

The Importance of Your Own Sound in Every Day Life

by Arden Wilken, Keynote, 2011 HT Worldwide Conference

We underestimate the benefits of good vocal expression. This does not necessarily mean singing. It means helping the body vibrate and function to its maximum capacity through an anatomically correct posture which then is activated by one's own voice. I cannot emphasize enough the importance of learning to make your own sound, each sound you make in a day, in a way that nurtures you, supports you and takes you more directly and fluidly on your life's path. Simply learning to make your own sound in its fullest resonance and capacity is fundamental to your well-being and health. This applies even if you don't sing, can't sing or have no desire to.

The following quote is an excerpt from The Conscious Ear by Dr. A. Tomatis. His research over 40 years ago opened the scientific door to what the wisdom from the ancients has always shown: your own sound creates and expresses your essence as a soul in this body in this time and place on this planet.

"We transform the structure of our body when we speak, or essentially speak to it, since one's body is the first thing to be affected by the sound it utters. All the areas of the body are not equally affected. Little by little, speech sensitizes the sensory segments which detect the sound waves produced by the voice. The areas most receptive to this information obviously are located where the distribution of nerve fibers most sensitive to pressure is at its highest concentration. Moreover, each of us, according to what he is and what he has made of himself, centers his activity in one part of his body, and it is to this part

that he speaks. That is his choice. That is why a champion cyclist makes his statements to the press in a hollow voice which is weak in sibilants--- he is talking to the center of his activity, almost the center of his life, which in this case are his legs. The use of voice centered in the low frequency range is necessarily bound up with the centering of interest in the lower part of the body. The ideal would be for everyone to be able to touch, in a homogeneous way the whole surface of the body....."True" sound does not come only from the lips, but from the whole body..... (Tomatis, 1991, pages 82-83)

In my keynote at the Healing Touch Program conference in August in San Antonio I will be demonstrating a series of simple, effective exercises that you can use practically anywhere and anytime for enhancing your sound circuit- which is your posture, breath and self sound. Take a moment now and try one of them. *Sit comfortably with your back straight, feet flat on the floor spaced a little apart. Put your hands gently on your chest and breath as deeply as you can with an even inhale and exhale. Try to let your abdomen, sides, chest and entire back gently expand and contract while keeping your shoulders steady. Try to let your collar bone move in and out as well. Begin to hum. As you do so, very slowly move your head up a little or down a little to find the position where you feel the resonance generated by your vocal chords pass most strongly to your cervical vertebrae and up and down your spine and throughout your body. Continue this for a few moments, then let the hum die away and take your time to feel what you feel. Then go about your day.*

Tomatis, A. A. (1991). *The Conscious Ear- My Life of Transformation through Listening*. Barrytown: Station Hill Press.

About the author:



Arden Wilken is an American musician, composer and sound therapist. She is co-founder of INNER SOUND (1978), an original system of

sound therapy and therapeutic music for the expression and integration of the emotions. She received a bachelor's degree in music theory from the University of WA in 1972 and has a discography of 25 CDs, each having a specific theme or focus, in order to help the individual achieve their healing goals through unblocking the connective tissue through sound and music. She is also trained in body work. Arden and her husband Jack have founded schools of sound therapy in the USA, Spain, the UK, and the Netherlands and are now based in Seattle, WA after living many years abroad in the far East, North Africa and Europe.

Arden Wilken will be a keynote speaker at this years **Healing Touch Worldwide Conference** in San Antonio, TX on August 25th-28th. [Click here](#) for more details.