



# *The Intuitive Healing Voice Course*

*with Dominique Oyston*

## THE VOICE THROUGH THE CHAKRAS

The chakra system of the body has so many different applications. It is the vehicle of the soul and is housed in the etheric, life force body.

If we are using our voice in Sound Healing, we need to have at least an overview of the energetic movement associated with each of the main energy centres in the body.

There are some common emotional, energetic themes associated with each energy centre. The voice is highly responsive to, and a major conductor of energy and emotion, so this knowledge serves speaking and sounding brilliantly.

*“The Chakra system is like the tree of life. The more the crown is expanding and growing, the stronger and deeper the roots must grow to keep balance.”*

This is true for the voice also. I learnt the direct cause and effect of this as an opera singer. You want to sustain fabulous high notes, you think low. The larynx sits low, the belly muscles expand low, the deeper you can engage the musculature of the physical body, the more creamy and luscious your high notes are. There is more pressure exerted as we move higher up in the range also.

Each chakra relates to a particular aspect of the human experience. In speaking and sound healing, when we engage with the muscular system associated with each chakra, we engage with the hormonal system, the nervous system, and interrelated life force and function of each aspect. It creates an amazing dynamic behind the physical voice and it is well worth knowing and using.

Here's a basic overview and how it is relevant to us when using our voice.

### **Base/ Root Chakra energy**

Related body parts: Feet, legs, spine, bones and skeletal structure, base of the spine

Glands: Adrenals (survival energy and adrenaline for flight and fight)

Colour: Red (peach blossom if you study Steiner)

Element: Earth

Sense: Smell

### **The Root Chakra and the Voice**

In business the root chakra represents, 'Tribe, Income and Foundation'.

Income is the defining foundation of being in business, so your voice will be triggered by survival issues. The will to survive is determined and even





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ruthless, so we need to learn to not let this energy dominate our vocal expression.

We experience fear, overwhelm and anxiety here. We also experience strength and determination. If we can breathe through the fears that arise from this centre, and use our sounds to clear these vibrations, not only can we unlock some amazing shifts for our clients, but we can use this strength to call in our tribe and build our own vibrational foundations.

Tribe building is a major piece of the success of our business, in fact the foundation. We must gather our peeps. Those that love and support us, and those who love to buy from us. We call it 'list building'. It is crucial. You use your voice to do this regularly. If you can teach your voice to be present with fear, move it through and open the access to the life energies here instead, your voice becomes a power for your business.

Money is connected to the root chakra. Money represents modern survival. When you have to talk about money and selling in the root centre, see it as gathering food for your tribe, walking to the waterhole to drink, breathing in life giving oxygen, singing with your tribe, addressing the basic human survival issues. Everyone is in the same boat.

When our foundation is not solid, issues are lack of income, poverty consciousness, survival issues, stress, numbness, lack of focus, work obsession, lack of grounding, money issues, feeling disconnected, poor health, fear related failure issues, possessions and unhealthy needs. Your poor voice will unconsciously run these stories or hold them back until a wave of frustration and blockage builds up. The voice can experience a major disconnection to thriving through fear blocks.

You can use voice and breath to connect to these deep muscles such as the psoas, pelvic floor to integrate safety, self-worth, solidness, stability, good health, physical strength and vitality, trust, financial independence, earth connection, rhythm, root essence of who you are, a feeling of safety and home. The voice then takes on a quality of grounded authority. It expresses trust.

## **Sacral chakra energy**

Related body parts: pelvis, sexual organs, bladder, large intestines, lower back, hips.

Gland: Ovaries

Element: Water

Colour: Orange

Sense: Taste

**Release:** guilt, shame, manipulation, rigidity, lack of being able to feel, sexual dysfunction, abuse issues, fear of being alone, cravings for physical





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pleasure, addiction, sabotage, blocked creativity, obsession with body appearance, lack of spontaneity, control issues, being over emotional.

**Integrate:** Nurturing, self-love, flow, spontaneity, sensuality, harmony, playful ness, the inner child, fun, sexuality, pleasure, trusting the unknown, trusting the divine flow in life, sense of peace and harmony.

## **The Sacral Chakra and the Voice**

What does your voice connect to here?

Emotion!

Creativity!

Magnetism!

Selling, pricing, relationships, magnetic appeal, creativity, intuition, the desire for partnership and a marriage of masculine and feminine. The sacral chakra centre is where Aphrodite lives and swings her irresistible hips. This part of you can sell anything and enjoy it, but we are frightened to connect our voice here. It is a powerful, seductive part of us. And we have been SO shamed. Use your voice to sort out the business systems that will take care of your human survival needs. Then start creating with the voice from your 2nd chakra. Make it so juicy here, like Aphrodite.

Sing, sound, express, let emotion through. Bring the Feminine Principle of the voice to work here with abandon and delight. It gets your juices flowing and you can open up your voice more joyfully.

The sacral centre and throat centre have a strong life force relationship. If they are not connected, your ability to flow and find your true path in life will shrivel and starve. You create in the second chakra and then communicate that inner experience out into the world through your fifth chakra. You also communicate your inner desires out into the world to create your life. The voice is a link between your inner and outer worlds.

