase if you have any resistance to it. It's important to say it out loud so your body and emotions can respond to it. Your mind may want to believe it but your body and heart will tell the truth! You could also rate it out of 10, where 10 is completely true and 0 not true at all.

*Does it feel true in every cell of your body? Is it a 10 out of 10?  
Or is there a flutter of doubt, a feeling or voice of resistance arising within you?*

If there is, you know there is something within you that is asking to be heard and healed by your loving awareness and attention.

*Can you name what the resistance is about?  
Does it apply only to particular areas of your life or to particular people?*

These are all clues to the limiting beliefs and feelings held by wounded parts of you. Parts that are actually trying to keep you safe by stopping you from speaking your truth, because they have been hurt in the past and believe they (and you) will be hurt again.

*Can you offer your love and compassion to these parts of you?  
Can you honour their experiences and feelings?  
Can you lovingly release them so you can make new choices?*

When you can say the phrase without any flutter of resistance, then you can make it your daily affirmation.

*How would that feel, to be expressing yourself authentically?  
How would it change your life? How would it change your relationships?  
Your work? Your finances? Your health? Your creative expression?*

## 7. Your throat chakra: the doorway of expression

At your throat is an energy centre, the throat chakra, which is responsible for how you express your truth and assert your creative willpower.

It is the centre through which you can open to channel the wisdom of your Higher Self and share that with the world.

It is the centre that, when fully opened and activated, makes your voice a powerful and radiant force for transformation.



**It is the centre through which the intentions of your heart are articulated into powerful sound waves that radiate into the physical world and create your reality. Words, when infused with the energy of intention, can be incredibly powerful - in both good ways and bad. So watch your words!**

In the ancient tradition of yoga, the throat chakra is depicted as a 16 petalled lotus, with each petal governing a specific aspect of communication and creativity.

When this energy centre is blocked, we may feel that words get stuck in our throat, that we can't say what we want to say, or we feel that we are invisible and misunderstood. We feel frustrated, sad or angry. We feel that we aren't living the deepest truth of who we know ourselves to be.

This chakra is also intimately connected with the sacral chakra at the lower belly, your centre of creativity and sensuality. There may be blocked energy here also, leading you to feel that you are unable to birth your creative ideas into form and manifest what you really want in your life.

**It is important that you acknowledge the power and importance of your throat chakra and take good care of it, so that you can allow energy to move freely through the medium of your voice.**

As you grow in confidence and are able to express yourself more authentically, you also need to ensure you are not using your words carelessly or in a way that could harm others. Your voice is a powerful tool and you need to take responsibility for the words you offer into the world.

**As you reclaim more of your power to create your own reality, you want to ensure that you are speaking words that empower you and create what you really want, not what you don't want!**

Use your voice with awareness and you will reap the rewards.

**Some simple ways to activate and nurture your throat chakra are:**

- chanting and singing (see the next section for a simple practice)
- toning the sounds 'eye' or 'eee' or 'Haam'
- sticking out your tongue and sighing with an audible 'Aaaah'
- babbling - make any sound you like, as if you were talking to a baby
- wearing the colour blue
- clicking your fingers around your throat area to clear blocked energy
- placing your hands gently on your throat and transmitting loving energy
- saying positive affirmations e.g. 'I speak clearly, honestly and openly.'
- expressing gratitude
- practising asking for what you need in an honest and empowered way
- taking time to tune in before saying 'Yes' or 'No' to other's requests
- doing creative activities
- doing yoga poses that support the throat area eg. plough/plow pose



## Reflection Exercise

Sit quietly and place your awareness at your throat chakra.

Breathe in and out deeply and sense how this area feels for you.

Notice any areas of restriction and breathe into them.

***Ask yourself, what does my throat chakra need right now?***

Speak the answer out loud then go and do that thing. Trust your own intuition.



## 8. Voice as a tool for healing and transformation

**Do not underestimate the power of the human voice, when used with right intention, to effect powerful healing and transformation in the world.**

Voice, like all sound, is made up of vibration: sound waves that travel through space and interact with people, places and things.

Our bodies and energy fields are also vibrating, and as we receive the vibrations of sound, this affects our own vibration in either a positive or negative way. I'm sure you have had the experience of feeling your mood change as a result of hearing particular songs or pieces of music.

