



Sounding Your Voice

Using tone, words, and song to heal and empower the body, mind, spirit, and emotions.

Did you know that every cell in your body is a sound resonator that responds to sounds coming from the outside and the inside of your body, and that all of the systems in your body – your physical, mental, emotional, and spiritual states of consciousness – respond to sound? Making sound and toning in Nia – called “Sounding” – is our way to help you relax and get stronger from the inside out. Sounding strengthens the physical body, empties and clears the mental body, cleanses the emotional body, and enlivens the spirit body. As an added bonus, it is a powerful way to connect you to the divine.

When there is an imbalance in the body – either physically, mentally, emotionally, or spiritually – sound can be used to help

you heal by directing vibration to any part of you. Sounding can bring you back into balance and create wholeness, harmony, and peace from within. Sound can be used to assist you in relaxing, gaining physical power, breathing deeper and fuller, and it can even help you to ground and awaken sexual energy. Used effectively, it can assist your physical body in naturally and organically correcting and even eliminating imbalances that cause illness and pain. In a way, sound is magic. The way Nia uses the voice, sound, and music is directed towards enhancing your wellness and health.

Every time you make a sound you stimulate an immense number of sympathetic vibrations within your body. When you move energy with the spoken word and sounds, you connect to a very powerful source – your voice. Trusting your voice, getting to know your own tone and power comes from speaking out, from making noise, sound, and tones.

10 Tips to Help You Begin Sounding

1. Use your lower body, the feet and legs, to connect you to the Earth, to stay centered and relaxed. Vary the distance of your feet and play with your base to find the best support for making strong sounds.
2. Breathe to sound. Exhale with the conscious intent and awareness to maintain a soft belly. A soft belly makes it easy for you to push sound up and out. It makes room for you to take fresh air into your body. It releases the abdominal muscles and frees the diaphragm so that, together, these two muscles work like an accordion to easily move air and sound.
3. Use the imaginary mind. Visualize and see your sound as color. Connect different sounds to different colors and use the colors to cleanse your energy.

For More:

Read the rest of the tips at:
www.nianow.com/onlineeducation

Ask your teacher for more information about this, and other available Nia Handouts.

Go on-line to read and subscribe to the free monthly Nia Newsletter and get the Nia Book, *The Nia Technique: The High-Powered Energizing Workout That Gives You a New Body and a New Life* (2005, Broadway Books).