

SOME HEALTH AND EDUCATIONAL PROFESSIONALS' EXPERIENCES of *GIVING VOICE* with Jill Rakusen

"I have found that those in most need have found amazing peace and acceptance through listening and absorbing the tape. Thank you".

(Nurse/therapist) 1999

"A new dimension!" (Therapist) 1996

I've witnessed being with a true leader for the first time in my (long) life."

(GP - Spain 1988)

"I find it impossible to describe just how much you've helped me...and I learned a lot just being in the group and experiencing your way of leading it..."

(psychotherapist - Spain 1988)

"Words fail me. I'm so delighted with what I've discovered I can do, with how you've helped me."

(teacher Spain 1988)

'Giving Voice' is something that can be integrated along with medical knowledge. It's not whacky, off-beat or feel-good nonsense: it's integral to an holistic approach. It's a response to illness and is responsive to it. It's holistic in itself but perhaps more importantly, being truly holistic, it can be integrated into other areas and disciplines - whether medical, spiritual or artistic. It can meet us where we are, and take us to a new vision."

Nurse/Counsellor 2003

"I suspect you've helped me more than I am currently aware, and that I will realise more over the next few weeks"

Therapist, 1993

"A Wonderful day of voice and music, breath of love and joy. You are a great teacher with a wonderful voice and even greater spirit. Thank you!"

Therapist, NSPCC Survivors of abuse day 1994

"I feel a doorway to my heart has opened a little more" (Trainer - evening 1996)

"Astonishing!" - GP (after 1.5 hour session, 2003)

"Thanks for leading us on such a magical journey ... to rediscover ourselves and create so many more possibilities for the future ... It was a really powerful day and connected in so many ways with so many different healing journeys ... Thanks a million"

Another Therapist, NSPCC as above

"Jill's singing brought a calm stillness to our school act of worship. The silences in between the songs were beautiful - a perfect beginning to a dull January morning"

Sue - Head Teacher

"The workshop allowed me to access an Inner harmony and to give and receive support ... This experience developed a sense of ease, trust, intimacy and authenticity with others **which I am still experiencing over a week later**"

Therapist after 1-hour introductory event

"You're a shifter of Jinxes!"

(Therapist 1994)

"I feel I have 'found' my voice and have much more confidence about singing. Awareness also of the links between sound, posture, relaxation and breathing and spiritual connectedness".

Therapist, 1994

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SOME PARTICIPANTS’ EXPERIENCES with GIVING VOICE

I joined a [Giving Voice] group in November ‘93 and attended five sessions. I’d already been to a day and had found it so powerful in terms of self discovery that I wanted more.

Through the work we did ... I connected to joys and sorrows within me that singing in the shower hadn’t helped me reach. I was able to ... find a deep sense of healing ... Every session gave me something to grow from. [It] was very gentle yet very powerful ...

I have a much kinder, less critical and more respectful attitude to my voice (indeed to all of me). I can now use my voice as a way of loving myself and for the first time in my life I am aware of having a sound dimension. Having been given the time, space and facilitation to get in touch with my true voice has helped me discover a chest full of previously hidden treasures.

(Huddersfield 1993)

“my feelings of self criticism have reduced. I experienced deep healing ... And I think I touched joy a few times! It answered my needs”.

(ditto)

The love I felt [at last week’s session] has been the only thing ever that has put in me in touch with feelings of comfort around my mother.”

(mature student – Huddersfield 1994)

Thanks for sharing your insights and support , wisdom and music. And for helping me finding my voice through yours.”

(Huddersfield 1993)

“Thank you for challenging some of my defences and walls!! Looking forward to singing with more inner truth and light”

(Day, Lewisham 2000)

“The most peaceful I’ve ever felt”

One-hour workshop

“The first time I felt connected to mind, body and spirit and the universe through the power of my own voice – WOW!”

One-hour event 1998

“Thank you so much for enabling me to get in touch with ‘happy’ feelings”

Evening event 1994

“The sound touched some deep parts within me, the words spoke to me in their simplicity and wisdom; thank you for helping me let them in”

Evening event 1995

“Such magic. For a few moments, tears turned to joy. For such a sad heart to hear such sweet music. Thank you so much!”

NSPCC Day 1994

“... The day was very important to me. I feel as if I’d been to my baby sister’s funeral and said goodbye to her, that my morning [sic] for her is now complete ... [doing one of the voice/movement chants] at home gives me a feeling of Well-Being inside ... Thank you”

NSPCC day 1994

“I enjoyed the workshop and **have been able to swim, pain-free, three times this week!! This is incredible, as I have been unable to swim for months because of my back pain.** Thank you!

Manchester Day 1997

“I felt as if I’d been opened inside and given a generous oiling all over. Very calm and relaxed when I left. Thankyou.”

Manchester Day 1996

“Thank you so much for enabling me to feel whole for the first time since I was a very small baby”

Manchester Day 2001

"I'll always remember today ... it's been essential for me ..."

Day 1996

"The weekend has helped me to live my own truth. Thank you so much".

Residential 1996

. I'm still riding high and glowing inside - and it's *weeks afterwards!*"

Residential 1998

GV AT HOME

Through GV at home, some pain released and then I slipped into a deep stillness like a healing sleep. This profound experience left me refreshed, lighter"

course member 2002

"Thank Heaven and you for helping me sing my way through and out the other side this ghastly Christmas"

course member 2000

"I am glowing, I feel beautiful, thank you so much. Giving Voice has made me closer to 'god'. Initially I did not like the song – now it blows my socks off".

course member of mental health group
– 6 months after course completion

" I was still filled with the wholeness of the afternoon and I wanted to listen to the tape at bedtime. As I lay in bed listening to the voice, it felt as if I was held in the arms of the universe, so safe and completely at peace and the most sweetest and comforting lullaby was sung to me. I felt so cared for, so nurtured and safe and totally loved – words cant really describe it. A very precious experience."

Nov 2001

"I've been using what I learnt in the session ... I'm amazed how it helps me release tension"

(Cathy 1999)

[See also Case Studies in *Positive Health* article]

USERS OF MENTAL HEALTH SERVICES

"I gained a lot. It led me to thinking better mentally. It gave me some really good experiences. And I learnt things that I could use afterwards... it's been exactly what I needed. It's given me a lot more confidence. I've halved my dosage of pills [major tranquillisers]. My doctor is very pleased I'd taken the initiative to cut down myself."

"An important part of the course was the way I was able to make contact with people. Contact is normally something I shy away from. The course seemed to help without my being aware of it."

"I wish this had been around years ago."

secretary 1988

"It's about making myself mentally fit – just like jogging is for keeping physically fit."

secretary 1988

"The group was very good for me... It really helped me relax. Made me take time for myself. I wasn't at all committed to the idea at first (not least because I didn't know what it was going to be like!): I'd just come along to the first session to see, to get a 'taster', but after that, I was really committed"

mother 1988

"Another benefit for me was the way it's affected the way I behave towards my children... I found it easier not to get so irate with them... Previously I'd tried a 'relaxation' tape, which I ended up finding more stressful – when I couldn't relax like the instructions were telling me to."

mother 1988

[see also KARM report (2002) and Survivors' reports (2000)]

Further information: contact
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