## **Solar plexus chakra energy**

Related body parts: spleen, liver, stomach, gall bladder, kidneys, abdomen

Glands: Pancreas

Element: Fire

Colour: Yellow

Sense: Seeing

**Release:** ego control issues, anger, hate, rage, jealousy, victim issues, dependency, resistance, being selfish, poor digestion, powerlessness, defense, lack of vitality, lack of setting boundaries, depression, competition issues, lack of committing and taking responsibility, fear of being controlled by others





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**Integrate:** confidence, responsibility, commitment, power, perseverance, decision making, trust in yourself, motivation, directness, willingness, own your authority, passion, joy and abundance.

## **The Solar Plexus Chakra and the Voice**

You can use your voice to release things that are indigestible to you through solar plexus energy. The solar plexus is a strong release centre and relies on the movement of the breath and digestive processes to move things through effectively. We can be frozen with fear here, terrified to assert our authority and express boundaries with our voice. Your 'Yes' and your 'No' live here. And the fact that this is the place of personal power and creates the volume or loudness of the voice, means that if you are not inhabiting this centre, and maintaining your energetic presence here, then the strong emotions can get stuck and boundaries cannot be not expressed.

It is vital to be able to use your voice in business to set boundaries.

Many agreements are failed here because of a lack of presence in the voice.

Vocal confidence is one of the primary outcomes of having a healthy connection to the voice here. When you commit to yourself and take responsibility for all your business dealings you can really thrive.

Solar plexus is also where you express your personality.

Personality = niche!

The solar plexus balances the emotional energy of the root/survival centre and the sacral. Are you fully radiating here? Like the sun, so light, so strong, so in service to be a visible Goddess who lights the way for others to awaken to power. Breathe into the solar plexus and create movement that radiates out from you. Solar plexus energy must live and move out into the world through the voice.

## **Heart Chakra energy**

Related body parts: heart, chest, lungs, shoulders, arms, hands.

Gland: Thymus

Element: Air

Colour: Green

Sense: Feeling

**Release:** Sadness, grief, depression, hate, co-dependency, loneliness, confusion, stuck in hurt, self-pity, disconnectedness, lack of breath, giving too much, lack of self-love, fear of intimacy, unhealthy attachment.

**Integrate:** Forgiveness, compassion, self-love and self-passion, peace, divine-universal love, calmness, balance, interconnectedness, intimacy, faith, purity, divine flow.





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## **The Heart Chakra and the Voice**

The heart is the balance point between the upper and lower energy centres. Liberating your authentic voice makes you strong hearted. The word "courage" comes from the French word for heart. "To speak one's mind by telling all of one's heart".

The heart doesn't survive on food, shelter or good living. It survives on love, compassion and full consciousness. When we speak or sing from the heart this vibration is felt throughout the universe.

God/Goddess, Source, the Divine is looking for healers and change makers who will be channels...

...those who have the courage to step up and channel love in the face of everything that tells them this is foolish. It is the current task of our Age for our voices – to speak and sound the frequencies of love. This is what our spiritual masters tell us over and over.

The frequency of Love has been anchored into the etheric body of the Earth herself through Christ consciousness. It shines in our hearts. We can channel this through our voice anytime, anywhere.

To do this increases our intuition and vocal strength. The heart heals. The heart connects. Think of women like Princess Diana, who was called the Queen of Hearts. The voice of this archetype can change the world.

Singing with an open heart is probably one of the greatest gifts we can give to ourselves and others. We know it when we hear it. We see, feel, know it.

I've included a separate document about The Voice and the Heart Frequency in this module.

### **Throat chakra energy**

Related body parts: neck, throat, teeth, mouth, ears

Gland: Thyroid

Element: Ether

Colour: Blue (not dark)

Sense: Hearing

**Release:** Judgement, critique, rejection, fear of truth, not speaking truth, lack of self-love, lack of self-expressive power, and self-awareness, fear of speaking up, fear of listening, rigidity, self-righteousness, communication problems, isolation problems. denial, guilt.

**Integrate:** Freedom, truth, creative expression, ancient remembrance, clear communication, listening, contact to inner wisdom and guidance, feminine and masculine union, clairaudient skills, personal authority, intuition, divine





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will, authenticity on all levels, expansion, manifestation of your visions, speaking the truth.

## **The Throat Chakra and the Voice**

The fifth chakra is the seat of the voice. Your voice is creative. It manifests ideas, inspiration and intentions into physical reality. The voice is like the 'soundtrack' of your life. It mirrors everything that you are. Here you will hear the 'inner' voice call you to listen and the outer voice deliver. It is connected to your most sacred truth.

Consequently, the energy in the throat chakra is one of 'purification'. The Sanskrit name, Vishuddha means 'Purifier.' It is the gateway to the chakras devoted to spirituality. The liberated energy in your voice will support you to express the fullness of who you are. When you recognise, and then communicate your truth, you are preparing yourself for further spiritual work. The throat chakra is governed by sound. You express your divine nature by revealing your essence in all its forms and making it manifest through the voice. All your communication is subject to resonance and vibration.

