

Among the most qualified contemporary therapists about voice in the world, Karina Schelde, in this exclusive interview for Science and Knowledge, accompany us in a discovering travel through the Soul Voice method she has developed.

The profound structure of things is made by sound and vibration and through the work with the voice according to the Soul Voice® method, we can free our soul from what is buried; to let be known what is unknown, undiscovered, fearsome; unraveling the most gripped knots and the most distressing blocks. So to can bring in the world our truly voice: a voice speaking clarity, truth and awareness. The voice of our hart, of our soul.

How and why Soul Voice® method was born?

Since the end of my adolescence I was so fascinated by the way in which people speak and walk, as it was in the movements and in the sounds of the voice that people show their own peculiar uniqueness.

It has been this to push me to psychology studies to which I dedicated myself before to go into the theatrical one, in Paris where for four years I mostly worked with the masks.

Coming back in Copenhagen, twenty years ago by now, I clearly understood to have an incredible impulse aimed to disclose the true that those masks hide, masks that all the people put on and in which we hide, we hide suppressing us without manifesting what we truly are, without being honest with ourselves. I felt an impulse to a profound and radical transformation of the humanity and I realized that I needed to work in a closer and intimate way with people to can really “act” this transformation. So I rocked my career and I became counselor, body worker and personal therapist and it has been through these professions in the natural and alternative wellbeing world, that I discovered the importance of the voice. This has been, for me, my initiation to the listening of what is profound and that we are normally unable to reach with words or using hands or breath or any other method or instrument we can use. I think that this has happened thankfully to my previous education as actress and because the studies done about creative expression. So when I stabilized my professional activity in the world of health and wellbeing and sound started to come through me, it has been as I was having a deja vu experience, as all my being already knew.

I would like to deepen the way in which the voice works. What relationship is there among voice, body, the body movement, the depth of the soul and the essence of the person. What's the role in all this conducted by the voice?

There is a special quality in our voice when we free it and we give us the permission to express it in a release modality, that actually is the essence of what the voice is, abandonment of control, when we allow us to go beyond what we call the conscious mind that contains us, sometime too much, inside a linear structure. Then the sound of the person finding itself in that liberating space and so available to receive, will bring informations more heartfelt and frequencies of higher, superior qualities, informations coming from the deeper subconscious, and it is in the subconscious that our dreams and truths dwell, it is there that what has still to be discovered dwells. But it is also the place where the things we are not able to digest or integrate or express live, everything we suppress is hidden there. As many scientific discoveries demonstrate, all that exists is vibration, sound frequency; our organs, our bones, trees and minerals are vibration.

Sound is in itself the weave building all the things, forming the structure of the matter of all is existing. Everything is vibrational energy : the energetic field inside us and outside us is created by sound frequencies. Through the sound frequencies we can take contact with what is dwelling our subconscious and elaborate it with the guide of our hart and our positive intentions so to move what is heavy, blockages, sets of problems, illnesses, discomforts, everything wants to unveil and bring

to expression. In the new book I'm writing I deepen series of considerations related to the recentest studies in the field of the research about vibrational energy, among which, what Masaru Emoto's work highlighted. This Japanese researcher demonstrates how we can influence the water structure through prayer or the expression of positive intentions pointed towards her. Now we have to consider we are made by nearly 90% of water and at the same time we are vibratory frequency, sound vibration.

Becomes obvious how we can easily intervene on our inner composition when we combine our positive intentions with the frequencies of our voice: we can get the core of the structure itself. Furthermore we have to consider the matter that in nature everything is built according to a sacred geometry and we, as human beings, can, working deeper and deeper, to reconnect to this sacred conformation of the nature's laws inside our most profound structure. Looking to the inner geometries of the water drops studied by Emoto we can realize that we are built of that perfection.

So is there a precise message you are spreading in the world through the Soul Voice® method?

Who applies to Soul Voice method, are researcher of their own essence through the different levels of the human existence: the spiritual one, the mental one, the emotional body and the physical one. Many ways exist to research truth and sometime it needs to make a jump in ancient times: sound that everything permeates can do that and without judgment. It exists for real the way for the human being to become a person strong in it's own truth in it's own authority having actually it's own voice without losing itself in looking for guru or methods distancing from oneself.

