



The Intuitive Healing Voice Course

with Dominique Oyston

FEAR AND THE VOICE

CONFIDENCE PACKAGE

- Clearing fears and blockages
- How to be comfortable with the sound of your own voice
- Layering the fear clearing
- De-Stressing
- Overcoming fear

FEAR AND THE VOICE

What your Voice reveals about you...

Your speaking and sounding voice reveals your inner persona. Listeners unconsciously hear and absorb the blocks and restrictions of that persona. That information is processed from the muscular activity and the tonality of the voice, and we react. If the speaker, singer or sound healer is not engaging with enough of her inner self when she uses her voice, then we switch off. We don't hear her. Most of the time we don't even know why.

So, what happens when we listen to a woman who is limiting her tonal impact, not breathing fully, not opening up, not connecting her sound through the breath to the deeper resonances from the body?

What if she speaks in a monotone?

We don't find her inspiring enough to motivate us to answer her call to action.

What if she is driving the resonance into the nasal cavities to get some volume and feedback to the inner ear? We feel she is forcing herself upon us.

What if she is still using the vocal pattern inherited from when she was a child, caught in an unconscious emotional frozen moment in time in her voice?

What if she has been told to be quiet too often and can't get her voice past a big whisper?



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We become curious about what her emotional damage is and forget about her sales pitch or her services.

What if she has been brought up to 'people please' and be 'nice' and ends most of her dialogue with a question inflection at the end of her sentences? We feel she has no authority in her voice. We don't feel 'safe'.

The voice is a tool of connection.

When we experience disconnection from someone's voice, it is harder for us to trust the intelligence, the command of the subject and the relevance to us. We become more cautious. We may no longer believe the speaker/sounder has the depth to help solve our problems for us.

We need a grown up to respond to. We need an authority to inform us. We need a wise teacher to earn our respect. We need to hear someone embodying their life lessons and experience. We need to feel that the healing vibrations are present in that voice. We need to believe in her frequency!

All communication in business is a performance of sorts. We must move, motivate, entertain, engage, connect, inspire, impress, influence, command, persuade, build trust, reveal truth, include, send love and commitment.

To do this to the best of our ability requires that we have some understanding of our voice.

I propose that 'some' is not enough. The more we know, the more we understand how the physical instrument conveys the magic of who we are, the more powerful we become.

To become an 'artist' of your voice is solidly linked to success.

But....and here's the catch...like any other art form it needs to be taken seriously. It takes time, practice (the great leveller of all artistic endeavour) and dedication.

We must become the Muse.

"The universe buries strange jewels deep within us all, and then stands back to see if we can find them."

Elizabeth Gilbert



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Let's talk about FEAR and the Voice.

Fear is such a pain in the proverbial when it comes to the voice. We are swamped with fears. But where the greatest challenge lie, is where the greatest treasures are to be found. Your voice is a mirror of your soul and your humanity, so you will find a trove of blessings here if you face the fear.

Blockages in the voice show up as getting tongue tied, freezing, indecision, shakiness, confusion, vocal constriction, breathing constriction, disconnection from intuition, isolation, financial lack and relationship struggle.

Showing up and Being Heard.

When you begin to open up your voice you will face the following:

- The degree of your self-worth
- The state of your skill sets around creating volume, projection, resonance, expression and breathing.

These are two sides of the same coin. Are you speaking up or expressing yourself and being heard?

For most women a major issue with their voice is connecting to a sense of high self- value around creative and communicative expression. If you don't value yourself, you will have confidence issues with your voice.

We have to rebuild a relationship with our vocal mechanism and our deeper identity and to vocalise confidently. Understanding the physical structure gets you to a place where your voice works for you, you don't get tired, you can colour your communication and trust your ability to express yourself so that you can express your authentic sounds without fear of judgement, condemnation or shame.

Imagine having a good understanding of how to amplify the voice, how to sing, speak with an authoritative tone AND being



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clear from self-doubt and self-dislike. This engenders a deep confidence that enables us to reach people.

