

The Multidimensional MD

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How Your Voice Helps You Heal

Is your voice being heard? To feel included, it helps to have a voice and be given a chance to use it. To have a sense of belonging, you also need to feel that your voice is being heard. The first thing to consider then is, are you hearing your own voice? Understanding, feeling, and using your voice can have a powerful impact on your physical, psychological, and spiritual well-being.

Having a voice is one of the amazing gifts of being human. Newborns freely express themselves with their cry from birth onward. Then somewhere along the way, some of us get the impression we have to contain our voices. We could have gotten that message from a simple “Shh” or other experiences where our voices were shut down more harshly. Regardless of what you’ve been through, your voice has so much potential. It can communicate ideas, create music, and produce vibrations in the body. These characteristics make it an excellent vehicle for healing. Plus it’s something you carry with you wherever you go, and you can choose to tap into its potential at any moment. Let’s consider the various ways your voice can help you heal.

One of the easiest ways to access your voice is through humming. Researchers in Sweden found that humming can increase the amount of nitric oxide in your airways by 15-fold compared to quiet exhalation. Nitric oxide is important for fighting off bacteria and viruses, opening up the airways in the sinuses and lungs and expanding blood vessels for improved oxygenation and decreased blood pressure. Think of humming as a tool to help support respiratory and cardiovascular health.

Humming also helps improve the tone of the vagus nerve, which is part of the parasympathetic nervous system that is responsible for the calming “rest and digest” response. Many people are in an overly sympathetic state of “fight or flight.” In other words, humming helps you calm down.

Singing has similar physiologic effects, helping to improve respiratory and cardiovascular functions. Your body releases more feel-good endorphins with singing, which can boost your immune system, improve your mood, and reduce chronic pain. When you sing, you’re also exercising the muscles of the pharynx and soft palate for a healthy airway. In fact, a study at Exeter University in the United Kingdom found that singing for twenty minutes a day could reduce snoring.



Singing and humming also help you connect with yourself. As Cayce said, “Sing a lot about the work—in everything the body does. Hum, sing—to self; not to be heard by others but to be heard by self.” (3386-1) In knowing, hearing, seeing, and understanding yourself, you align body, mind, and spirit for true healing.

Hearing and feeling your own voice are emphasized in chanting, a kind of vocalization intended to be directed inward for personal growth. A common chant is that of Aum, the primordial sound of creation. The sound of Aum can help loosen up what we feel are shadow parts by shedding light on them so they transform into gifts. Research using fMRI imaging while subjects were chanting Aum showed significant deactivation in the limbic system, the emotional centers of the brain. In other words, chanting Aum can help you feel more peaceful.

Cayce recommended a related chant with the following: “Then, as ye begin with the incantation of the Arr-r-r-r, the e-e-e, the o-o-o, the m-m-m, raise these in thyself; and ye become close to the presence of thy Maker—as is shown in thyself!” (281-28) Chanting sacred sounds is a way of attuning yourself to the Universal Oneness. This is how you know yourself, by attuning with the Oneness.

Various aspects of these vocalizations also resonate with different areas of the body, from the pelvis up to the frontal lobe. When we are relaxed and speaking our truth, we actually tend to speak more with our whole body. Then every cell of our body becomes an expression of our truth, our authenticity.

Also, the intention behind our words gives them more potency. Cayce said, “Keep the heart SINGING! Keep the mind clear! Keep the face toward the LIGHT! The shadows then are BEHIND!” (39-4) When our words are heart-centered emanations filled with light, their vibrations are healing. Our words then help to lift us and others. Pick an emotive word such as *love*, *peace*, or *stillness* to use as a mantra; as you say your word, let the vibration fill your whole being and help guide your actions.

There are many ways to use your voice to express yourself. How are you going to use your voice today? 🌀