

# **SPEAKING FROM THE HEART: THE POWER OF THE VOICE IN DEVELOPING INTUITION**

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## Intention

1 Two years ago, I picked up a book on intuition by Swami Kriyananda, a direct disciple of Paramhansa Yogananda and founder of Ananda Sangha Worldwide. The book talked about engaging the spiritual eye (at the point between the eyebrows) as a sending station to pose questions to the universe, and the heart as a receiving station for intuitive guidance.<sup>1</sup> Thus started my journey in consciously developing my intuition, in a quest for an answer to the question I have been asking my whole life: what is my purpose?

2 In this journey, I learnt that there is a greater flow of life. When we resist it and impose our will against it, we feel tired. When we use intuition to attune ourselves to this flow, life feels harmonious and meaningful. Along the way, I felt prompted to explore the power of the voice in developing intuition. The voice seemed to play an important role in connecting to the heart's feelings, and as a link between the spiritual eye and the heart.

3 This paper is a humble offering of the insights gained in my journey working with intuition and the voice. My hope is that it would inspire more people to develop their intuition, and inspire efforts towards greater understanding of how this inner wisdom can be accessed. Intuition, I believe, is the key to unlocking greater human potential, and the path we all seek to bring us home.

## Intuition as Dialogue between Spirit and Form

4 Life is a courtship between Spirit and Form. Spirit is the eternal and infinite consciousness that flows in all things. Form is the material universe that is temporal and defined. As human beings, Spirit is our Higher Self experiencing Form as an individual body and personality. Our Higher Self and Body each have their own intelligence. Our Higher Self knows the Divine Plan for us as individuals, and sees us as not separate beings but as an integral part of the whole. Our Body is designed to help us live in the material world; it contains survival instincts and programming from our genetics, past experiences, and ancestral line.

5 Intuition is the dialogue through which Spirit and Form come to know more about each other. Intuition speaks through bodily sensations, thoughts, feelings, dreams, and physical and non-physical senses. As our material life begins, our Body focuses on functioning in the material world; we see ourselves as separate beings needing to fend for ourselves to survive. Our Higher Self observes and learns about what it means to live in a physical body; it quietly guides us along the path of our Divine Plan. As the Body

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<sup>1</sup> Kriyananda. (2009). *Intuition for Starters: How to Know and Trust Your Inner Guidance*. Lanham: Crystal Clarity.

starts to grow tired and seeks liberation and peace, the Higher Self's intuitive voice grows stronger. It starts to remind us of the truth of our inner essence. We, in our quest for self-discovery, also start to seek to know our Higher Self. This courtship between Spirit and Form goes on until Body and Higher Self become more and more aligned.

### Three Types of Intuition

6 I believe there are three types of intuition:

- a) **Intuition of Form**, which comes from the Body's innate survival instinct and ability to learn and process information implicitly. We see this in nature all the time, for example, in the strange behavior of animals before a natural disaster. In humans, we see this in a mother's instinct to know what her child needs; we see it in the sharp decision-making by experienced entrepreneurs, which neuroscience has explained in terms of the brain's ability to efficiently match the patterns of new problems with implicit memories based on prior experience.<sup>2</sup> However, if we only access the intuition of Form without Spirit, we lack a deeper purpose, meaning and direction; we can become cold or ruled by fear and emotion.
- b) **Intuition of Spirit**, which comes from our Higher Self and the one Source of all – where all things are seen as part of a whole, and all is known – past, present and future. Such intuition can come in the form of guidance on how to better align ourselves with our Divine Plan, solutions to problems, insights into universal truths, or creative ideas. However, if we only access the intuition of Spirit without grounding it in Form, the intuition can lack clarity and we can face challenges implementing the intuition. For example, I have followed guidance from intuitive sources I have come to trust only to realize the timing was not right. On other occasions, I have received intuitive messages for others but because I did not phrase the messages in a palatable way, they were not well received. It is as if higher guidance comes in raw and needs to be processed by our “common sense” in order to be effectively executed in the material world.
- c) **Intuition of Harmony**, which is when both Intuition of Form and Intuition of Spirit are balanced and aligned on a higher intention. This brings us into a state of flow: there is greater clarity on what to do and how to do it; a sense that the universe is synchronistically bringing us the necessary resources and opportunities to implement the intuition; and deep peace and joy. This can be a dynamic process of readjustment and refinement; where the Higher Self and Body cooperate to bring an idea into material manifestation for the highest good of all. This paper will focus on this third type of intuition.

### Sound as a Bridge between Spirit and Form

7 Sound and vibration, as the basic building blocks of Spirit and Form, can be a powerful tool to bridge the Higher Self and Body to develop Intuition of Harmony. I regularly practice toning or chanting 'AUM' as part of my meditation practice. I tone or chant out loud at first, then gradually bring the sound inward until it becomes a silent sound within me. I allow the sound to permeate every cell of my body, so

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<sup>2</sup> Chapter 07: Intuition Research. (n.d.). Retrieved October 26, 2020, from <https://www.heartmath.org/research/science-of-the-heart/intuition-research/>

that my entire being is vibrating in unison with that sound. In the process, I feel the sound liberating stuck energy and blockages in me and my aura, bringing all physical and non-physical bodies to resonate at the same frequency. The internal sound also acts like a rallying call, corralling all energy of the Higher Self and anchoring them in the body. This practice, I believe, has helped me to move through life with greater alignment with my Higher Self, and greater intuitive awareness of what is best for me in every situation.