Becoming Confident

Along with skill sets, confidence is the usual result of 3 things:

1. The application of courage
2. The absence of trauma
3. The free flow of inner supportive dialogue

Confidence is a basic belief in one's own potential to achieve or in a supportive belief itself such as 'Build it and they will come'. Confidence is usually the outcome of action that 'confirms your capacity to take action' or to be 'on the pathway' to realizing that action. Therefore, confidence is based in decision making, in the ability to decide to take action!

Courage is an extraordinary thing.

When we are fearful and we choose to pursue something regardless of this fear it speaks to me of courage. Most of us are frightened of our own voice. For example, that you have chosen to do this course means that courage is a fundamental part of your being. I want you to really claim that for yourself.

"I am a truly courageous being."

Just be with it and breathe that in. Deep breath. Let it go.

"At the core of my being I am courage and light."

Although we have a warrior goddess spirit, most of us are "playing small" vocally. We are hiding out, holding back and tempering our voices in some area of our life. The biggest problem with this sort of 'withhold' is that we are not designed to hide who we are.

More and more people have a sense that they have a mission or purpose or pathway to express and fulfil that is from a deeper part of themselves. We are in the middle of the evolution of



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consciousness and shrinking from your magnificence, or withholding your insight, or not saying what you feel and asking for your needs to be met is becoming harder to do. It ranges from feeling like you are dying on the inside whilst seemingly living a perfectly acceptable life, to a vague discomfort or emptiness or sense that there is something more and you can't grasp it. It takes enormous energy to keep a lid on your authentic expression. It is difficult to become successful this way, in your relationships and your work. Vocal inhibition keeps you from navigating the world from a place where your authentic power, your truth and presence dwell...as well as preventing us from attracting and getting what we want out of life.

Trauma and the Voice

Any shut down event in childhood can traumatise the voice and set in motion a pattern of fear related thoughts around using your voice. This impacts the nervous system which sets off the primal response mechanism of fight, flight or freeze. It is common for using our voice outside our comfort zone to trigger the pre-threat response. The more we can do to tell our nervous system that we are 'safe', the easier it is to be courageous and develop our confidence and grow our voices.

Mindset Magic

When it comes to sounding with the voice, we have to be in relationship with our fears. We need to understand when to manage them, when they might appear and how to make them work FOR us not against us. For the voice and singing/sounding in particular there are three substantial fear thresholds.

- 1: The Creativity Clifftop – not being enough
- 2: The Shut Down experience – non-permission
- 3: Inherited trauma – wounding



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The Creativity Clifftop

Elizabeth Gilbert has done a beautiful job of describing this process, so I will quote her here. In my experience of being on stage for 25 years she is 100% right.

"To be very clear: Creativity can ONLY coexist with alongside Fear. I have always lived a creative life, and I know that you can't be creative without being vulnerable. And you can't be vulnerable without experiencing fear.

I have come to believe that Creativity and Fear are in fact conjoined twins; they share all the same major organs, and they cannot be separated without killing them both. And you don't want to murder Creativity just to destroy Fear! (People do this all the time, and it's tragic...don't do it.) You must accept that Creativity cannot walk even one step forward except by marching side-by-side with its attached sibling of Fear."

Fear and creativity have to learn how to coexist. You must learn to accept them both, if you want to invent things or if you want to connect your intuition to your voice. Elizabeth Gilbert knowingly called her book Big Magic because to engage wholeheartedly with any aspect of the creative self does ignite big magic in your life. It has a megalithic result.

In any business that equals the golden goal...SUCCESS.

7000 Fears

We are born with fear. It is an inbuilt response from the primal brain designed to keep us safe. Fear is the Protector. But imagine yourself surrounded by high walls that prevent you from going out into the world and encountering all the wonders of life.

This is what fear likes to do to us. Keep us really confined and completely unadventurous so that we don't meet a sabre tooth tiger or fall in a river and die. You never know...

According to psychology research we are born with 2 fears (as far as they can tell)



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They are:

- The fear of falling
- The fear of noise

I am particularly fascinated by the second fear and its consequences in relation to speaking. It tells us that we are in the deepest relationship with fear possible when we make noise, when we use our own voice.

