



The Intuitive Healing Voice Course

with Dominique Oyston

ENERGY/SOUND WARM UPS

Warm ups are so important.

When you are preparing to work with Sound Healing for a client or yourself, you might need to consider what sort of session is ahead of you and what sort of warm up would be appropriate.

Sounding is unique energy work. Singing or making sound with your voice works at the speed of light. It is vital that your container is responsive and ready to feel the vibrational shifts that happen.

Sound and singing work is creative, physical, fluid and light and releases in a gentle proactive way.

Different warm ups will suit different sessions.

I will share some Sound Healing warm ups in the last 3 modules.

Module 4 Warm Ups

'Snake-medicine' release exercise

Snake medicine helps us to 'shed the skin', to release anything poisonous that we have taken on. Locate an area of your body that needs attention in this present moment. This exercise is a warming-up exercise both physically, energetically and emotionally to work with the raw emotions such as grief, anger, fear and joy.

Exaggerate the sensation you experience and start to match it with sound frequencies. Imagine it is going through your digestive system and that you are now tasting it in your mouth. Explore baby-sounds, ah sounds, dissonant sounds and any other sounding that is appropriate.

Then poke your tongue out as you focus on further releasing the poison/pain from the tip of your tongue. Take it with a certain lightness as it is a warming-up exercise however it can still be a deep sensation and release.





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When complete finish with harmonising sounds to your whole body.

'I cut through the illusion'

This is an exercise for grounding and boundary setting. It is a great warming up exercise for any anger work.

Stand in a spread legged position, arms raised above your head, palms together.

With a vigorous movement right in front of your body, cut through towards the earth stating: "I cut through the illusion" or "I cut through my illusion".

Repeat the movement and the statement as long as you desire.

'I clear my space,' or 'I set my clear space'

Another Strong Boundary Exercise.

Setting clear and healthy boundaries enables you to take better care of yourself and choose what is most important for you. Without going deeply into your NO, you will not be able to reach the peak of your YES. Boundaries are important to stay healthy and detached from what you do not need to take on any longer as well as to stay protected from unnecessary invasion in any form.

Alternate between placing your right (or left foot) firmly on the ground with slight bended knees as you make a vigorous movement with your right (or left arm) from a bent to straight elbow, stopping the movement precisely as you express aloud your clear boundary statements. A sense of clearing space in front of you or 'cutting dead branches'.

Examples: "It is my space! no! I can't stand it any longer! go away, I own my power! enough! yes! I am free to express! I am freedom!" etc. Or you might express sounds or syllables as "ho", "nei", "ki", "ha", etc.

For each new expression take a new step forward together with the vigorous arm movement.

Continue as long as needed and minimum 5 minutes!





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HAKA Exercise

The Haka is for strength and bravery

Stand with your feet shoulder-width apart, bent knees, arms straight to the side with open palms.

Now start to breathe deeply as you focus on pulling in the energy from the earth on an inhaling breath. At the same time contract all your body muscles while making a fist with your hands.

Then release on the exhaling breath all the body's tension.

Repeat 3 times and on completion tap your chest with closed palms while making sounds. Let the tapping extend to the entire body.

Practice as long as needed.

Meditative walking exercise

Focus for a few minutes on your inhalation as you practice slowly walking for a while, drawing intentionally in what you wish to receive and attract from nature.

Then focus on your exhale when walking. Focus on letting go - what are you letting go of and composting for good? Let nature hear you, support you and tell you the sweet secrets of surrender. Sound and sing your songs and your calling in of the light while you meditatively walk.

There is a message in every sign from nature that you meet and perceive. Be as open and empty as possible.

You are consciously walking your truth and sounding your prayers while you are connecting with the four elements.

Singing and calling forward your prayers of 'who am I' and 'where am I going?'

Let all nature spirits be a sign and a messenger for your quest and calling.





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Baby sounds Exercise

A warming-up exercise to access vulnerability and deeper emotions.

Baby sounds are very nurturing for your voice. A baby first learns to speak by exploring her tongue and the sounds that come from moving her tongue. Your tongue can be as expressive as you like here.

You can lie on your back or curl up and imagine yourself being held. Surrender more and more into innocence and vulnerability. Be comfortable, create safety and trust.

This is so sweet to do WITH someone. You can each take a turn.

Warm up with baby sound exercises, stretch your jaw, play innocently with tongue movements and be curious. Contact your deepening vulnerability, let your tongue be your guide.

Allow your tongue to connect with remembrance of emotions and memories, for example: I am sad; I am so playful and content; I am happy to have a new playmate; I feel guilty; I mistrust; I trust my tongue; I release all these times that I have not communicated the truth...etc

Express anything that immediately and intuitively comes to you. Choose one sound or even an emotion at a time; then exaggerate and play. You can feel it for real if you like. Memories can often come through with this exercise. I remembered an operation from when I was 1 years old! Therefore, go gently to strengthen reassurance and safety.

Let your exploration of baby-sounds evolve into some syllables and articulations when you are ready: Maaa, maa, baa, baa. The primal language and your own unique discoveries of articulations and syllables are the first stages of engaging 'linear consciousness' through imitation of your mother and father.

Observe what is happening energetically, emotionally, mentally when using syllables and articulations.

Find a closure gently and rest.





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The homework for Sound Healing is really powerwork. You become powerful through practice and awareness. Your sensitivity increases as you engage with your own journey with sound.

It is recommended that you establish a daily practice of 1/2 an hour.

Examples of practices:

- Sound meditation.
- Baby-sounds including various moods.
- Self-chakra sound healing exercises.
- Deep breathing and relaxation exercises
- Choose a raw emotion to work with every week.
- Ritual: Have 21 days of expressing 5 minutes of anger every day
- Make a 21 day grief/laughter ritual: 20 minutes of grief, thereafter 10 minutes of laughter
- Make a 21 day ritual exploring joy & ecstasy.
- Sing your intuitive songs often.

IMPORTANT: Put your energy & focus into becoming a **POWERFUL SOUND HEALER** by developing your own container.

