

*Sound and Voice in NLP-processes of change*

# The voice as the mirror of the soul

**Most people assume that 'your voice is just your voice'. That you have received such as the color of your eyes or the shape of your nails: unchangeable, it is what it is. Everyone knows that at regular moments the voice can betray emotions such as sadness or anger. When the emotion has subsided, "your voice" becomes "your voice" again.**

**Christine Sweet has discovered from her field as a singing therapist in combination with her work as a mental (NLP) coach that your voice is not a fixed fact but just like behavior for example is formed by your thoughts, feelings, emotions, beliefs and self-image  
As a result, the voice as an instrument suddenly also offers the possibility of making lasting change possible. The authors have together translated the steps from "Voice Coaching" into the well-known NLP techniques and their deeper meaning and effect on the healing process. Ingeborg Borst, psychotherapist, NLP trainer, also highlights the importance of acknowledging the "inner child". The "voice as a mirror of the soul" is an instrument for direct access to the soul and therefore for healing and change. A new loot to the NLP branch: "Auditory, tonal and sound".**

*How you use your sound is determined by how you feel (unconsciously) and offers a simple and elegant access to lasting change.*

Gaining insight and bringing about healing by reconnecting with the inner child and thereby using your own talent, the voice as an instrument, I have undergone myself.

During the learning therapy with my mentor and NLP trainer Ingeborg Borst I learned what it is like to reconnect with the inner child and restore this child to its former glory.

I therefore cannot emphasize enough how important this is in the healing process or in changing unwanted behavior and emotions. Because of the great effect of these sessions, which expressed itself in a deep peace and a sense of self-assurance, I have integrated it into my singing lessons and my Singing Therapy Coaching Sessions. In part 3 of this treatment technique, the reconnection with the inner child is discussed extensively.

## **Applying singing therapy to heal the inner child**

The voice is neurologically connected to the emotional system. When we are sad, we are in the middle of that feeling and it is often impossible to express yourself with words. Singing is an expression of happiness, of balance but also a way to express your feelings. You make your feelings clear through sound.

In NLP, 38% of our communication consists of tonality or sound and forms the connection with the 55% non-verbal communication or unconscious processes.

The most important physical control of the voice starts with the diaphragm. We use the diaphragm in everything that the voice expresses. Emotions such as laughter, crying, anger, elation, enthusiasm, cheerfulness and so on. But also coughing, hiccups, and other forms of breathing, every sound we make is supported by this muscle. Because of this neurological connection during singing, all kinds of emotions can come loose that may have been stuck for a long time. At NLP we learned that change first takes place at the unconscious level where the emotion, or "E-Motion = Energy in Motion", plays a major role.

Singing therapy with NLP as I developed it means that the connection will be restored with the authentic inner child. The emotional balance is restored through occasional singing and "singing together" with the child.

The clients choose the songs themselves. We will first look at the meaning of the text and will be sung or spoken, agreeing that you continue to sing or talk, no matter what. When tears come or



other emotions, you sing louder so that you can experience the feeling completely instead of running away from it or suppressing it. This gives an enormous release to the client. It is a kind of inner re-assembling. Moreover, as a coach, it has taught me that it is extremely important not to let the client analyze everything from the head, from the left hemisphere, but directly with the right hemisphere, from the unconscious, the emotions, which always intuitively seek balance, to speak and in this case singing. The following case is about client Paula (fictitious name) who could never get angry and therefore could not indicate any limits. She often felt cornered when her limits were crossed. She avoided confronting

people. So called avoidance behavior. Her strategy was to go along with the other, to understand everything, and her motivation was that if she didn't do that, she would be the most bothered. So she continued to smile kindly and expressed her understanding to the other person even if that person was abusive. After such a "confrontation", Paula felt well for a while because she had made someone happy and listened to her or him. Her body, however, spoke a different language because afterwards there was a restlessness that she did not understand and which manifested itself in night-time gnashing teeth and uncontrollable nail biting during the day. Furthermore, she kept worrying about the same subjects and she felt unsafe when she was among people. With these complaints she came to me in the singing practice and after the intake and determining the purpose of the therapy, we started working.

### Used Technique:

#### 1. Voice Analysis

By sharply listening, locating and calibrating the tonality, sound and position of the voice. This can be in the front, in the middle or in the back of the mouth. The way in which this is used in the mouth indicates how someone feels about his/her position in the world. Here the voice is formed and you can speak of the voice as an expression, as a mirror of the psyche. Someone who wants to make himself heard will express that in his or her voice. And also the opposite, someone who does not want to be heard, becomes clear through this voice analysis. The next assignment is to raise the voice and tell loudly and clearly to those who do not respect your limits how things will go from now on. The confrontation is entered into with this. The response was overwhelming for Paula. She had to laugh and cry at the same time and her eyes were changed. Her posture was changed from submissive (hands crossed in front of the abdomen) to self-assured (hands in the side).

