



The Intuitive Healing Voice Course

with Dominique Oyston

THE BODY SOUNDS – INTERNAL ORGANS

"The nature of our internal organs is truly such that a whole cosmos is alive in them. If we merely consider those organs the way they are presented in ordinary anatomy and physiology, this is Maya to a much higher degree than the Maya we face in the world around us."

Rudolf Steiner

All the organs are interrelated.

The more you know about the body, the easier it becomes to connect to the sounds that wish to come through for the body. Understanding anatomy makes you a better Sound Healer. It also makes it easier to interpret the symbols that come through in a Sound Healing session.

You will be developing:

- Your voice
- Purifying your own container
- Your skill sets with Sound
- Your knowledge of the Practice and history of Sound Healing
- Anatomy and the Systems of the Body

Sounds for the internal organs can reflect the denser physical nature of this system. You will encounter bigger and rawer emotional and mental stories lodged in the organs and can approach them in a more robust way with your sounds if you are working intuitively.

You can use toning, expressive sounds, universal sound, ancient language, light language, elemental sounds and animal sounds. Whatever comes through...

Please coach your client in the usual way to receive the sounds and provide a **safe container. Always begin your sessions with safe and gentle sounds. Remind them they can ask to stop or break at any time.**

The more you are able to love and have compassion for yourself, the more you are able to truly bring your services where they really are needed, in true compassion. Your compassion will enable you to look through the shadow, go beyond where the client is stuck in fear, self-pity or lack of authentic expression and from there guide the client to true transformation.



The Intuitive Healing Voice Course

with Dominique Oyston

Pain (super important)

This subject is very important as most people presenting with dense body issues will be accompanied by physical pain.

This pain may have its origin in infection, emotional, psychological or physical traumas, stress and tension, imbalance, psychic attachments, karmic legacy, such things as the pain of withholding the self-expression...

Sounding pain usually means sounding various layers. Pain is a primal polarity. You will sense this as you move through it. Pain has all sorts of sounds. It is a full spectrum soundscape from laughter to wailing and everything you can imagine in between. One of the things you will be doing is getting that energy to MOVE and RELEASE.

Sound is one of the most powerful tools for shifting pain that I know. You will be surprised at first at how effective it is. You can use your sound to get in, under, through, around, connect, embrace and, dissipate and blast. Use your intuition to know which is appropriate. Sometimes the most delicate sound touch can lift it. You never know so intuition and 'sound sensing' must always be switched on.

Sounding a System (also super important)

I do not recommend mixing up body systems in a Sound Healing session. What does this mean?

- If you are sounding the chakra system, just sound the chakras.
- If you are sounding an organ, stick to the organs.
- If you are sounding body parts, stick to body parts.
- If you are sounding the endocrine system, stay within that system.



The Intuitive Healing Voice Course

with Dominique Oyston

- You can also sound meridian points that create balance

Note: If you are sounding the chakras include a lower and a higher chakra for balance. Don't just sound all the upper or lower chakras!

The Organs of the Body: Meaning and Function

The Heart: Light Green

The primary role of the heart is to pump/circulate blood through the vein system to the entire body. As it controls the circulation of our blood circulation it controls our life-force. Within twenty-four hours, four thousand litres of blood can go through the heart! It controls our heartbeat and is the primary source for being alive.

Our life-rhythm is balanced through the heartbeat, which helps to diminish stress. The heart keeps us in contact with all there is, as it is the essential source of all life. You could say that life goes through the heart. The heart also has a strong influence on our mental activity. It enables us to experience relaxation and receiving, as well as nourishment and inspiration in all its forms. Our feeling life and 'feeling the feeling' go through the heart.

The Lungs: White (sometimes Green)

Through the circulation of oxygen, the lungs help to release and expel poisons from the body. The lungs play an important role in the body's defence against 'yin'-fection and other harmful environmental factors.

The lungs play a primary role in our voice work. Our inhalation and exhalation are the most essential functions of the lungs.

The lungs store grief and the fear of receiving fully. The lungs give us space to become a bigger container and relate to boundaries.

Communication with the microcosm and the macrocosm is actualised through the capacity of the lungs.

The Kidneys: Orange/Blue

The kidneys are organs of purification, consisting of two sophisticated reprocessing machines'. The kidneys play an important role in regulating the balance of liquid in the body. About one hundred and twenty litres of



The Intuitive Healing Voice Course

with Dominique Oyston

blood flow through the kidneys per hour to be purified and broken into nutritional components for the body. They produce the red blood cells and regulate the blood pressure. They also process waste products that together, with extra water, becomes the urine.

Kidneys represent our life force and sexuality. They regulate stress, fear and anxiety. Kidney stones are stuck emotions that won't pass through. The dragon-energy is also symbolized through the kidneys.

The Spleen: Yellow

The spleen heats the liquid in the body and controls the temperature of the body. It is the greatest cleanser of liquid. It also regulates the acid-alkaline balance and determines the quality of our blood, regulating our cellular blood composition. The spleen is responsible for and regulates our immune system. It activates white blood cells and is an important organ for our digestion and integration.

The Spleen receives pranic energy from the sun and the aura and circulates it into the physical body and the energy body. It is the source of life for other organs. The spleen is both the receptor and the distributor of prana energy.

The Liver: Red/Violet

The liver is our biggest purification and transmutation system. The liver takes care of what needs to be removed from the system and what needs to be taken into the system. It also controls production and removal of cholesterol. The liver filters the blood.

As the largest organ in the body it regulates the whole metabolism.

