

# **The Healing Voice. A new vision of the essence and practice of the healing power of vibration in voice, sound and music (Ankh-Hermes, 2001)**

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## **Chapter 1.2 The goal of this book**

This book is intended to delineate the *entire range* of the effects and application of the healing voice as completely as possible. Inayat Khan states the essence in a statement: *The healing voice brings us to the flowering of the soul, the awakening of intuitive capacity. The heart unfolds, as it were, to all the internal and external beauty.*

The healing voice restores our contact with our source, our deepest being, and makes room for the intuitive and creative voice within us. It is a voice that heals because it establishes a connection between our inner selves and our words and actions. It is the voice of love for who we are. Without judgements and without conditions.

There are three important aspects to which I wish to call the reader's attention:

## **Chapter 4.8 The entire range of the healing voice**

*Versatility of use. As far as I know, with the above I have investigated the entire range of the healing voice. The most important reasons to use the healing voice are the following:*

*It has a preventive effect.* People feel stronger, more communicative, more assertive and balanced through the use of the healing voice. They listen better to the signals of their bodies and therefore their feelings, making it easier for them to make their limits and wishes known.

*It is an outstanding tool of self-healing.* The healing voice is an excellent instrument for self-healing. By this I mean bringing the body and soul into balance, clearing blockages and allowing one's spiritual energy to awaken. What is special about the healing voice is that it naturally has a tendency to restore balance and wholeness. I described my vision of wholeness in chapter 1. It became clear that we rarely attune ourselves to our wholeness but more frequently to blockages. The healing voice encompasses the natural intelligence of healing. So the healing voice is always searching for connections. For example: the healing voice touches blockages without becoming deeply mired in them emotionally. It absorbs the blockage in the greater whole of ourselves. Thus we gain the feeling that we are not the pain, the fear, or the illness but that they are part of us and require integration. This is the reason why the healing voice is excellent for self-healing.

The healing voice helps lighten stress, tension and pain and indeed erase them if used regularly. Using it does not require thinking or difficult exercises. It is a question of emitting a simple tone ten minutes each day.

*It furthers a process of inner growth and the development of significant capacity.* The healing voice calms our thoughts and opens our contact with the soul. It intensifies listening and opens the creative potential.

*It supports a therapeutic process and lightens chronic pain and other complaints.* The healing voice can be used effectively for a wide variety of groups of patients, such as for example people with pain, migraine, autism and cancer. It plays a supporting role in processes of recovery and healing of heart patients because it lowers the blood pressure and lowers the respiratory quotient; it decreases psychic tension before operations and examinations, and heals polyps and nodes on the vocal cords. The healing voice is also excellent for psychic complaints due to stress, exhaustion, sleeplessness, depression, labile emotional states, over-sensitivity, loss of concentration, fear, traumatic experiences and dealing with loss. It can also be supportive during the dying process. It can be applied by the therapist himself or be prescribed in the form of exercises for patients. The healing voice helps lift people from their thoughts and put them in better contact with what they really and truly feel.

## **Chapter 9.5 My experience with the application of the healing stem voice toward others**

Over the past few years I have carefully studied the therapeutic effects of the healing tones *Hum, Oh, Ah, Eh, and Ie*. In addition I discovered new tones and learned to apply these to others. I have been able to experience what the long-term effects are on the many students whom I have trained to develop the healing voice. In addition to making the healing voice applicable for self-healing with the aid of practical exercises, I have further developed the possibilities that the healing voice offers.

In recent years I have used the healing voice in dying and mourning processes. The healing voice relieves pain and gives a dying person the chance to attune himself to his soul and the way to the light. The healing voice helps mourners, too. It touches bottled-up emotions and helps integrate them into a person's total being.

