



ESSENCE THROUGH SOUND

with

PRATIBHA

II **VOICING®** is a practice that brings experiential understanding to the true nature of verbal communication, the power of sound and the power of the human voice.



It is known that the singing voice possesses special healing qualities that are both spiritual and therapeutic. Singing and chanting are known to be the language that best reflects and express the Essential qualities of Being.

Regrettably, our culture's attitude towards singing is restrictive, limiting it to purely entertainment functions, or relegating it within religious canons that no longer always resonate with modern man. The belief that "to sing" must mean to know how to sing a song that was written and put to music by someone else, further inhibits our desire to sing, and confuses singing with the art of repeating given sounds. But, although we tend to block ourselves and although we are afraid of even trying because we are ashamed, we all would like to sing because we instinctively know how beautiful, truthful and liberating singing really is. This dichotomy shows that something spontaneous has been deeply lost and buried beneath false ideas and false assumptions as to how "a song must be sung".

VOICING® gives us the space to recognize this inherent misunderstanding and allows us to come closer to our inimitably authentic song.

To sing is our birthright. Everyone can sing, and in so doing one can discover the incredibly psychological and physical healing power of the voice, as well as enter the magic realm of the spiritual dimension. Singing is in fact the language of the soul.

VOICING® is a particular and unique practice that uses as an instrument the human voice sung without interruptions.

Its aim is to bring people to sing without traces of any fixed or pre-arranged sounds, and without suggesting any particular form of singing.

During the practice of **VOICING®** we learn to express our inner life and give expression to every kind of sound or singing that may spontaneously arise from your depth no matter how strange or unusual they are.

VOICING® in fact, teaches how to rehabilitate the capacity of recognizing the vibratory phenomenon of all inner experiences and how to express them through the voice.

This resolves psychological hindrances and physical blockages. It's a great source of healing and enriches the possibilities of expression, thus of communication.

Above all it re-open the avenue towards one's own most precious truth, one's own soul.

It is based on the understanding and the experience of how the song has a power for transmission and for transformation, if practiced in a certain way.

What an unexpected relief to discover that the fears, emotional and physical blocks, negative judgements, pains and wounds will heal and come to a resolution through a creative act! The singing therefore brings the dissolution of the problem through an experience of celebration and creativity!

The structure of this work supports and encourages us to go deeper and deeper within ourselves and to touch upon the totality of the here and now. It is a way to encounter and to resolve at a deeper level the painful events, especially of our early life, that have been bothering us, and that have prevented us to function in the natural flow of Being.

Singing implies self-acceptance, hence during the process of **VOICING®** our intention is to move beyond our judgmental fears. We challenge our ideas and belief systems while we learn to trust the wisdom of the heart.

Each participant is encouraged to accept and take responsibility for herself/himself and for her/his "shadow aspects" as well. Self-acceptance allows us to express ourselves with total freedom. We learn to recognize that what goes on within us, including all of our blockages, has a vibratory aspect and therefore can be sung.

As we restore our awareness, as we tune into this resonant reality we set in motion a liberating process that opens the doors to our inner power and to the inexhaustible source of our creativity. During this journey we come across deep and unexpected experiential spaces, where we release physical and psychological tensions as ancient as to derive from past lives experiences. In this work nobody is out of tune, nobody is inadequate and nothing is discarded but everything is inquired and processed through the voice.

During this work we will explore several sounds layers with particular tones, timbre and qualities that correspond to the map of the chakras and of the various bodies of consciousness.

VOICING® is also a direct exploration through the auditory modality to learn the difference between hearing and listening that is an art that nowadays needs to be revived and refined.

As we amplify our hearing perception we become aware of the effects of sounds on the human system: the sound of our song but also the effects of any external sounds (music, sounds, noises, human voices etc.)

In this way we can explore the energetic changes that occur within our system and each cell of our body, and in so doing we can free up new inner spaces of resonance. Hence we come to appreciate the real value of silence and to open up to celebrate our inner harmonic dance. In particular, **VOICING®** is helping to recapture a deep sense of Being and offers some tools for expressing and interacting in the world without inhibitions and hesitations but with the authenticity, the immediacy and the responsibility for oneself that derives when one is in contact with his heart-full uniqueness.

VOICING® is recommended for all those individuals whose activity moves around verbal communication and who feel vulnerable when having to communicate through the spoken language or who feel shut down on the level of self-expression.

It is also for those who don't obtain the communicative results that they need and who have understood the value of better knowing oneself for communicating with excellence.