### The Power of the Voice in Engaging Heart, Throat and Mind

8 The power of sound in developing Intuition of Harmony also lies in the body's sound-making apparatus – the voice. The process of bringing the breath from the diaphragm to the mouth, with the intention of expressing what is in the heart through sound, can help activate the heart, throat and mind. The energy centers at these three areas are particularly important in developing intuition. Swami Kriyananda wrote, "to comprehend truth, feeling (of the heart) needs to be directed to the point between the eyebrows (spiritual eye) ... through the intellect (of the mind)". "Feeling, if not kept in a state of reason, can become caught up in emotional likes and dislikes, and focused more on its subjective reactions than on objective reality."<sup>3</sup> I believe the throat, being the bridge between the heart and mind, also plays a crucial role in intuitive perception.

9 **Heart.** The voice can help connect directly to and express what is in the heart. Many teachings on intuition talk about accessing higher guidance from the heart, where our truest essence – the center of our Higher Self – resides. However, as mentioned above, only accessing the heart's feelings without grounding it in Form, and processing it through the intellect can lead to challenges in implementing the intuition.

10 **Throat.** Sounding the voice can open up the throat, which allows our inner truth to flow, and heart and mind to connect. Ancient wisdom associates the throat energy center with clarity and expression of our personal truth, as well as with our ability to listen and pick up on physical and non-physical cues. The throat gets blocked when fear prevents us from following our inner truth; when heart and mind are at odds. My experience has been that vocal toning with the intention of expressing my inner truth can help overcome such fears. The energy flow generated along the astral spine during toning also helps break up blockages, clearing the pathway linking heart and mind. Expression through voice also generates a momentum that allows more higher guidance to flow through; it is as if our processing and expression of intuitive guidance gives the source of our intuition encouragement to send more information our way.

11 **Mind and Spiritual Eye.** As the process of sounding the voice entails an upward movement of the breath and energy from the abdomen to the head, it can help in directing the feeling of the heart to the spiritual eye, through the intellect. The spiritual eye, located at the point between the eyebrows, has been anciently identified as the seat of concentration, willpower and higher consciousness; it is distinctly different from the intellectual mind, which processes things based on reason and the physical senses. As we channel the heart's feelings through the intellect, we bring Intuition of Spirit up to be processed, clarified, and grounded in Intuition of Form. And as we offer this higher guidance at the spiritual eye, it is sharpened and focused, offering crystal clear intuitive perception. Individual will aligns with Divine Will; Body aligns with Higher Self, thus achieving Intuition of Harmony.

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<sup>3</sup> Kriyananda, & Walters, J.D. (2008). *Awaken to Superconsciousness: How to use meditation for inner peace, intuitive guidance, and greater awareness.* Nevada City, CA: Crystal Clarity.

## The Power of the Voice in Bringing About Calmness, Energy and Love

12 There are three more ways in which I believe the voice can help in developing intuition, particularly by bringing about the following qualities that strengthen our ability to receive intuitive guidance:

- a) **Calmness.** Calmness of body, mind and heart allows us to receive and discern what is true intuition, undisturbed by analytical thoughts and likes and dislikes. Vocal toning and chanting have been widely reported to help in relaxing tensions in the body, clearing thoughts, and calming emotions through vibration.<sup>4</sup>
- b) **Energy.** Paramhansa Yogananda described the human as a radio station, capable of sending and receiving thoughts. He said, "As the power of a radio depends on the amount of electrical current it can utilize, so the human radio is energized according to the power of will possessed by each individual".<sup>5</sup> Sounding the voice can help us focus our intention and will, thus strengthening the flow of energy and charging our "antenna" to receive higher guidance.
- c) **Love.** I believe Intuition of Spirit, and thus Intuition of Harmony, can only be fully unlocked when we are in a state of unconditional love. Love and unity is the nature of Spirit. If we seek intuition with selfish motivations, without consideration of the highest good of all, we cannot access true higher guidance. A state of love also entails faith that there is a solution to every problem; that there is a Divine Plan; that no matter what happens, we will always be supported and loved. This is opposite to a state of egotism and thoughts of "I'm doing it all myself", which prevents us from being receptive to higher guidance. Sound healing practitioner David Gibson writes that there is a specific musical note that each person goes to when they express love with their voice; sounding our "love note" can resonate us into a state of love.<sup>6</sup>

## Meditation to Tap on the Power of the Voice in Developing Intuition

13 Here is a guided meditation utilizing the voice to access and develop intuition based on the principles mentioned above:

- a) **Invocation.** Set the space and your intention by calling in God and Higher Beings that resonate with you. In particular, I suggest calling in your Higher Self, Spirit Guides, and Higher Beings associated with communicating higher wisdom (e.g. Archangel Gabriel, Messenger of God). Ask them to sanctify the space and guide the meditation for the highest good of all.
- b) **AUM chanting.** Chant AUM out loud several times, then softer and softer until it becomes a silent sound within you. Feel every cell of your body and your entire being vibrating in unison with the sound of AUM. Allow the vibration to release any tension in your body and energize all your body cells. Feel your Higher Self and Body harmonizing and vibrating as one.

