

Wild & Worthy

*Transforming Trauma & Liberating Expression Through the Spirit
of the Human Voice*

This is an interdisciplinary study of the nature of trauma and a reintroduction to the potential of its resolution through Holistic Voice Therapy. This was done through experiential research in Epigenetics, Ritual Arts, African Cosmology, Cognitive Behavioral Therapy, Somatics and Quantum Physics.

Nina Simone Newman

(Adi Buntu)


Sorrow is part of the earth's great cycles, flowing into the night like cool air sinking down a river course. To feel sorrow is to float on the pulse of the earth, the surge from living to dying, from coming into being to ceasing to exist. Maybe this is why the earth has the power over time to wash sorrow into a deeper pool, cold and shadowed. And maybe this is why, even though sorrow never disappears, it can make a deeper connection to the

currents of life and so connect, somehow, to sources of wonder and solace (Moore).

Throughout my time at the Globe Institute, sound healer Suzanne Sterling's classes on voice healing had a great impact on me. I was touched most by her forefront radical acknowledgment that human beings suffer, and the world suffers. When Suzanne made this declaration, her tone was free of victimization. It carried empowerment. It carried a grit and willingness to honor the pain of life as a necessary pathway to en-lightened experience. This was extremely moving for me, because it spoke a different narrative than the one, we are taught here in the West. We live in a society that preaches perfection and prioritizes productivity. Therefore, we are conditioned to sweep things under the rug, smile, say, "it's fine," and just keep going, *keep working, keep chasing, keep becoming something else*. Nonetheless, I was inspired to do an experiential research project, that would allow me to go deeper into my own core wound of *unworthiness* and exploration of voice therapy to create a foundation from which to serve others who share a similar experience. To support this journey, I read and applied Lyz Cooper's workbook, "Sounding the Mind of God: Therapeutic Sound for Self-Healing and Transformation."

This endeavor took me down a deep and unexpected path of energy healing, where I found that trauma is inherited, and subconscious reprogramming and Holistic Voice Therapy are essential facilitators of it's transformation.

unworthy

[,ən'wərTHē] 

ADJECTIVE

not deserving effort, attention, or respect.

"he was unworthy of trust and unfit to hold office"

synonyms: [undeserving](#) · not worthy · not good enough for · ineligible for · unqualified for · unfit for

- (of a person's action or behavior) not acceptable, especially from someone with a good reputation or social position.

"the expression of anger was frowned upon as being unworthy"

synonyms: [unbecoming](#) · [unsuitable](#) · [inappropriate](#) · [unbefitting](#) · [unfitting](#) · [\[more\]](#)

- having little value or merit.

"many pieces are unworthy and ungrammatical"

I grew up a tall, chubby, frizzy haired brown girl raised by a single white mother and an inconsistent black father. I was often one of few brown bodies in predominantly white spaces and the closest brown person in my life dangled himself in front of me like a puppet I could never grasp. I didn't feel black and I knew I wasn't white. I was confused and felt like I didn't fit anywhere. Furthermore, I was an extremely expressive and musical child, and I discovered the fun and creative mystery of my voice at a young age. But I was the younger cousin to the, "real singer," and my guardians didn't nurture or encourage the serious development of my passion for expression and I was often told to be quiet. These experiences are few of those that contributed to the vicious whirlpool of self-hatred, self-doubt and unworthiness that I was drowning in by a young age. This whirlpool ricocheted waves of anxiety and depression that inhibited my expression. I've worked with them for most of my life. It is the intensity of these waves that inspired me to learn how to surf.

The experiences of anxiety, depression and not feeling good enough, are common. And so is the desire to learn how to surf or *heal*. Webster dictionary defines healing as a transitive verb, "to make free from injury or disease: to make sound or whole." Although the Western

allopathic model of medicine pressures us with the, “*quick fix*,” notice the repetition of the phrase *to make* in Webster’s definition of healing. This exemplifies that healing is an ongoing process of creating positive change. It is not a destination. We are constantly faced with challenges; once we’ve surpassed a hurdle, another one arises. Sound healing expert and teacher Vickie Dodd says, “Pain and trauma just want to be listened to, not necessarily to be done to or fixed” (Dodd). The healing process starts with accepting how one is feeling, right now without judgment. (*Can you feel the shift and en-lightening feeling that brings?* 🙏). This allowance, invites a line of communication, focused on deep listening, to open within the self.

In my own experience, once I developed a practice of deep listening, I learned that my sense of unworthiness, self-doubt and hesitation didn’t start with me. It is a limiting pattern that comes from my ancestral past. Through witnessing it in others, I came to understand it as a normal response to my experience and continued in the same pattern. Many recent studies, including one conducted by Maurice Wilkins, a biophysicist, who won the Nobel Peace Prize with Watson and Crick for discovering DNA, found that the effects of severe trauma can be inherited epigenetically through studying descendants of Holocaust survivors. Although fifty years ago such a claim would be crossly dismissed, Purce explains that inheritance of acquired characteristics is now, “extremely fashionable in the life sciences. People are discovering that traumatic patterns of famine, pain, holocaust, and racial discrimination have physical and emotional consequences down the generations. Subsequently generations manifest things clearly related to events that happened in previous generations. And why it is not in the DNA, it is thought that in some way not yet understood, the genes are being turned on and off” (Purce).