**When we imbue the vibrations of our voices with the energy of positive intention, whether through singing soothing tones to a child or speaking positive words with authenticity, we can contribute to the healing and transformation of the person, place or thing towards which our sound is directed.**

The powerful images of water crystals in Dr Masuro Emoto's book, *The Hidden Messages of Water*, show clearly the impact of hateful words versus loving words on the structure of water. Positive, loving words create beautiful, balanced patterns whereas destructive words create ugly, chaotic patterns.

Since we are over 70% water ourselves this is something to take note of! No wonder any negative messages we receive as children become imprinted on us if they are repeated often enough.



**thank you**



**I will kill you**

**The good news is that we can re-imprint ourselves with positive words and energy, by consciously working with both our inner and outer voices to send new, empowering messages and vibrations to ourselves.**

Voice has been a key tool for me in my spiritual awakening and journey of self-healing. While I had always loved singing and was a member of school and college choirs, it wasn't until I started exploring the devotional (bhakti) practices of Sanskrit chanting that I really discovered the power of sound and voice to open my heart and raise my consciousness.

One of my first spiritual teachers ran an ashram in Australia which was affiliated with ashrams in Bali. The practice was based around singing beautiful chants in Sanskrit and I



had many profound moments sitting in the vibrations of the chant with tears streaming down my face. I could feel my heart opening to a pure stream of unconditional love that bathed my soul in its healing vibrations. I felt that I had come home to myself at last.

I also travelled twice to Bali to spend time in the ashrams there. At one of the ashrams up in the hills, the vibration was so high from all the chanting and devotional practices that I could literally feel it like a heatwave when I stepped out of the car.

That's the power of sacred sound.

**One of the most appealing aspects of chanting is that it is totally inclusive of everyone, no matter what kind of voice they have. It is definitely not about performance, so there is no judgement about whether anyone has a good or 'bad' voice. It is about connection and opening the heart and soul to remember ourselves as the divine beings that we truly are.**

There is nothing quite as invigorating and healing as being with a group of fellow souls singing sacred mantras, with joy on their faces and love in their hearts. It releases stress, energises you and washes away your cares.

**The chants themselves, often in the ancient language of Sanskrit, contain seed sounds that have a powerful energetic effect on our bodies, minds and energy fields. This is also true of other ancient languages, such as Hebrew for example.**

I believe that these languages are light languages, containing powerful light codes which heal and activate when they interact with our physical bodies and energy fields. One of the ways I work with my clients is for them to receive healing frequencies through my voice, in the form of light language and sacred mantras. The sound vibrations allow stuck energy to be released at the core of their being and activate a new level of empowerment.

Some of the light languages that I channel in my healing work sound similar to sacred mantras, whereas others sound more like indigenous languages and some are more 'angelic' or 'galactic' in nature.

**What all these languages have in common is an energetic vibration which has an impact at the deepest level of our being.**

**I believe that we also have our own soul language, and that if you take the time to meditate, open to your own Higher Self and start expressing your voice, you will reconnect with your own, powerful, authentic soul language.**

I encourage my clients and students to practise using their own voices as a way to release old energies and tap into the latent power within them. We all have the ability to channel energy through our voices when we allow ourselves to simply surrender to the sound that arises. Children do this naturally but as we grow up we start to censor ourselves.

Next time you are alone in the car, the bath or out in nature, let yourself babble like a child or sound in long, resonant tones just to experience the sound and energy moving through your voice. It is very liberating to play with your voice without any expectation that it should sound a certain way. Have fun with it and don't let your inner critic say a word!

**In summary:**

**Your voice is your own instrument, healing tool and personal cheerleader, available 24/7, free of charge.**

**You don't need a user's manual to discover all it can offer you.**

**You just need to try it out!**



## Simple Voice Practices: Heart Hum and Om Toning

The Heart Hum is a simple practice I often share in voice workshops or at the start of meditation or sound healing groups. It gets you connected to your own voice, opens your heart and helps you to experience your voice as a way to nurture yourself inwardly and also to offer your energy to the world. There is no right or wrong way to do it, simply relax into it and allow the sound to follow the natural flow of your breath.