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<sup>4</sup> Snow, S., Bernardi, N. F., Sabet-Kassouf, N., Moran, D., & Lehmann, A. (2018). Exploring the Experience and Effects of Vocal Toning. *Journal of Music Therapy*, 55(2), 221-250.

<sup>5</sup> Yogananda. (1954). *Autobiography of a Yogi*. Los Angeles, CA: Self-Realization Fellowship.

<sup>6</sup> Gibson, D. (2013). 45. In *The Complete Guide to Sound Healing* (pp. 294-320). San Francisco, CA: Globe Institute of Recording and Production.

- c) **Come into a state of Love.** Mentally affirm three times – “I am loved, I am love, I radiate love”. (If you know your “love note”, you can also tone it. Or you can simply tone the feeling of love. If this is difficult for you, you could recall a memory where you felt unconditional love, and tone that feeling.) Feel your heart fill with love, and allow that love to expand outwards to infinity, to all beings. Offer this feeling of love as your devotion to the Divine at the point between the eyebrows – the spiritual eye. Let your focus and awareness be centered at the spiritual eye.
- d) **Send out your question.** From the spiritual eye, send out any thought or question you would like to seek guidance on to the universe. Pose your question in a positive way with a loving intention. Have faith that there is a perfect solution to every problem; a Divine answer to every question.
- e) **Receive the response.** Wait for a response in your heart. It could come as a physical sensation or a feeling. Be present and open to receive any response without judgement. Do not worry if you do not feel anything.
- f) **Tone the response.** Tone to freely express the feeling in your heart, offering it up to the spiritual eye through the intellect. As you do this, intend that the feeling be transformed into clear intuitive perception at the spiritual eye. If you did not receive any response in the heart earlier, just tone any sound that comes to you with the intention of expressing what is in the heart. Notice the sound you are making – the notes, flow, volume, and energy. Also notice any thoughts or images or messages that may come to you during this process. These may offer clues to the answer to your question. Whenever it feels right, let your toning become softer and softer until it fades off into complete silence.
- g) **Silent listening.** Absorb yourself in the silence and peace, and just be. Observe any physical sensations, feelings, thoughts, images, sounds or smells that you may experience. These may provide further clarity on the answer to your question.
- h) **Conclusion.** Whenever you are ready, send your gratitude to God and the Higher Beings for their support and guidance. Slowly bring your awareness back to your body and the surroundings and open your eyes. Reflecting on and journaling your experience could help bring more clarity. If you do not receive any answers, be patient and have faith; the answer will come in the right time. Practice this meditation regularly to strengthen your intuitive abilities.

## Conclusion

14 Developing intuition is a life-long process and highly personal. When we start consciously working on it, we become more aware of the guiding forces within us and start to explore questions like: How does the intuition speak to me? Where does the intuition come from – Body, Spirit, or a balance of both? What happens when I follow the intuition? What happens when I do not? Can the intuition change over time as things evolve? Can different people have different intuitions about the same matter? Exploring the answers to these questions for ourselves would help us understand and work better with our intuition.

15 My experience has been that developing intuition is like developing a relationship. It is a constant process of communicating, listening, and learning through trial and error. Using the voice to express our intuition creates a positive affirming cycle where the source of our intuition feels heard and is encouraged

to send more guidance our way. And as we receive more guidance, act on them and realize they move us in the direction of our joy, we become encouraged to develop our intuition even more. Gradually, the intuition starts flowing through us more strongly, even when we are not aware of it.

16 Future study on intuition could explore other means of developing intuition besides sound, for example, for visual and kinesthetic learners. It may also be helpful to explore different forms of intuition and ways of accessing them. For example, perceiving universal truths such as sacred geometry, receiving creative ideas for an artwork, or seeking guidance on a solution to a life challenge may all require different approaches.

17 I would like to end with a quote from an impromptu speech by Steven Spielberg at an Academy of Achievement event in 2014:

*“When you have a dream, it often doesn’t come at you screaming in your face, ‘This is who you are, this is what you must be for the rest of your life.’ Sometimes a dream almost whispers...your human personal intuition, always whispers. It never shouts. It’s very hard to hear. So you have to, every day of your lives, be ready to hear what whispers in your ear. And if you can listen to the whisper, and if it tickles your heart, and it’s something you think you want to do for the rest of your life, then that is going to be what you do for the rest of your life and we will benefit from everything you do.”*

18 AUM. Amen. Peace.

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