



With Suzanne Sterling

Week Two: Trauma, Healing, and Self-Expression

Synopsis from the call:

In this class we discussed the fact that the entire world we live in is composed of vibrations...a soup of wave forms moving at different rates or frequencies...and that we as humans are very sensitive...constantly receiving vibrational information through the instrument of our bodies. We are like walking antennas picking up signals and responding in each moment...and our bodies hold all of our experiences as an energetic signature. Humans (and animals) are made to express what impacts us...if we do not express what impacts us, then we hold onto those vibrations as stress or unexpressed emotions which over time become tension, injury and disease.

When we move energy through the body and the voice through physical practices like yoga, dance and singing we help to remove blocks to the natural life force and increase our ability to respond naturally. In other words, in nature and in human bodies, a healthy system is one in which the energy is moving. When we remove stuck energy or traumatic energy signatures, the body can respond by bringing itself into a state of resonance and healing. Ancient healers of many cultures had strong wisdom about vibrational healing and the use of sound and the voice as medicine. Modern science is now using sound and vibrational healing in all sorts of ways because it is so effective. Sounds are vibrations that can deeply affect matter, and self-expression is one of the keys to healing. We can use our own voices to remove blocks, clear out the body and respond to our lives with the full range of our emotions and life force intact.

When we work with the Fifth Chakra or Vissudha we are inviting expression and communication as well as a vibrational refinement that happens when we rid the body of toxins and speak our truth. A healthy fifth chakra person has a resonant voice, is a good listener, has a sense of rhythm, communicates clearly and lives creatively.

So part of our work here is to understand the traumas that live in our bodies, create ways and places to express and release that pent up energy, and give ourselves permission to respond very differently to our lives...understanding that we are more sensitive than we know.

We also began an exploration of the landscape of the voice and where it lives in the body.

Your homework for this week is to go through this warm-up and practice toning. Try to get a feeling for where the sounds live in your body and try different tones to see how they affect you. Also practice body awareness...if you feel tension or emotion or if you feel yourself beginning to shut down, bring awareness to the physical sensations happening in your body and investigate...shape, color, texture and then give it a sound...how does it shift?

The wound is the
place where the
Light enters
you.

Rumi

Homework for Week Two:

- Go over the warm-up and practice toning. Try to get a feeling for where the sounds live in your body and try different tones to see how they affect you. Take some notes.
- Practice body awareness...if you feel tension or emotion or if you feel yourself beginning to shut down, bring awareness to the physical sensations happening in your body and investigate...shape, color, texture and then give it a sound...how does it shift?

As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation -- either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course. ~ Martin Luther King Jr.

Resources for Week Two: articles and other items of interest.

<http://getvocalnow.com/blog/ariel/reclaiming-silenced-voice>

<http://soundenergies.weebly.com/blog/vocal-toning>

<http://www.anunda.com/support/trauma.htm>