#### 2. 'Reimprinting' or changing the limiting beliefs through the voice

With the voice as an instrument and an appropriate song in which you can sing nice or aggressive, we are going to sing out the anger that has long been suppressed. At first there is a lot of laughter between the lines and you could tell that Paula got confused by the other way she used her voice. She had never expressed these loud sounds in her life and at the same time she enjoyed it because it was a new powerful

sensation. The vibration of the body during this session was a fantastic new experience for Paula because now she could feel how powerfully she had suppressed her own reality. It made her also deeply sad because she realized that she was not angry with the other person, she was angry with herself. It made her deeply sad at the same time because she realized that she was not angry with the other person but with herself. When I asked her what the reason was, she told me that she felt she had made mistakes again. That she did not pay attention again, just like in the past at school, but also at home. That she reacted "wrongly". That her intellectually minded parents attached more value to performance than to feelings and only responded positively to good grades and to excellence at school. She discovered that in their eyes she had never been good enough and that she therefore had no self-confidence. She thought that someone else was always right. She still lived with the old conviction of the hypersensitive child who could never keep up and was therefore not worth much. Her voice was thin, soft and mostly formed at the back of the mouth. By bringing the sound of the voice more forward, you have a quick way to let someone experience what it's like to stand up for yourself. To use your voice, to show everyone and let them hear who you are in your own authenticity and in your full glory without shame or inhibition. The origin of the limiting beliefs, usually formed in childhood, hinders the adult from developing his own identity. By singing with the voice of the "inner child", you make the connection with the child and with the moment where the original emotions were experienced and the limiting conviction arose. Singing in this way often brings sudden insights and the pure essence, the core of the soul, becomes clear. Suddenly spontaneous memories emerge from long forgotten moments of happiness and inner balance, but also from events that were painful, usually those moments when you have experienced the attention of your parents or someone who loved you. Someone who held you in his arms and looked lovingly at you. The cozy atmosphere that you felt when everyone in the family was happy. But also the moments when you lost those beautiful feelings.

Limiting beliefs or negative 'imprints' usually arise through the feeling of failure or having done something wrong. By punishment or losing something that represented happiness and safety, you will adjust your behavior. Every behavior is the best choice at that moment. Taking on the blame as a child and creating negative thoughts about yourself comes

about primarily because you had no other choice at the time. You were too young or too inexperienced or you felt powerless. You lost your self-esteem, self-esteem and love for yourself in the moment someone punished you for not meeting his or her expectations. The love and loyalty towards the other, but especially the fear of losing love or rejection of the people in your environment, causes an unrealistic picture of reality in the child's worldview. The child recreates reality to its own truth and the imprints then determine the way the child behaves and presents itself to the world. This loss of the true self, the rejection of the authentic child, causes an increasing distance and causes imbalance. This imbalance makes you feel unhappy, and you get stuck with a reality that is not your own.



### 3. Working with the Timeline

In the context of the third step, working with the Timeline, Paula was commissioned: "Go back in time and look for a picture of yourself as a child in which you recognize yourself as pure, authentic, spontaneous and happy. An image that represents your pure essence and enlarge it to poster size. Hang the photo on a place of honor in your house. Talk to the child, tell how much you love the child and how proud you are of her. Ask the child for advice, and also thank the child for what she has done for you. Through her actions she made sure that she could survive even though you think some things were stupid of her. You tell her she had no other choice and couldn't do anything about it. " After all, she was just a child who had to adapt in order to survive. "Tell her that you are happy with the child and want to restore her to her glory by remembering and writing down all kinds of fun features and things about the child. Talk about the child and her special qualities with loved ones and friends. Above all, tell the child that you forgive her because you know that she has always done her best. "

### 4. Connect to the emotions through the voice

After completing step 3, Paula then performed the 4th step to connect to the emotions with the help of the voice. This connection is established by taking the image of the child from step 3 in front of her, and then having the client to sing a song for this "inner child", a song that the client finds appropriate for the situation. Then I give the client a personal assignment to, for example, sing with the child's voice and choose the emotion he or she wants to show to the parents, or the other person from the case.

### 5. Verbal Swish

After completing step 4 we use "Verbal Swish" The purpose of this "Swish" is to let go of hidden or indefinable feelings and emotions. Make the sound of the emotion you want to let go with your voice and change the sound, power and position in the oral cavity to the sound of the desired state. Repeat this a number of times, until you feel that a change in emotion has taken place. This exercise works super well to express the feelings for which the client has no words. This has a profound effect on the unconscious level.