This teaching adds amazing skills and understanding to the knowledge of breathing, bodywork, movement and emotional work in the therapeutic field and offers a bridge between the psychological realms and those of Essence.

It is particularly recommended for therapists, medical doctors, nursing and social practitioners, teachers, managers, lawyers, PR people, and also for actors, singers and musicians who want to broaden their experience in the field.

Above all it addresses to everybody who want to venture in the realm of self-discovery.



Pratibha de Stoppani

Pratibha's interest in voice and sound began in 1974 in the rainforests of Latin America while involved in pre-Columbian anthropology and experiential research into shamanism. The power and secrets of the human voice and sounds started to be revealed to her during these transformative experiences.

Returning to Europe she continued to explore sound, voice, and language and attended several sound-voice workshop (Grotowsky Laboratorium, Roy Hart Theater Group, Jill Purce, Frédérick Leboyer, Savitry Nair, etc.) without really finding the answers and the confrontations she was looking for.

At that time she started her involvement in humanistic psychology and her connection with other spiritual teaching like Taoism and Sufism.

Finally the urgency to find a living spiritual Master, whose vision and techniques were geared to the complexities of modern man, led her to Osho in India in 1976.

At the end of the same year, in India, she gave birth to her daughter combining Osho's direct guidance with the natural birthing instruction from Frédérick Leboyer.

Subsequently she learned personally from Leboyer his approach of the use of voice in birth preparation: this led to her own work in the field of natural childbirth preparation.

Since then she has been trained in many psychological and spiritual therapies like emotional-, breath- and bodywork, bio-energetic, psychic massage, healing techniques, t'ai chi, hypnosis, Esoteric Science and Essence Work (Diamond Logos) of which she is a teacher. She has integrated her discoveries and experiences with Osho's vision of spiritual awakening to create her own unique transformational approach with the use of the voice called

VOICING®. Nowadays Pratibha leads groups and Training all over the world.

INTERNATIONAL VOICING© PRACTITIONER TRAINING

2021 - 2023

at

INSTITUTE OSHO MIASTO - Tuscany (SI)

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Spoken in English + Italian

We are glad to announce that Pratibha has accepted to lead another **VOICING®** Training, this time at the beautiful Institute and Commune of Osho Miasto in Tuscany. It is a unique opportunity to learn about the extraordinary power of the spontaneous singing in a very complete and exhaustive way.

A real journey through our possibilities of consciousness. In fact this Training of **VOICING® PRACTITIONER** is an experiential process that will cover extensively the various aspects and layers of human consciousness from the 1st to the 7th Chakra.

You can participate to the Training if you have attended one **VOICING®** group and it has been suggested to you to continue this work.

The first 2 years result in 60 days of group process.

At the end of this process you will receive the **Certification of Participation**.

The last year will be mainly devoted to teaching therapeutic skills and to practicing, under supervision, individual and group processes.

During this period the student needs to have given at least 25 individual practice sessions and have facilitated at least 5 mini-group meetings of minimum 2 hours.

At the completion of this **VOICING® TRAINING**, including the number of days of assistance required (ca. 25-30 days of assistance to Introductory and Intensive VOICING© Groups), and after passing the final test, you will receive the diploma of **VOICING® PRACTITIONER** which qualifies you to use the word **VOICING®** for sessions and Introductory VOICING© groups of maximum 3 days.

1 MODULE:

I CHAKRA: THE NOURISHMENT OF OUR ROOTS

Dates: 09 - 13 June 2021 (5 days)

Location: Istituto Osho Miasto - Tuscany (SI)

The bigger the house we want to build, the deeper we need to dig and anchor its foundations. Most of our insecurities, in fact, derive from a lack of contact with the ground under our feet and with all what this represents on other levels.

Similarly, to rediscover our voice, we need to start by reactivating our original life-force and strength that is at the base of our Being. Bringing back our attention to our body, towards the earth, and reactivating this contact, allows to reconnect our energy to its source; a source that nobody can take away from us.

This attention to our body is also bringing up the conditioning that the body is against spiritual achievement. From the acknowledgment of this misunderstanding we will rediscover

the dimension of sacredness of our body - our temple - and of matter: the substance that has enabled us to be here as human beings.

We will find ways to reorganize our energetic flow through various grounding exercises.

In this way we will reach the trust in the earth, cruising through the fear of falling and of not being able to sustain and make it in life. We will also face the fear of abuse both through receiving or expressing physical violence and with the support of the newly acquired solidity, courage and love for our body, we will be able to give appreciation for our physical strength and enjoy its dimension.