In addition to setting out on a journey of listening to where limiting patterns come from, it is important to identify the thoughts that reinforce them. They need to be corrected. Author of ‘Science and Human Transformation’ and Professor emeritus of materials science and engineering at Stanford, Dr. William Teller says, “Healing at the physical level or even the etheric level is only temporary if the basic pattern and the mind and spirit level remain unchanged” (Cooper, 38). The following is one of my personal examples of an exercise that I

adapted, inspired by a line of inquiry created by Greek Philosopher, Socrates. Similar techniques are also used by cognitive behavior therapists as well as Adlerian psychologists.

1. List a triggering event.
 - a. *My therapist asked me if I might be being too gentle with myself and permitting certain destructive behavior to continue.*
2. Express how the triggering event makes you feel in the present tense, "I am feeling _____."
 - a. *I am feeling confused and afraid, almost terrified. I feel like I don't know how to be in my body.*
3. Engage in a line of inquiry using the phrase, "This means that..." and "Why?"
 - a. *I am feeling confused and afraid, almost terrified. I feel like I don't know how to be in my body.*
 - b. *This means that I'm going to die lost.*
 - c. *Why? Because I don't know how to live.*
4. Identify beliefs.
 - a. *I don't know how to live.*
 - b. *I'm going to die lost.*
5. Choose a belief to work on and challenge it, "Is this true, why or why not?" If it is true, continue the line of inquiry, "Why or why not is it true?" "This means that...."
 - a. *I'm going to die lost.*
 - b. *Is this true? I don't know, I can't tell the future, I don't know how I'll do.*
 - c. *This means that I'm not in control of my future or my life.*
 - d. *This means that, I hate that! And I want to be in control.*
 - e. *Why? So, I can know what will happen.*
 - f. *Why? Because I don't want to be in the unknown.*
 - g. *Why? Because that's scary.*
 - h. *This means that I'm afraid of the unknown.*
 - i. *Why? Because something might happen to me.*
 - j. *This means that "I'm afraid to die."*
6. Identify further core limiting beliefs and repeat inquiry.

- a. *I'm afraid to die.*
 - b. Is this true? *"Yes, I'm scared of dying, I don't want my life to end."*
 - c. Why? *"Because I have so much left to do."*
 - d. Is this true? *I don't know because I don't know when I'm going to die*
 - e. And this means that *I'm scared of not knowing*
 - f. Why? *Because I'm out of control of my life*
 - g. Is this true? *Partly yes and partly no. There are some things I'm in control of and there are some things I am not control of.*
7. Identify where the belief resonates in your body.
- a. All these beliefs resonate in my solar plexus.
8. Counteract the chosen belief with an encouraging thought that feels believable *and* more uplifting for you.
- a. *"I'm afraid to die."*
 - b. **I know that death seems scary and I understand that. However, I know that my life has meaning, and I choose to allow the reality of my death to inspire the fullness of my life. I choose to trust I am inherently taken care of because I was born a human being of powerful ancestors, given a unique life by a loving God, that lives inside me still.**
9. Therapeutic Voice Session
- a. Hold the limiting belief and the location of its resonance in your body.
 - i. *"I'm afraid to die." Solar plexus.*
 - b. With **compassion** and **curiosity**, and the new thought you've created in heart, meet this the sensation of this limiting belief with a willingness to evolve, using *your voice*, for 20 minutes.

Thoughts are important, the ancients of the Sanskrit texts made this very clear, they say, "The thought is the image of the quantum possibility" (Braden). Thinking patterns like *"I'm afraid to die,"* or *"I'm not worthy,"* can take work to change because when they run unconsciously overtime, they wear an imprint into one's being and can manifest as physical ailments as well. Through this exercise however, the possibility of a new way of thinking was identified. Life was breathed into this possibility wholeness, ease, relief and trust, through emotion, intention and the voice. The voice grants permission for draining patterns to finally be expressed and released.

Every person has a unique voice of their very own. The voice is one of the first subjective experiences of creativity and expression. When one comes out of the womb, the cry is the first indicator doctors wait for to affirm, “they’re here!” This individual sound carries all the implications of one’s consciousness: their needs, their past, their fears, their hopes and dreams. The voice is a bridge from the unseen into the physical reality. Regardless of what story can be attached to dis-ease, no one knows more deeply than you how it *feels*. Because of the intimate imprint that is one’s voice and its nature rooted in creativity, it makes it a very direct and precise tool to create the experience of self-healing. Professor of Somatics at California Institute of Integral studies and author of “Diverse Bodies, Diverse Practices,” Don Johnson adds, “It is that crucial shift from making words and ideas the forefront of our interactions toward giving our ever more attention to the vast realm and wisdom of the experiential.” Independent of the discursive mind, the voice can access patterns of unworthiness that are deeply rooted in the unconscious.

