

**Speaking and Singing for the JOY of it!
Reclaiming our Power to Speak From the Heart
By Damaris Drewry, Ph.D.**

Are you afraid to speak up for your own needs in pressure situations with your spouse, parents, children, or boss? Are you a shower singer who longs to be on a stage? Does your heart race when you stand up to speak in front of a group?



Lacking the courage and confidence to express yourself means you have lost *contact with* your ability to be who you are without fear of criticism or rejection. It means you've forgotten your right and your power to be yourself, no matter what the circumstances. People whose fourth-grade chorus teacher told them to "mouth the words, honey – you can't carry a tune" have been robbed of a very joyful part of living – creative self-expression. Many people who were told they can't sing, really can - in the presence of encouragement and safety! Unfortunately the

lack of support experienced by some may go deeper: many people grow up with parents who either implied or outright said "we don't care what you think, what you feel, what you need, or what you can do – your needs don't matter."

The body speaks in metaphors to get our attention. Examples: If you've lost your voice or have a sore throat you really have "WORDITIS." You can bet you've recently stuffed feelings of anger, hurt, or regret in there and need to speak about them. Cancer is a desperate plea to get us to listen to the body's wisdom. It is cell overgrowth that's out of control, and it develops in the presence of long-standing chaos, confusion, and conflict. Another example: describing a confrontation with her boyfriend a woman says - "He finally agreed to listen, but I babbled and sounded like an idiot when I tried to talk about my needs." Why? Childhood emotional or physical abuse teaches you that your needs aren't important, that you're worthless, shameful, guilty, or foolish and...

**...we believe this even when it's a lie!
The way to reclaiming the right and the power to express yourself
from your heart is by speaking your truth when it's time to! Take
small steps – they add up to Finding Your Real Voice!
Your Voice = Your Power**

Here's how to begin to do it: Start with self-acceptance. Look at your history and say out loud: "all of my feelings are valid. There are reasons for the way I feel and the things I've done to adapt. I am throwing the lies out of my life! Even if I never become an opera singer I enjoy singing for fun! And when I have something to say I give myself permission to be calm and confident. I'm am not the only one who feels fear – everybody else does too! What they think of me is none of my business because I am doing this for the joy of it." Then you begin to change what you believe about yourself on a very deep emotional level.





The human voice, with or without words, is the most undervalued and overlooked tool for self- healing! With or without words, the sound of your voice creates instantaneous changes in your body – right down to the cellular level. Your voice can calm energize, ground and center you, and it can be used to release chronic pain, emotional trauma, and bring the subtle energy systems of the body back into balance.

Dr. Drewry is facilitating a workshop on October 11 & 12 - “Self Discovery Through Sound, Music, Voice and Vibration”. For info: www.BeyondTalkTherapy.com and www.DamarisDrewrySings.com or call (520) 320-6366).

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