The healing voice gives cancer patients a tool with which to ease their pain and can also have a vitalising effect after chemotherapy. In some cases the healing voice is capable of healing cancerous tumours. I saw this in my teacher Don Campbell. If the healing voice is not capable of healing a person, the patient can nonetheless heal in a different way, namely because it increases his inner peace. This, then, creates more space for him to accept his illness and take his leave from life. The patient's relatives, too, can use the healing voice to take away the fear from the dying or chronically ill patient.

The healing voice has a positive effect on babies in the incubator department of the hospital. The voice emits healing that reinforces the child's energy and stimulates and activates his breathing. The child experiences this as peace, warmth and

security as though he lay on his mother's lap. The voice of the mother can play an important role here.

The healing voice is an effective tool for relaxing people and making them peaceful. It decreases psychological stress before operations and examinations; it counteracts tension and neuralgia; it relieves migraine. It lowers the blood pressure and respiratory quotient of heart patients, etc. The healing voice increases concentration and the ability to listen.

Children with learning problems benefit from it in this way. Autistic children can be calmed with the aid of listening to certain healing tones of the voice, helping them to make contact with their hearts and their original expression. Children who are oversensitive to external stimuli can be treated with the healing voice. It makes them more resistant and creates a better flow of the body's energy. It naturally carries away pressure and tension. The spiritual glands that are strongly developed in these children are energised and linked to the body energy of the organs.

I can help people who are unable to speak due to voice problems or such psychic causes as, for example, depression to restore their contact with their souls. The healing voice is a soft and friendly tool that directs itself inward. From a renewed sense of the body and actual contact they learn to express themselves naturally.

The healing voice also supports the processing of (locked up) traumatic and emotional experiences. The emotional pain is not increased but rather touched and surrounded by the healing voice. This gives the subject the feeling of working actively on his emotional recovery. Particularly in fearful people, the application of the healing voice has yielded many positive results. It helps them renew their contact with their inner source and gives them confidence.

As energetic and spiritual therapist, over the last few years of my practice I have helped people with the widest imaginable range of psychic and physical complaints. In addition to a good diagnosis of these complaints I strive to link malfunctions or complaints to the great soul development that a person experiences. This means that I support the client with regard to such relevant themes as: where are you in your life, what is your destination, what do you need now, and what does your illness express? Once a client obtains insight into what is actually going on, his body has room for healing. Old pain, fear that is locked up in the body is released. In the brain and the nervous system, too, there is a click. The old programming of the first years of life is re-evaluated. For example fears and feelings of guilt often originate there.

The body must be healed from the inside out, and it is the healing voice that can restore contact with one's soul. The client has the feeling that he can actively participate in allowing his physical energy to flow, making contact with his heart, and becoming still and listening to the signals of his body.

With the tones of the healing voice the therapist can reinforce a subtle energetic touch as well as breaking through blockages, while at the same time feeling the physical energy with his fingertips. The client is treated not only with sound but also with feeling through the hands of the therapist while continuing to feel secure. The client can also encounter touch with the aid of the healing voice. The client is not only

dependent on the therapist's touch but works actively with him. One's own breath and tone are linked with the touch of the therapist, reinforcing the interaction.

Not everything can be healed in the sense of relieving physical complaints. But the voice can indeed offer healing in the sense of acceptance, forgiveness; the voice can make room for the client to see the deeper meaning of things despite the presence of complaints. For example: while working with my terminal patients I noticed that the healing voice, used by me or by themselves, eases pain or decreases fear, allowing patients to relax better. There is room for such things as consciously saying good-bye or discussing deep-seated fears before dying.

Over the last few years I have taught therapists, remedial teachers, singing masters, musicians, doctors, speech therapists, nurses and managers to integrate the healing voice into their lives and work. Through the use of the healing voice they develop powerful inner contact and the ability to listen, and they can deal more creatively with children, clients, or employees. With the aid of the healing voice, people in the creative professions can reach their origins and inspiration more rapidly and easily. I wrote about the use of the healing voice in a process of spiritual development in chapter 5.

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