On the voice level it is an immersion into the lowest and most unknown tones of our voice reaching into the dimension that will help us to give depth and substance to our voice and will give the base for proceeding upwards.

This strength creates the necessary support to be able to open up to our feelings without being overwhelmed by them and to be able to act in the world maintaining our integrity and dignity and respect for our body. It also gives the valid support to enter into deep meditation. Another theme we will confront is the need of identification with a group (ethnic-, geographical-, religious-, cultural-group, nation, etc.) which nowadays is very much under pressure and presents contradictory realities, creating lot of violent reactions, sense of lost-ness and insecurity. This brings up issues related to our origins as human beings, our survival instinct and fears, fear of being stupid or gross, not smart enough etc. Through this opening we will taste again the beauty of the shamanic power and wisdom that was those of our ancestors. The Essential qualities that we are activating are physical strength, vitality, support, rootedness, consistency, depth (red, white, gray and black).

2 MODULE:

II CHAKRA (first part): RECONNECTING WITH OUR FEELINGS + THE EFFECTS OF THE CONSONANTS

Dates: 11 - 17 October 2021 (7 days)

Location: Istituto Osho Miasto - Tuscany (SI)

Having reactivated and strengthened our roots and our body awareness, we can now rediscover the vulnerable yet powerful dimension of our feelings.

It is a vast domain often time very new and fearful since it has remained quite unknown due to an education that not only didn't support and teach us how to deal with this field but most of the time it has condemned it.

Feeling and accepting our emotions is an art that we want to relearn in order to feel more vital, pulsating and complete and in contact with our deepest truth.

The emotional body is a gift that existence has given to humanity and is the base of our creativity. It is therefore very important to allow ourselves to vibrate with the complexity and the variety of our feelings to be able to open our voice and song to qualities of passion, intensity and enveloping, nourishing warmth. During this next meeting we will also devote our attention to the effects of the consonants on our system and specifically with their connection with the emotions and their expression. The voice will help in the process of sustaining such overwhelming feelings by expressing them through the song, thus discovering that even emotions such anger have a very precise vibration, quality and belly tone that reestablish great vitality and drive to our system and therefore to our voice.

3 MODULE:

II CHAKRA (second part): INTIMACY WITH OUR FEELINGS + THE MYSTERY OF OUR NAME

Date: 12 - 19 December 2021 (8 days)

Location: Istituto Osho Miasto - Tuscany (SI)

During our previous meeting we activated the connection with and the expression of our feelings, dealing especially with the intense, rather rough dimension of anger, rage, jealousy, pleasure etc. We are ready now to touch more intimate and hidden layers of our feeling-body, meeting the vulnerability of our inner child and find the enveloping nourishing support of the womb. For the voice it is a very important step that brings warmth and a soothing lubrication to the belly sound and starts giving us more sense of the roundness of sound. (Essential quality of the gold).

THE MYSTERY OF OUR NAME

Very often we have negative reactions in relation to our birth-name.

So often we have heard it in relation to some request, or to some judgments that made us feel inadequate, guilty or sad. More rarely we have heard it transmitting feelings of love and appreciation. This exploration brings us through the different levels of experience in our personal history in relation to how our name has been pronounced,. We find then the way to disentangle us from its negative connotations, heal the wounds and access to a dimension of acceptance, love and appreciation for our name. From here we will extend the inquiry through the different meanings that are related with the different sounds of our name. We reach thus the direct essential experience of the sound composition of our name and tap into its Essential qualities. These qualities have to do with our unique, inborn talents and their realization and integration in this lifetime (in the Essential dimension it is called the Pearl). We will also explore the initiation name that reveals the experience and the meaning of our uniqueness in the dimension of our soul (Point of Light). (It is not necessary to have received an initiation name since almost always this inquiry brings us a "name" that carries this dimension.) You will then be fostered into finding a way of integration and completion of these two dimensions. AThus the name becomes an anchor. An anchor to use for activating and integrating our inner talents and their possible interaction with the world.

4 MODULE:

III CHAKRA: THE POWER OF BEING + IV CHAKRA: THE WISDOM OF THE HEART

Dates: 15 - 27 March 2022 (13 days)

Location: Istituto Osho Miasto - Tuscany (SI)

During the first part of this meeting we will learn how to deal with our emotions in relation to the others and to the world. This means not only how to feel and sustain them (like we discovered in the past 2 groups) but also how to interact with the other's without losing our integrity and dignity. Bringing consciousness into how we have created strategies in order to

survive, in order to be accepted and to avoid fear, will reveal our power trips, our judgements and necessity of being always superior and successful even if we think we are not. Without being connected with the real source of power we are in constant struggle pursuing an image that is socially considered. Being so busy polishing that image and being underneath terrified of not being able to make it, we have forgotten who we really are.