We quickly acquire more fears. One psychology study collected a list of over 7000 fears from a base of 500 people. We collect fears fast!

If fear is so prominent then we must find ways to know what to do with it so it useful.

Fear comes in 2 basic forms.

The fear that expands us and makes us great

In the sacred texts, there is the fear of the Divine that actually strengthens us. It is a kind of awe that lifts our hearts, drives to expand and meld with that expanded consciousness. We equate this with nerves that excite us and inspiration that lifts us. But it still is fear. We might fear the loss of that connection with the greater forces of existence and so we seek knowledge and wisdom so that we do not lose that connection. This fear lifts you towards connecting with your divine self. This fear can give you a strange kind of strength, fierceness and impulse to open the doors to our greatest possibilities.

This is fear that works in our favour.

This is the fear of that the Light that Marianne Williamson so accurately described for a modern spiritually seeking audience.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God.



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Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel

insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

This fear demands that we acknowledge our insignificance while we trust in our journey towards fulfilment! This fear asks us to show respect, to show humility, to cast aside self-serving arrogance, and yet to step up to fulfilling our potential. As speakers and sound healers this fear is crucial to trusting that there is a greater plan that we are in service to, and that all is well. We are not alone. This fear is a blessing to those who would work with their voice. It asks us to shine and lead while being of service. This is a really strong space for speaking, sounding and healing. It is a space of deep alignment to the greater good. As we are liberated from our own fear, our presence automatically liberates others.

The fear that makes us small and weak

This fear is synonymous with dread, alarm, fright, terror, apprehension, anxiety, perplexity and distrust. In public speaking in particular, fear and shame are lovers. They wrap around one another in miserable affirmation and cause us to retreat, freeze and seek to kill our own dreams and yearnings for purpose. This can restrict our sound healing voice too.

This kind of fear teaches us to subdue our human spirit and seek material security only. And then where are Art, compassion, ethics, philosophy, love, generosity and truth? They are lost in the dark cloud that says play small, be safe, be nothing, keep everything for yourself, covet, manipulate, hide your shame and retreat.



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Here is where the 7000 fears arise.

It's like a mad breeding ground. It's actually quite creative if you think about it. "Mwohahaha. What else can I come up with to stop her?"

Traditionally, love casts out this fear. I would go a lot further and say that physical practise works pretty well too. And good skill sets.

Obviously, this kind of fear is not to be confused with caution. Caution is linked with common sense. If I do not look when I cross the road I may be run over. These types of practical fears are part of our survival mechanism. It's when they apply themselves to situations that do not lead to death (like public speaking or sound healing...in dictator free countries anyway) that they get in the way.

Fear of Public Speaking

You may have heard that, according to several studies, that public speaking is the No.1 fear for most people. Singing or sounding is even beyond this!

Greater than failure, the unknown, truth, responsibility, old age, growth, abuse and what others will say about you. Can this really be true?

I don't think it is. I think that it's just when we USE our voice, we FEEL our fear and as we are always using our voice, rather than always facing abuse or failure, we feel it more often. It is a constant companion.

Public speaking is actually very unnatural. To put ourselves on 'display' is not a communication normal, so we need to learn the ropes of what's involved so it becomes easy.

Rebuilding the Feminine Power of the Voice

Women have a natural affinity with their intuitive abilities. They have a natural affinity with their own voice. This could lead to a



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natural adoption of skills for using one's voice in extended practice such as sound healing.

Unfortunately, the alpha male religious and tribal dominance of the last few thousand years has embedded deep within us a cellular fear of the consequences of speaking out or speaking from our intuitive wisdom or power. And it has completely banished the natural oracular and sound healing abilities in the feminine voice. Yes, you are a natural! But 3,000 years of suppression of these skills has caused you to be out of practice.

So along with the seven thousand various fears that may cast a shadow over our ability to use our voice in public, we have been collectively shut down as women.

We are throwing off these chains of silence. But we have very few role models of what a woman speaking from deep feminine power actually sounds like. This why I have exclusively developed my work for women.

