



# *The Intuitive Healing Voice Course*

*with Dominique Oyston*

## **COACHING YOUR CLIENT TO RECEIVE SOUND**

As many people are unfamiliar with sound as a healing tool, it is important to learn to coach your client on HOW to receive or interact with sound as you move through your sessions. Here are some support guidelines for you.

### **THE SESSION**

#### **Coaching Skills:**

##### **0-point Energy**

0 Point Energy is a technique to remain neutral and energetically grounded and responsive during your session. The practice is to connect to your 0-point of being-ness, openness, readiness, free of attachments on all levels, as you are being guided as an embodied channel.

To achieve this, please practice:

1. Contacting your own hara center & your heart center for focus, centering and grounding.
2. Creating a growing container of trust, safety & acceptance. You sense your container arising from the base of your body and arising in your inner lotus flower energy.
3. Practicing a grounding - or boundary exercise briefly during the session may be necessary with some clients.
4. Shielding yourself in violet light consciously and pray for protection when necessary.
5. Composting into the earth any unwanted energy you may have taken upon you at any time.
6. Checking often your body position and be relaxed maintaining a solid energy field of protection around you.





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## **Tone of Voice**

Understanding the tone of your voice and how it affects others, is a key skill in all forms of coaching, and especially Sound Healing. As a facilitator, it connects you strongly to your feelings and to consciousness.

*'The tone of our voice is often more important than what we communicate, because it reflects our soul essence and state of being.'*

As you listen to the tone of the voice of your client you get a clearer intuitive sense of client's emotional, mental and physical state.

- You can see your voice as Yin or Yang. Your Yang voice can be firm and direct. Your Yin voice can be soft and flexible. A combination of the two often helps client to loosen up and be freer in their expression as well as creates more confidence.
- Does your client talk with soft voice or firm voice? You can choose to mirror the tonality of voice back to client to create connection or make the opposite kind of tone, which may stir up and awaken their issues or story. Use your intuition. Experiment and ask about their response.
- Using a wider range of both high and low tones is another effective way to connect creatively to your client. It may also help your clients to get out of their heads.
- You can also be conscious of the pace of the voice, both of your client's and of your own; changing the pace of voice may greatly benefit the coaching in general.

*Never get habitual or monotone with the tone of your voice as a Sound Healer.*

- Another interesting aspect is to get client to listen to their own voice: Facilitator's questions could be for example:





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*"Have you ever listened to your own voice? What is your relationship to your own voice, in speaking or in singing/sounding?"*

*Now try to slow down your speech. How is that experience? Listen to the tone of your own voice, what do you hear now? What do you feel in your voice? Where does your voice come from in your body? Does it have a reference point within you? Trust that even if you don't like your voice, that can all change with this work."*

**The tonality of your voice determines how a client feels received.**

- You as a facilitator modulate your tone-of-voice depending on the individual case and your underlying intention. The more focused intent, presence and compassion you have mastered as a practitioner, the more you can juggle and play with the tone of your voice. Your voice should always have at its core the essence of compassion, but that does not mean you cannot move your vocal intonation with freedom in the coaching.

**Have fun and courage in all of your explorations of tone of voice!  
And remember easiness and playfulness is stimulating as well!**

## **Breathing Rhythms**

Understanding how to move people through different states with the breath is helpful in all healing work. Understanding how your own voice moves with the breath is fundamental.

In between the sound-work, you will come back to the breathing rhythms which will help to stabilize and integrate the material being processed. It is a tremendous support to utilise the breath only without sounding when appropriate. Trust your intuition if you feel called just to work with the breath.





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## **Touch**

If you discuss this with your client, you can use touch and follow and trust your intuition. Be available for client's requests and communicate with one another for greater clarity as to what is needed.

## **Sounding Together**

Sounding together keeps the energy moving.

Sounding together creates a mirror and a stronger, expansive resonance of listening. It also creates safety and deep support.

## **Teach client to sense the issue in own body**

It is so crucial to get your client out of their head and into their sensitive body. If their storytelling of their issue is too long or too mental, you may immediately guide client into sensing the story's issue and context within the body. Sensing their issue in the body will motivate your client's self-responsibility.

- Guide your client to close their eyes and sense the area where the issue may be located. You may guide client through their entire body in order to get the answer as to where it is located, but most often the client will know. Ask leading questions in order for your client to describe in their own words and perception any thoughts, colours, pictures, sensations, feelings or memories in the area focused on. Use all of your knowledge of visualization and symbols. Images can be very informative and useful.
- Sensing issue in their own body guides client to become more present, to prepare for the practical session and to take responsibility for their own perception, vulnerability and inner listening skills. You may also here guide client to be in contact with their breath.
- If there is resistance in client to go into an area, ask questions as for example: "Why it is so scary? How are you in contact with your breath right now? What contact do you have to your body, if any? What are your fears? Who took your breath/your power away?"







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What are you afraid of expressing? What do you need right now in order for you to be safe in having some sensations arising in your body?"

- Note, if a client is not able to sense with closed eyes, let them have their eyes open. Clients that don't live in their body may have fantasy pictures or other scary images emerge when closing their eyes.

## **Coaching Questions**

Train yourself to do the following:

As a facilitator, train yourself to ask questions that prompt your client's own wisdom and answers to emerge. This opens up the space to empower clients own inner teacher self.

Examples of coaching questions to ask your client:

- What is the core issue unresolved or blocked emotion/ core memory/issue/ problem or belief? Where in your life are you not living fully or authentically? What do you lack the most?
- What core issue could really change your life if you gave full permission and took responsibility for the consequences of these radical changes?
- What is the origin of the issue, the root cause? Do you recall any memory? Where is it located in your body?
- Now guide client into the body: Close your eyes and describe what you feel in that place in your body: any memories, colours, images, pictures, sensations, anything!
- How do you run away or compensate for example by being destructive or sabotaging yourself, or how do you avoid taking responsibility for this issue?

**You will easily get stuck in the mental plane in your coaching if you are not in contact with your own embodied channel.**

'In session' sounding practices will be discussed in another document