The voice is a quick and effective way to draw back the patterned curtains of stress, pain, fear and trauma to create space for quiet and natural regeneration. Vickie Dodd says that for an experience of healing or wholeness to take place, one needs to be able to engage the parasympathetic nervous system, the place within us where anxiety is eased and mending, and reparation take place. The parasympathetic nervous system is connected to the vagus nerve. The vagus nerve is the largest cranial nerve in the body, connecting to all the organs and tissue. The use of therapeutic voice activates the parasympathetic nervous system as it resonates the vagus nerve, releasing endorphins and relieving stress.

In addition to its health benefits, the science of voice therapy invites understanding the fabric of our reality and to align with it. As modern humans, we are quite familiar with the physical world. There is no denying it. Nonetheless, many of us learn at one point or another that the larger material world is made up of smaller atoms, constituted by a nucleus, electrons and the like, moving at a rapid pace. The atomic theory was originally proposed in the 5th century BC by Greek Philosopher Democritus (Hosch). We now understand aside from its constituents, an atom is mostly space. The space within an atom is the same as the space between you and me, or the space between us and the stars. What Western science is just

beginning to correct and understand at the end of the 20th and start of the 21st century is that this space is not just empty space. It is an alive and pulsing field of energy that is the essential blueprint of the physical world. In 1944, the father of quantum physics Max Plank, identified the existence of this field and he called it, "The Matrix" (Braden). Michio Kaku, dubbed by the Financial Times as "one of the gurus of modern physics," talks about the universe as a, "symphony of strings." In his book "Parallel Worlds," he says, "The mind of God is cosmic music resonating throughout hyperspace" (Cooper, 5). Whether using physics terms or musical ones, scientists have many different names for this field of energy that is also known as prana, life-force or chi. The field can be perceived in waveforms or frequencies. This oscillation of space is creating sound, whether it is in our hearing range or not.

Western science has just arrived at this understanding, where this has where many indigenous cultures begin. In nearly every spiritual rhetoric and culture in the world there is a reference to a "universal sound." The Vedic teachings say that "OM" is the sound of the creation of all things. The bible states, "in the beginning was the word. The creation stories of the Australian Aboriginal people speak of a time where there was only one of each species of animal on Earth. Each one of those creatures sang its own song, enabling others of the same species to be created. Lao Tzu, the father of Taoism and authored of the Tao Te Ching described the Tao as being "the great tone" (Cooper, 8).

One's organs, flesh, blood and bone all resonate at different frequencies. In this very moment, you are expressing a unique orchestra of sound. As well as your physical body, you also have mental, emotional and energetic expressions to your symphony that are always interacting with the energy field in, through and around us. The uninhibited flow of the energy field's cosmic song results in the human system balancing itself. In order to receive this flow, one must understand its language. Its language is feelings and they're spoken through the human heart. Our hearts are the strongest electromagnetic field inside of the body, much larger than the brain (Braden). Coherent heart-based emotions like compassion, change the self-esteem and change the electromagnetic fields in through and around the space in which we exist through the harmonic phenomena of resonance. Resonance is amplification. When one frequency is resonating at a similar frequency to another, but is slightly stronger, the weaker

vibration will be entrained to the stronger one. We see this at work in modernity. Scientists are using frequency treatment for kidney stones, organ repair, and plaque in the brain (Sterling). When we meet the core underlying message of unworthiness through a therapeutic voice, we entrain the denser frequency of unworthiness into a lighter and more subtle one, where one can begin to receive the healing nectar of the great celestial lullaby.

In closing, the voice is our original and limitless connection to the mystery of the undying and unseen world beyond. It can access the vibrant and field energetic field from which we come and make space for healing in ourselves more intimately than anything else. Yes, we've inherited fear-based responses to life and been conditioned to look down on ourselves and our power, our *worth*. But with awareness, a compassionate spirit and willingness to change, we can. We can choose to sing a different song, a song of freedom, for ourselves, our families and future generations to come.

Works Cited

Braden , Greg, writer. *The Language of the Divine Matrix*. YouTube, YouTube, 14 Nov. 2019, www.youtube.com/watch?v=fIC7TABLNvE.

Cooper, Lyz. *Sounding the Mind of God: Therapeutic Sound for Self-Healing and Transformation*. O Books, 2009.

Dodd, Vickie. Sound Healer. San Francisco, Ca. Notes. February 27, 2018.

Moore, Ferguson, Margaret W., et al. *The Norton Anthology of Poetry*. W. W. Norton & Company, 2018.

“Heal.” *Merriam-Webster*, Merriam-Webster, www.merriam-webster.com/dictionary/heal.

Johnson, Don. *Diverse Bodies, Diverse Practices: toward an Inclusive Somatics*. North Atlantic Books, 2018.

Purce, Jill, and Sebastian. “Healing Patterns From the Past.” *Jill Purce*, jillpurce.com/interviews-with-jill-purce/healing-patterns-from-the-past.

Sterling, Suzanne. Sound Healer. San Francisco, Ca. Notes. November 22, 2019.