The liver is the governor. It is the engine of our entire system. An organ of rejuvenation and regeneration, it regenerates especially between 11pm and 3 am. It releases a substance called 'bile', to help digest and important nutrients. Overeating or too much alcohol disturbs the liver function.

The liver stores resentment, anger, bitterness and lack of manifestation power. In its balanced form, it is our power for moving forward, taking action, doing what needs to be done and manifesting.



The Intuitive Healing Voice Course

with Dominique Oyston

The Gallbladder: Violet

The gall bladder regenerates itself. It assists the small intestines to break down fat. It commands the stomach to do its work. The gall bladder contains the bile and is in close relationship to the small intestines to further move the bile.

The gallbladder is crucial for decision taking, a positive relationship to flexibility, judgment and discernment. It is very connected to the activity of the brain and it is also anger related. The gall bladder can grow very fat with the wrong intake of food or emotional disturbances. Gallstones can then occur.

Stomach: Blue

The stomach receives, accumulates, digests and transports food and liquid.

Energetically it has the function of receiving nourishment, integrating that nourishment and bringing the energy to fruition. The stomach passes on the energy to be distributed by the spleen. 'I cannot stomach this' is an expression meaning 'I cannot assimilate it.'

The stomach breaks emotions into pieces: 'How do emotions and circumstances affect me? Do I embrace them, or do I hide in fear?' In this way the stomach filters what the emotions do to us. They become fear related if we cannot assimilate them properly.

The stomach relates to our gut feelings and is a strong component to feeling nourished.

The Intestines: Red-Violet (Magenta)

Most of the absorption of nutrients and water happens in the intestines. The intestines take what is useful for the blood system, separates that which is no longer needed, and releases it into the large intestines in order to leave the body through bowel movements.

The intestines are the container of emotional garbage; the final digestion of our emotions and thoughts, and a container for the integration processes. The small intestines are six metres long and the large intestines 1.5 meters long. They allow us the time to process.

The intestines represent our recycling, composting and assimilation functions. They help us take the most out of a situation, then let go.



The Intuitive Healing Voice Course

with Dominique Oyston

In this way they are an organ of change. They transform what we need into 'essence'.

Note: *If a client is missing one of the organs, you can send the sound healing to the energetic blueprint of the organ in the area where it was originally situated.*

You can use both these lists: the organs and the body parts as a checklist before or during your sessions to make things clearer.

The Body Parts: A Psychological Map

1. **Feet:** Fear of being yourself, being real and truthful, lack of grounding and connection to the earth in general, fear of manifesting.
2. **Ankles and Calves:** Relate to memories of blocked action: when you were stuck in a situation that you knew you should leave but didn't, or memories of running away from a situation rather than standing in your power.
3. **Knees:** Old mental programming and too much control, fear of dying and letting completely go, the feeling of that you will die if you let go, activation of death-urges, fear of moving forward.
4. **Thighs:** Misuse of strength, not being able to use the power you have available to manifest.
5. **Genitals:** Relate to problems with sex and intimacy, issues that are deeply rooted to life existence.
6. **Sacrum:** Fear of failure and uncertainty in general feeling unsafe, fear of success, deep rooted ancestral issues, shadowing the life force.
7. **Hips/Buttocks:** Lack of dwelling, fear of living life fully and being here, fear of really settling in, life contempt, lack of containing.



The Intuitive Healing Voice Course

with Dominique Oyston

8. **Lower Back:** Fear of losing, abandonment issues, can't ground the upper energy into the legs and the earth, feeling of separation and *'I can't make it'* issues, *'I give too much'* issues, *'giving up'* issues and a sense of not being supported.
9. **Upper back/shoulders:** Taking on people's burdens~ sorrows and pains, invasion issues in general, lack of protection, holding on to being overloaded, heavy or overwhelmed.
10. **Belly:** Problems with digesting life and absorbing life, issues with receiving trust and integration, problems with stuffing everything into 'the emotional garbage can' - the belly! Tendency to swallow life in order to stuff emotions down, lack of vulnerability, letting-go problems in general.
11. **Ribcage & Solar Plexus:** Lack of power and taking initiative, lack of being in own authority, lack of having enough space on many various levels, lack of boundary setting, holding on to ego-power and self-righteousness.
12. **Chest:** Self-pity, unreleased grief, lack of self-love and self-passion, lack of real contact with life, lack of being connected in all its sense.
13. **Throat:** Suppression and fear of own expression, guilt, denial, holding back truth, hiding in shyness, lack of clear communication, lack of free and authentic expression.
14. **Neck:** Stress, not being good enough, feeling of unworthiness, self-esteem issues, separating head and body, control issues.
15. **Upper Arms and Elbow:** Lack of courage and opening up to challenges, not able to sense a natural defence mechanism, lack of boundary setting and feeling safe and strong.
16. **Forearm:** Punishment related issues and memories, lack of dignity and worthiness, strong holding back receiving, pushing away unnecessarily.



The Intuitive Healing Voice Course

with Dominique Oyston

17. **Hands and Wrists:** Creativity, lack of willingness to give and receive, issues concerning touch, caring and intimacy, holding on.
18. **Scalp/Head/Hair:** Lack of being present in the moment, worries about future and past, holding on to busy-mind-stuff, control issues and being overwhelmed in general, note ~ suffering from headaches indicate separating body and mind.
19. **Ears:** Lack of being able to receive & listen to inner guidance, blocking off the outer world, lack of listening to truth in general, issues with easily being overwhelmed by outer noises, lack of setting boundaries.
20. **Whole Facial Expression:** Our mask and our ego-identity, fear of losing our image, lack of being in present time, mistrust of self, 'dying' issues, lack of letting completely go on various levels, worries in general.