The Soul Voice® teaches to everybody how to truly take the responsibility of oneself of the own uniqueness, but this is possible only when you dwell in your hart, in your own emotional body.

If we don't want to become robots we have to combine all our energies, all our work through our hart, because is there where everything starts to vibrate and to become so alive , so fully alive.

In our daily life we confront with the exact opposite: more technology, more cost-effectiveness, more velocity. Soul Voice® gives great importance to hart: now is proved also by a scientific point of view that is hart to originate the impulses from which leave all the informations then coming back to the nervous system and arriving at the physical body.

Our task is the one to listen to the wisdom inside our hart and from there to get our decisions and to define where we want to go. For the people having a structure so much linear it can be very difficult and fearsome to explore the emotional world: through the energy flowing from the Soul Voice® work we can explore the subconscious, what is unknown, where God and our inner guides dwell.

What does happen to whom devout themselves to the Soul Voice work ?

People attracted by this kind of work are already experimenting a self growth path and a develop of their own spirituality What happens going deeper with this method is, step by step, to change the own way of living, the way in which we act in our daily life, the constellation of own human relationships. All the ways we correlate to the others, the way we communicate start to refine and this pour out in our work, in our family, with our friends, with all the people we are in touch.

All this is what builds the world where we live, our life style. The awakening of the consciousness to live a life that is not what we would is what many of my students go to discover stimulating their inner honesty and their own truth. We are so good to hide ourselves, to not listen to us, to allow to be invaded by a multitude of things coming from the past because we don't dare to speak the truth in our relationships, inside family, to our sons and daughters, substantially hiding us, overshadowing

that impulse of reality and honesty that truthfully belong us. It is about a deep cleaning process of our inner levels, so to be able to be ourselves in all the rapports of our life. The work consists in changing the state of own consciousness, the way of thinking, the way of behaving, the quality of the own believes. I truly think that Soul Voice® is a method for who wants to make the difference, all around, in life, on planet Earth . My work is becoming more and more to build people who truly want to specialize in this method so to create new practitioners and for who is particularly gifted, also new teachers, but the matter is, in general, to spread that kind of energy arising from the deepest vibration of ourselves expressed through the voice.

What did you learned in these twenty and more years of work with your students, about humanity?

They are twenty five years that I am working about human communication under various aspects and what I feel I have to emphasize for first, concerns to passion and compassion. When I started with my work I thought to can proceed in an extremely fast way and to can heal everything in a moment. But even if sound works in a so effective way, it's not a one night thing. It is really about to take all the time that this journey requires and in this sense it's not about the achieving result or the goals to reach, but it is instead to undertake that journey leading to be the peaceful warrior, passionated and compassionated, living inside everyone of us.

Passion and compassion are closely related, and it is trough compassion that we can transform humanity. In my work, strength and gentleness strictly interweave together. Being the energy of sound so powerful and precise as a laser beam, it needs to be gentle, so that yin and yang can balance together. Different modalities of constellations between male and female are participating in my work to refine and balance these qualities. Humanity needs that these two polarities constituting the structure of the society at all levels, find a trade-off to come back in harmony with nature and also with the native energy. Native energy is a strength very important from which Soul Voice takes its origin. Native culture knows how, through sound and movement, to can leave out demons from the body and what is not needed anymore to bring with. In this way we can come back to understand what nature has to tell us and with the sound we can do so much because Mother Earth and Father Sky can be heard leading us to a new harmony. We can, so, support the transformation that is taking place in our planet.

Written by Maria Cristina Franzoni

Maria Crsitina Franzoni comes from a path of quest about wellbeing harmonic with the laws of the universe and respectful of the person and the environment, from the studies in architecture to the publishing a book of vegetarian receipts, to the geobiology of the Ojas school and the Neuro Emotional Integration from Roy Martina. The meeting with Soul Voice®, six years ago by now, brings a radical turn. Today Maria Cristina is a certified Sound Healer and she is one of the two accredited teachers for the two days work shop “Soul Voice” and authorized to the following five days seminar “ Sound initiation” that allows the access to the international pratictionair certification Karina's path.

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