

SOUL VOICE

Soul voice practitioners **Caroline Barnes** and **Chantal Fabrice** explain how you can discover your soul voice and unlock the freedom of creative and authentic expression

During early spring 2009, Karina Schelde made a unique visit to the UK, introducing the 'Soul Voice® Method' in her two-day introductory workshop. Caroline Barnes and Chantal Fabrice were lucky enough to attend this amazing weekend and listened to Karina speak passionately and eloquently about the healing qualities of the human voice.

During this time the group was guided through a series of vocal exercises that included breathwork and movement. Both of them were stunned by the depth of the experiences that moved them in a way no other voice work ever had.

They felt an instant and absolute knowing that they wanted to discover more about this unique and dynamic way of working. They had finally found what their soul had been longing for, a profound way of accessing and healing the deepest layers of the unconscious. They went on to become Soul Voice® Certified Practitioners and are now training as tutors.

Using the Voice

Caroline and Chantal have trained extensively in the field of Sound Therapy and are both experienced therapists in other fields, each with their own specialism. They were therefore truly excited to discover such an effective and deep way of working with the whole person through understanding and using the voice in this way that complemented their work so well.

Caroline says, 'As humans, we are resonant vibratory beings, so learning to use the voice in this way allows our own unique sound frequencies to penetrate and unravel deep layers of cellular memory held within the body. It has the ability to take us back to pre-verbal communication, where many of our attachment issues originate. Working beyond words is incredibly liberating and enables us to engage our more intuitive



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selves, freeing us from linear thoughts and left brain thinking.'

What it Does

Chantal continues, 'Soul Voice® is a unique method that goes to the core. It helps us to reconnect to the truth of who we are, our true authentic self, hidden behind layers of emotional pain. This pain is multi-layered and may originate from our ancestral lines, past-lives, the way we were conceived, life in the womb, our birth experience and early life.' All are a source of pain and trauma that shape the way we live our life. The Soul Voice® Method helps us to release these emotional layers so we can be truly free.'

The voice is a truly powerful and profound instrument and this knowing has been understood by ancient cultures for millennia. The voice and throat area can hold all manner of blockages and

this can be experienced throughout the entire body. Opening and clearing the throat chakra allows a freedom of self-expression that supports communication and healing on every level, bringing with it the potential for real and lasting change.

Based in New Zealand, Karina Schelde is originally from Denmark. She has synthesised over 25 years of professional experience in alternative healing into her unique 'Soul Voice® Method'.

She teaches her work in Australasia, Europe, North America and Canada and has produced CDs and videos. Her books, *Soul Voice* and *Expression into Freedom* both come with a practice CD. 

Find out more

Caroline and Chantal are the first UK-based Soul Voice® Certified Practitioners and part of an expanding large team around the globe. They are embarking on the teacher training in order to bring the introductory workshops to the UK. They will be offering the two-day workshops from the end of 2013 and five-day retreats at a later stage, a pre-requisite for the Soul Voice® Practitioner Certification Programme: www.soulvoice.net
Caroline Barnes: www.the-rhythm-of-life.co.uk
Chantal Fabrice: www.castlewoodtherapies.co.uk