Ideally the 5th chakra unifies and metabolizes the wisdom of the sixth chakra and the compassion of the heart chakra.

## **Third Eye/Pineal Chakra energy**

Related body parts: eyes, ears, nose, nervous system, brain

Gland: Pineal

Element: Prana

Colour: Indigo

Sense: 6th sense/intuition

**Release:** Confusion in thoughts, busy monkey mind, worries, too talkative, limitation in the view of life, insensitivity, lack of focus, lack of manifesting what you say you want to do and manifest, lack of purpose, lack of clarity and overview, scepticism, inability to organize and plan effectively, lack of mental responsibility.

**Integrate:** expanded awareness, overview or big picture thinking, detailed thinking, clear speaking and communicating ideas, inner knowingness and higher consciousness, visualization and dreams, ancient remembrance, understanding, clarity, seeing beyond, being able to cut through the illusion, wisdom, mental focus and discipline

## **The Third Eye Chakra and the Voice**

Intuition is a primary function of this centre. However, intuition as a feedback mechanism for what is true for us comes equally strongly from the body and the other energy centres. Intuition has different forms. Our body





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‘knowing’ and body intuition have been seriously overlooked and even transferred in common usage to the third eye centre. They have been relegated to the idea of ‘instinct’. But the wisdom body is a real thing. Even science is confirming that we have a ‘gut brain’ and a ‘heart brain’ and that every cell in the body receives intelligence and communicates it. So what else is the third eye chakra for?

The third eye is concerned with the mind and the ability to ‘vision’ meaning far seeing into the universe. We receive clairvoyant (clear seeing), clairaudient (clear hearing) and clairsentient (clear thinking) information here. These are all important for speaking.

The brain is a tool for the intellect to work its magic. The intellect is a planner. Plan your business, plan your speaking, set goals, use your ‘clear thinking’, clear seeing and clear hearing to help you plan. The intellect can receive impulses from the super sensible world as well. Include meditations to receive information and clear your mind before you speak.

It is common for people to use mind tools to conquer fear and nerves. As speaking is a physical gesture, the body and breath are equally effective management tools for nerves. There are specific physical gestures that directly inform the nervous system that there is no threat as does deep breathing. The mind is busy. Sounding with the voice here can calm the mind and bring it into alignment with body, heart and soul. Meditation and sounding have always been taught as a complement to one another.

You can use your voice to tune your clairvoyant and clairaudient channels. I have had some wonderful discussions with mediums and psychics who sing their heart out to the song that feels most right to align their vibration before they go into session. Sound amplifies the clairvoyant, intuitive faculties. Sound clears a beautiful pathway to clear visioning and calming the mind, so it works in a balanced way.

## **Crown Chakra energy**

Related body parts: top of the head, the skull, the aura, spine

Gland: Pituitary

Colour: Violet or golden light

Release: Rigid belief system, spiritual obsession, lack of meaning in life, lack of not being or participating in life, lack of faith, disconnected from Source, disconnected from the physical body, disconnected from meaning





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Integrate: Devotion, compassion, oneness consciousness, bliss and ecstasy, protection on all levels, feeling of being here, of belonging, trust, divine guidance, cosmically connected

## **The Crown Chakra and the Voice**

Sahasrara is the seventh chakra, located at the crown of the head, and connects us with the universe and the Divine source of creation.

The gift within this chakra is an experience of unity, selflessness and the realization that all existence is connected at a fundamental level. It allows us to experience this blissful connection beyond the intellect and beyond the ego.

Tantric philosophy says that Sahasrara is a place of receiving and giving energy and consciousness. Sahasrara receives the energy to sustain life and it gives back the personal energy to unite with the realm of collective consciousness. If we allow our voice to flow with this give and take, we arrive at a place of balance and harmony.

Cosmic energy in the form of creative inspiration and imagination sweeps through the crown chakra and you become motivated (inspired) to create some form of artistic expression. This can be poetry, singing, sounding, music, oratory or any art really.

If you have a psychological story that blocks from believing that this artistic impulse is actually really important to your soul health and your energetic throat chakra health, and is instead is boring, or less than in value, or meaningless, or not a good use of your time, then you miss the opportunity to transform and transmute that very powerful cosmic energy into the material plane as something concrete and be released.

When our voice is open to this centre we will be oracular, free flowing and highly creative.

## **In Conclusion**

The keys to confidence in connecting to the energy of the voice do not just live in the mind. They run through the entire system. You align your energy and voice with everything that is true for you. Trusting that energetic flow and alignment is a strong pathway to solid confidence.

Women are disconnected from fully expressing ALL of their chakra energies through their voices. They are cut off from one or more. Some creativity.

Some finances. Some heart, some mind, some intuition, some Divine connection, some personal power.

All these things are actually served by the voice, the throat centre, if they are to manifest in the external world.

Shine bright with all of you expressing through the voice. *Dominique x*