By simply letting the voice speak through an associative sound, you get to the core of the Swish from unwanted to desired sound. As with other applications of the 'Swish', in Paula's case I was able to experience her physical reaction such as the face becoming red (hot), sweating all over the body, visible muscle tension and tension that changed into relaxation. I could observe that there had been a change on an unconscious level.

### 6. Evaluation

The treatment and the change that has been made has been very successful. Paula has more self-confidence, stands up for herself, knows herself, and radiates that on all sides.

My experience as a coach is that through this simple and effective technique and with the help of working with the voice, the unwanted feeling and behavior has permanently changed.

The "voice as a mirror of the soul" is an instrument for direct access to the psyche and therefore can be used for healing and change. A new addition to the NLP tools for change: "Auditory, tonal and sound".

### Epilogue and "innerchild" vision of Ingeborg Borst

The mission of the soul is the same for everyone: being yourself in all beauty, purity and authenticity and radiating that to your surroundings. In every child there is still the memory, the spark of what it is like to be loved and to have a part of the creator inside of you. The connection to this core or essence is often lost due to the separation of the light and the duality that we experience when we incarnate in this body to live in this world.

Surviving is a bitter necessity. "The most flexible controls the system." Through the experience of damage, shame and pain, we form the "imprints" that make survival possible. You deny yourself for survival. The loss of your "your true self" causes sadness, depression, insecurity. To be able to cure this, we must go back to the moment that the essence was still present. Everything we need is there, all resources are present. We have to "remember" who we were. The cause of this imbalance therefore often lies in the period that most "imprints" are formed, in childhood.

Every child intuitively knows how to balance themselves and what it needs. It is always love, unconditional love that is the key to finding the child again.

### The voice of the "inner child"

In every therapy I use the wisdom, love and flexibility of the "inner child". However, the connection must first be made. The adult has often rejected the child because feeling the pain is unbearable. The adult sometimes hates the child because it has been so stupid to make certain things happen.

Although you reject the child, your true authentic self remains intact.

By understanding the child, loving it unconditionally, whatever happened, and bringing it back into your heart, that connection will be established.

To change the "imprints" that are present on an unconscious level, the client must go inside again. This is a difficult process, because it means confronting the wounded, frightened child. The only one who can save the child is yourself. Do you want that? Do you want to love and protect and integrate the child unconditionally into your life?

By using the key to communication with the unconscious, in this case music, singing and the voice, that connection can be made.

I let the person who is more visually oriented draw or paint together with the child. All creative expressions, sculpting, dancing, making music are keys to open the door to the hidden or trapped inner child.

Together with the "inner child", you can remember "playfully" what it is like to be happy, to laugh, to sing and to enjoy yourself.

Every therapist or coach has his own talents and specialties. My aim as a teacher is to teach them how to apply NLP techniques in combination with 'peculiarities' in such a way that a tailor-made therapy or coaching is created for the client.

I am therefore very proud of this auditory / tonal "Voice-reimprinting technique" that Christine Sweet has developed as an NLP singing coach.

CHRISTINE SWEET IS A PROFESSIONAL SINGING COACH / SINGING THERAPIST AND MENTAL COACH / NLP TRAINER AND ALSO A PROFESSIONAL SINGER AND SONGWRITER. AT HER OWN COMPANY IN GRONINGEN CHRISTINE WORKS AS A VOCAL COACH AND THERAPIST, SHE GIVES SINGING WORKSHOPS, SINGING THERAPY (COMBINED WITH NLP) AND SOUND HEALING.

More info and contact: [www.villaka.com](http://www.villaka.com)



Christine Sweet

INGEBORG BORST IS A HYPNO PSYCHOTHERAPIST (ECP) AND INTERNATIONAL NLP TRAINER, PHYTO THERAPIST AND DMP REGRESSION THERAPIST AND CO-FOUNDER OF THE DUTCH INSTITUTE OF NLPT. FOR 20 YEARS SHE'S BEEN GUIDING PEOPLE IN THEIR PERSONAL SEARCH FROM HER PRACTICE IN WINNSEN. AS A TRAINER / TEACHER SHE ALSO GIVES LIFE COACHING SEMINARS, COURSES IN HYPNOSIS AND NLP TECHNIQUES AND SHE COACHES (INTERNATIONAL) THERAPISTS, COACHES AND TRAINERS.

More info and contact: [www.dynamiclifecoaching.nl](http://www.dynamiclifecoaching.nl)



Ingeborg Borst