We must remake the cauldrons and stir into them the secrets of a woman's voice and spread this far and wide until we are heard, valued and respected once more. Activating our intuition is a major part of establishing speaking confidence.

And then there are the skills and practice which this course supports us with.

Fear that wears so many masks and runs so deep and is practical as a means to keep us alive is inescapable. Therefore, we enter into relationship with our fear so that it supports us rather than destroys us.

This course will realign you to your natural intuitive capacities with your voice.

WHY and Fear

Your responsibility is learning to:

- Know why you are here
- Know what you meant to do
- Encounter life by being open



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- Respond to what comes you, not ignore it
- Grow consciously through learning
- Articulate your essence through communication
- Express yourself through feeling
- Be your authentic self by being present
- Live into your life on all levels!

If you are too frightened to meet and live into your big-assed WHY, you will be miserable!

What can we do to set ourselves and our voices free when they are restricted or shut down?

To start to untie the knots of suppression and unleash the wise and powerful inner voice, we begin with noticing... Notice your body, your voice, your responses and your thoughts. They provide you with the clues and information you need to understand how to unravel the layers of restriction. You begin to explore sound in your own body and open up to sounds you might not have realized you have access to.

A noticing exercise

Stepping too far outside your comfort zone to begin with is counterproductive. Crossing the big fear thresholds requires follow up and guidance. If you take smaller steps, then usually you can handle that without the support. Here's a small comfort zone stretch you can do.

First, take a moment to think of a situation with your voice where you have a sense you are holding back your expression – perhaps in an effort to not be seen as too big for your britches or perhaps not wanting to cause a stir. Perhaps because of self-doubt or lack of know how. Got it in mind?

Now, do a...



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Body check

With that situation in mind, what information is your body giving you? Where in your body do you hold back your voice? The throat, shoulders and gut are all places people commonly hold the contraction of suppressing their voice. Notice your particular place and breathe into it until the tension softens.

Voice check

What do you really want to say or what sounds do you wish to let go of in this situation? What part of you needs to be heard – your soul's truth, your inner wisdom, your heartfelt desire? Speak it and sound it #out loud to yourself. Getting it out of your body will begin to transform it.

Thought check

What are you imagining will happen if you express yourself? What are three positive outcomes that could result from you voicing your truth? By not expressing yourself, what or whose needs are you prioritizing? There's no right or wrong here. You are just gathering information from within.

Decision check

What decision do you want to make around making sound or speaking out? Is there a courageous conversation that you are ready to initiate? Is there a bold statement to the world you are ready to make? Are you ready to get braver with your sounds?

Empowering your voice in a sound healing situation has a tendency to flow out to other areas of your life and business, too. Where else might you be holding back in your communication? Holding circle? Delivering workshops? Money conversations? Public speaking? Leading your team? Asking for support?

The more you give yourself permission to listen to your soul's voice and express yourself powerfully in the world, the more you



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will magnetize matching energy and experiences to you... and you liberate others to do the same.

When Facing Fear is Painful

We try to avoid the pain of facing our fears. But pain, or discomfort are part of how we understand the material world. The earth realm is a learning realm. Being uncomfortable is part of how we are motivated.

Be grateful for the experience of restriction. That's the material world. That's what we come to earth for to learn restriction and then transform it here on earth and then the whole of humanity and the earth itself becomes transformed. This is evolution. We've evolved physically but we are evolving consciously as well. Be born, experience constriction, and then liberate yourself. You are in the right place and you have had the right experience. Don't resent it. Be grateful.

You've learnt and now you're at the good bit. The how to set yourself free bit!

Celebrate.

We have an inner radar for what is possible for us. This intuitive nudging NEVER lets up in this lifetime. Like there's an angel over your shoulder saying extremely quietly, gently but persistently "You could try Irish dancing, that would be nice". That's your instruction. That's your next step. What is your next step for your voice? Let's tune into that. What is that soft sensing, that pull or feeling that you have had for ever in relation to your voice?

Let's move through the fear and the discomfort and find out!

Dominique x