

Giving Voice Residential 2003

SOME REPORTED EXPERIENCES

“Was able to practise my capacity/desire/willingness to honour myself, and take responsibility for my needs, THROUGH SONG, IN THE SINGING!”

“Beyond words”

“It was all so significant”

“The cork’s popped and the bubbles are a-comin’!”

“Complete absence of anxiety – a first!”

“My lowlights became my highlights”

“There are changes moving around deep inside somewhere – can’t explain at the moment”

“In a group of very different people with very different backgrounds to me, I could be myself without fear of disapproval ... Found I could be much calmer than I thought ...”

“Something ‘negative’ transmuted into something else”

“Felt isolation and panic – that I couldn’t connect. Haven’t been with people in such a large group for a long time. [But] I did connect! The singing brought me to myself. Felt part of the whole. More *at one* with song. More peaceful, belonging and connection ... More freedom ... Felt more attuned and more able to listen ... The weekend really helped me focus and find myself, and I will continue to do so in the future ... I will always treasure my experience”.

I never knew I could use song to cure my sore throat – it disappeared through the singing!”

“I was reassured by Jill’s support during emotional times of sadness”

“[Discovered] I don’t need to stay with pain”

“I’ve learnt to focus on the moment”

“It was such a joy and privilege ... Thank you for supporting me ...”

“I got my needs met, [rather than what I thought I needed]”.

“By the end of one session, all my aches and pain and niggles had gone – I was inches taller – both sides of my body felt equal [very unusual] and I felt good!! ... I felt really open and up for almost anything!” [And she demonstrated it that night! – ed]

“Intense fear of a past situation was triggered & I used song to move through it ... I slept (impossible the previous night) and woke in the morning centred and grounded, with the deep excitement which the GV process brings”

Many reported experiencing being Loving towards themselves and/or others, Energised, Ease, Empowered, Belonging, Joyful, Peaceful, Connected, Self-nurturing, Acceptance and Wonder, for example; some of these experiences were constant; for some they were unusual.

(see over: ‘What people said about GV)

WHAT PEOPLE SAID ABOUT GV

“It’s about connecting within and with others”

“[I realised] how much people contribute by BEING, showing their process in front of the group, sharing ... am beginning to understand how [the] facilitation enables this”

“Feel Jill is a pelican stabbing her own breast to feed her young (a joyful, funny, witty pelican)”

“[Discovered] more about GV process and how it fits within the practitioners’ training – why/how one supports the other. [Learnt] lots about equality and appropriateness.”

“I feel as though I’ve ‘gone down a level’. I’m in touch with a deep joy and excitement re the whole GV process.

“GV centres and grounds me – a source of life ... it’s an integral part of my own process.”.

OTHER COMMENTS

“I was surprised at the support and high level of care”

“Loved the pristine quality of the buildings, and the food! And v much liked [Centre staff]. Feel humbled by Jill’s powerful tenderness and tact, massive presence and humility, vulnerability, sensitivity, intelligence and in-your-face loving honesty. Strength. Me feeling the passion in her compassion (suffering, suffering with) (boundless/bounding joy). Stunned by Rachel [since starting the training]. Her maturity, perceptions, voice, initiative – the whole flippin’ lot”

“To be within and contributing to such a positive, non-judgemental, accepting and loving atmosphere was a gift in itself ... More will become apparent as I process the w/end – exciting! scary! fun!”

“Impossible to put into words what GV means to me ... Thank you from the bottom of my heart for sharing yourself and living out your vision as you do ...”

“I am using [GV] to help me with my problems ...”