1. Sit or stand with your feet firmly planted on the floor.
2. Take a deep breath and exhale down into the earth.
3. Bring your attention to your heart centre and take a breath there.
4. Begin to hum the sound 'mmm' several times in long, resonant tones.
5. Find the pitch that feels comfortable to you (I call it your heart tone) where it is neither too high nor too low for you, but hits a sweet spot and feels just right for you.
6. As you hum 'mmm', feel the vibrations in your chest and throat.
7. Feel how these vibrations are giving you a nurturing massage within.
8. Repeat several times then allow the sound to open into an 'aaah' sound.
9. Notice how it feels to release the sound into the external environment.
10. If you wish, try coming back to the mmm sound i.e. 'mmm-aaah-mmm'.
11. You can further extend this practice, if you so desire, by toning the sound 'AUM' or 'OM', the primal sound of the universe. It is a seed sound in many Sanskrit chants, as well as a powerful practice on its own.
12. As you tone your 'AUM' sound, linger on the 'mmm' and then feel for the sound vibrating in the silence after your voice completes the sound.
13. That moment where you are bathed in the vibrations you have created is the sweetest moment of all. Allow yourself to soak it up. Mmm....!





## 9. Channelling voice

In 2013 I had my first experience of channelling healing energies through my voice.

I was completing the first stage of my training as a healer and had no idea that I would go on to become a light language channel and build a whole business around offering healing through my voice! In order to complete the training I had to offer a session to someone, so I invited a friend and my teacher was there to hold the space and call in the healing frequencies. I found that my hands moved spontaneously over my friend's body and my fingers would click over specific areas as I began to clear energy blockages from her field.

Then my teacher said "Open your mouth and make some sound". I was hesitant at first, but I opened my mouth and several primal screams emerged! It felt to me like this was blocked energy releasing from my friend's body and energy field. The screams were followed by some beautiful long, resonant tones and finally by a sweet, sing-song melody which felt like a unique 'sound signature' or 'soul song' for my friend.

**After the session my friend commented that as soon as she heard the first vibrations of my voice, she felt a massive surge of energy move through her body and felt much clearer and lighter afterwards.**

After completing this training I was guided to enrol in a year long program to learn more about multidimensionality and train to become a Sound and Light Channel. I deepened my understanding of how to open my energy field and my heart to allow powerful healing frequencies to flow through my voice and my hands as light language.

It has taken years for me to really trust in my ability to channel freely through my voice. Now I love to speak light language and feel a deep and loving connection with the energies that flow through me. Light language feels to me like a deep expression of unconditional love and I enjoy not having to find English words to express the energy that is flowing. Light language bypasses the mind and is received immediately by our hearts, our souls and our DNA, which is one of its many powerful attributes.

That said, I also practise asking for guidance in English, which I often receive interspersed with bursts of light language. I would like to emphasise here that anyone can channel, it is 'simply' a matter of quieting the critical voice of your mind, setting an intention to connect with your own Higher Self or another unconditionally loving energy and relaxing so that you can receive whatever wishes to come through.

**I encourage you to take a moment each day to sit quietly and ask for guidance, then allow yourself to receive it through an inner knowing, speaking aloud or writing. You may be surprised at what is ready to be expressed through you.**

## 10. A final word

I sincerely hope that this book has helped you to get back in touch with your own voice and your own authentic self. I have certainly enjoyed sharing my voice with you.

**I encourage you to share your voice powerfully and passionately. In the universal choir that is humanity, every voice needs to be heard in its beauty and individuality.**

If you would like more support to activate your authentic voice and your power to create change in the world, please [apply for a free Authentic Voice Consult](#) with me and let's talk. I would love to empower you to step into your leadership and your fullest self-expression.

Thank you so much for being here. I know that your voice makes a difference in the world.

*Love and Light*

*Louise*

*'The human voice is the most perfect instrument of all.'*

Arvo Pärt

*'One voice can change a room, and if one voice can change a room, then it can change a city, and if it can change a city, it can change a state, and if it change a state, it can change a nation, and if it can change a nation, it can change the world. Your voice can change the world.'*

Barack Obama

