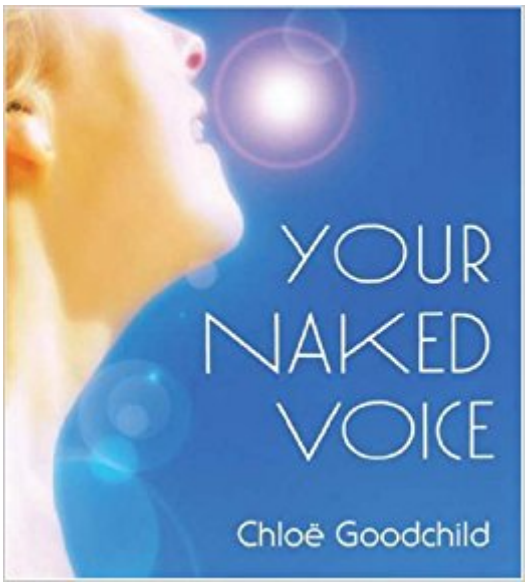
Ebook Directory
the best source of ebook

The book was found

Your Naked Voice



PDF
Adobe
DOWNLOAD EBOOK

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

Publisher: Sounds True, Incorporated; Com/Bklt S edition (December 1, 2006)
Language: English
ISBN-10: 1591795273
ISBN-13: 978-1591795278

Product Dimensions: 6.4 x 0.6 x 5.8 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #617,283 in Books (See Top 100 in Books) #128 inÃ Â Books > Books on CD > Music #589 inÃ Â Books > Books on CD > Health, Mind & Body > Self Help #601 inÃ Â Books > Books on CD > Health, Mind & Body > Personal Growth

Customer Reviews

ChloÃƒÂ« 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. Ã Â© AudioFile 2007, Portland, Maine-- Copyright Ã 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 is 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. 6Chloe 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 VoiceThe Heart SutraDeep Listening PracticeBecoming Sound-ConsciousThe Seven Chakra MantraVocal 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

Download to continue reading...

Deeper Voice: Get a Deeper voice Quickly, Become a Leader: Proven way to deepen your voice:(Low pitched voice, Attractive Voice, Voice Singers, Manly Voice, Charisma, Power) Songs and Dances of Death for Voice and Piano (Low Voice) (A Cycle of Four Songs for Voice and Piano. Original Version plus English Adapatation) [Sheet Music] (No., 1230) Naked Women : Explicit And Lustful Naked Women Pic Bound To Get You Aroused. (Adult Picture Books) Naked Magazine's Worldwide Guide to Naked Places - 8th Edition Naked Magazine's Worldwide Guide to Naked Places Naked Women Pics : Sexy Naked Women Pics With Them Getting Hot And Randy. (Adult Picture Books) The Naked Roommate: And 107 Other Issues You Might Run Into in College (Naked Roomate) The Naked Guide to Bath (Naked Guides) Your Naked Voice The Voice Book: Caring For, Protecting, and Improving Your Voice How to Become a Voice Over Artist: Make a Living from Home with Your Voice! Set Your Voice Free: How to Get the Singing or Speaking Voice You Want Instant Voice Training: How to Train Your Voice Instantly! The Passive Voice and Reported Speech: Your grammar torch to shed light on passive voice, reported speech, complex subject, complex object and cleft (Brookgarbolt's treasure Book 2) Folk Songs for Solo Singers, Vol 1: 11 Folk Songs Arranged for Solo Voice and Piano . . . For Recitals, Concerts, and Contests (Medium High Voice) The Mark Hayes Vocal Solo Collection -- 10 Folk Songs for Solo Voice: For Concerts, Contests, and Recitals (Medium Low Voice) The Voice and Voice Therapy (9th Edition) (Allyn & Bacon Communication Sciences and Disorders) Songs of the Far East for Solo Singers: 10 Asian Folk Songs Arranged for Solo Voice and Piano for Recitals, Concerts, and Contests (Medium Low Voice) (Book & CD) Understanding Voice Problems: A Physiological Perspective for Diagnosis and Treatment (Understanding Voice Problems: Phys Persp/ Diag & Treatment) The Mark Hayes Vocal Solo Collection -- 10 Hymns and Gospel Songs for Solo Voice: For Concerts, Contests, Recitals, and Worship (Medium High Voice)

Contact Us

DMCA

Privacy