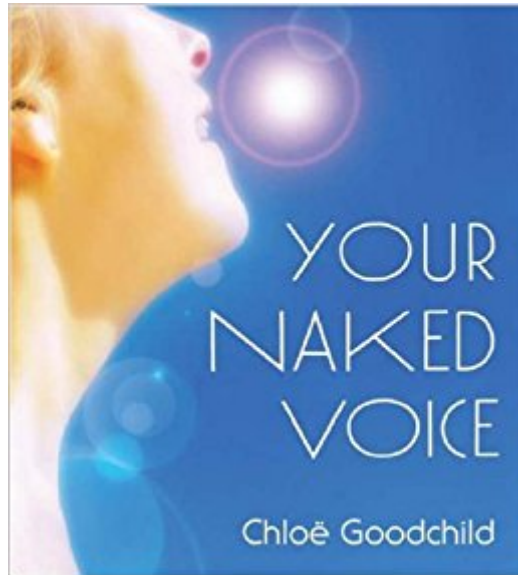




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Your Naked Voice



Synopsis

Ancient Vedic teachings tell us that sound is the essential nature of the universe, the source from which all creation springs. Our original sound, or 'naked voice,' explains Chloe Goodchild, unifies us with this primordial wellspring of energy or universal intelligence. For more than two decades, Goodchild has helped thousands of people to access their wisdom and express their truth through the power of their sound. With *Your Naked Voice*, she presents a unique series of vocal exercises arising from Sanskrit syllables and mantras that allow listeners to safely explore the full range of their feelings (wisdom voices). From this foundation, Goodchild gently guides listeners to rediscover their natural, liberated voice, for a life full of awareness.

Book Information

Audio CD

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Customer Reviews

Chloë Goodchild is sought around the world as a teacher, composer, and performer. She is founder of The Naked Voice and its foundation, a charitable trust devoted to healing suffering and resolving conflict through sound. Visit www.thenakedvoice.com.

Goodchild urges the listener to find her/his naked voice and provides a series of meditations based on listening to that voice without judgment. She is a skillful teacher who delivers clear explication and easy, direct instruction for the exercises. Through a series of mantras that correlate to the chakras, listeners have the opportunity to explore meditation for the first time or to expand their practice. A guidebook sets out the basic concepts and offers guidance for meditative movements and hand gestures to accompany *THE SEVEN SOUNDS OF LOVE*, which is on the second disc.

The sound and vibrational quality of the mantras is excellent. J.E.M. Â© AudioFile 2007, Portland, Maine-- Copyright Â© AudioFile, Portland, Maine

I purchased this CD after discovering Chloe Goodchild on . I have purchased 2 of her other CD's "Fierce Wisdom" and "Devi". When I saw that she made an audio book I knew I would not be disappointed when purchasing it, and I wasn't. "Your Naked Voice" is a 3-CD set audio book, where on the first CD Chloe lectures on the importance of a person's voice, going into different dynamics of the philosophy of a person's voice. She talks about identity and the "self". I found the information right on track with tons of valid information for these topics. In the second CD, Chloe lectures a little more on the voice and then teaches, as she calls it, the seven sounds of love. For anyone interested chakra work, Chloe goes over the 7 chakras and the sounds associated with each one. Inside of the CD booklet are also mudras (or hand gestures) that associate with each chakras. Not only does this CD teach a person great meditation techniques, but it also encourages self confidence and provides information for people to honor their raw true self that is revealed through the voice. The third CD is a straight drone that lasts for about 40-45 minutes. The drone is just a constant sound, sometimes a chord, with a main base note which you would use for your voice practice. There is no talking on the third CD. It was designed specifically for a person to practice their voice exercises. I would recommend this Audio CD for anyone interested in spirituality. This CD is also one of the very few CD's that teach people this form of practice. It has a very high quality. I would also recommend this CD to people who sing or have to use their voice for speaking purposes, or for those who would like to be more confident in their own voice. The CD is designed for people to be comfortable with their voice, developing a more intimate self-relationship. I would not recommend this CD for someone who is trying to get singing lessons. It is more therapeutic than it is a voice lesson.

"Your naked voice is your original sound, the authentic voice of your spirit. It connects you directly to your true self and with the support of a deep and compassionate listening." ~ pg. 6
Chloe Goodchild brings a new awareness to what it means to rediscover your inner voice. Through an understanding of sound and silence she adds new dimensions to the meditative quality of music. She also introduces the "Seven Sounds of Love" which can be practiced at home. You can sing SA - The Root, RE, GA, MA, PA, DHA, NI, SA - The Crown. It is a little like the The Sound of Music, except with a more exotic Indian appeal. Some of the highlights: Falling in Love with your Voice
The Heart Sutra
Deep Listening Practice
Becoming Sound-Conscious
The Seven Chakra Mantra
Vocal practices

are combined with mudras (sacred hand gestures you may recognize from yoga). In the booklet, there are pictures and further explanations. The practise sessions in "Your Naked Voice" awaken the heart, open the mind and comfort the soul. Through this 3-CD Set you can find healing as you learn to love your own voice.~The Rebecca Review

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