Understanding this dynamic enables us to see the social construct like a sheer game where gaining or loosing are the extremes of the same polarity that enable the game.

During this process we will be fostered to expose our "shadow" in a way that can be also humorous and playful and that brings more light into our mechanisms. We will learn that it is possible to embrace failure, weakness and vulnerability and we will discover how this gives back dignity and power. We will understand the ancient Sufi saying: "being in the world but not of the world". The Essential Qualities that will be activated are: decisiveness, will, assertiveness, originality, courage, joy, exuberance, enthusiasm, single pointed-ness, etc. (white, yellow) It is an important step also for the voice since it deals with the diaphragm which calibrate our power and direction in the sound and capability of being loud, assertive and in full command when the situation requires. Communication skills will be also part of this process. While we understand more and more how our personality is affecting and limiting the quality and the transmission of our message and how much it is reflected in the voice, we will find new ways to open it up and modify it towards a more honest and therefore persuasive dimension. Eventually we will discover that the ultimate power resides in the capacity to dwell in our Being.

IV CHAKRA: THE WISDOM OF THE HEART

During the last 5 days we will enter the dimensions of the 4th Chakra: love, acceptance, self-acceptance, reciprocity, tenderness, sweetness, compassion.

Through exposing what has closed, repressed and distorted our original loving nature, we can taste again the tender, innocent, vulnerable playfulness in which we were all bathed in as young children.

Love is vibrating beyond the realm of duality, giving a sense of great acceptance: it is a big YES to ourselves and it is a reverence towards Existence.

Love operates as an extraordinary chemistry for healing and is the essential ingredient for all kind of therapies. We will discover that in the simplicity of the heart lies the wisdom that is beyond the mind. The song is at home in the heart and it is therefore relatively easier to sing in this place and it can open up very touching experiences.

Through the techniques of **VOICING®**, combined with movements and breathing exercises, we will penetrate through the various layers of the ego structure that encapsulate and suffocate the heart to attain to the dimensions of Essential love: from wanting love to allowing and cultivating love. We will also devote sometimes to the development of intuition and to the capacity of synchronizing with other people's hearts: these so-called extra-sensory perceptions are also related to the activation of the 4th Chakra.

Through the singing celebration of love we will touch the silences of our Heart and realize that Love is the Essence of Meditation (and vice-versa).

5 MODULE:

INTEGRATION

Dates: 08 - 12 June 2022 (5 days)

Location: Istituto Osho Miasto - Tuscany (SI)

During those 4 days we will give the opportunity to verify how the work has been so far integrated and to deepen it and give more space for further inquiry. We will refine the communication skills and look into the more common mistakes that create so much conflicts and misunderstanding. More work will be devoted to listening exercises and to mastering the voice.

6 MODULE:

V CHAKRA: FREEDOM OF EXPRESSION + THE DOMAINS OF ESSENCE

Dates: 04 - 13 November 2022 (10 days)

Location: Istituto Osho Miasto - Tuscany (SI)

We have been already looking into the limits of expression that we have been creating for ourselves through outside imposition and for the need of adaptation in order to survive and function at a social level. The opening of the heart-Chakra has given the sense of the reality beyond the limits of our ego that will reflect itself in the way we then express ourselves.

During this group we will draw our attention especially to the aspect of authenticity versus falsity in the realm of communication and how we betray our inner truth. As usual the way we proceed is to bring light and understanding to the parts that have been condemned and pushed into the unconscious and to why we adopt modes of falsity. This is generally achieved by giving expressive space to all those parts, to the point of exaggeration and caricature until we can reach the authentic longing towards the divine dimension of our real authenticity.

We will look attentively into the structure of our beliefs in relation with the various Chakras and we will discover how the singing voice can have the power of freeing ourselves from the slavery of the beliefs.

The 5th Chakra is in fact the metaphysical location of all the beliefs, which basically are the foundation on which runs the show of our life drama. The 5th Chakra is also the door to the freedom that replaces the need of explanations, instructions and guidance from the outside with the inner sense of one's own guide and one's own responsibility. It also gives a sense of trust in chaos and not-knowing. (Diamond Body and the Blue) Vibrating in the 5th Chakra means understanding that we are the only creator of our own life and, integrating this realization, we can open the door to the infinite creative potential that is in each of us. The voice here has jumped to another higher tone that can be very high and powerful.

THE DOMAINS OF ESSENCE

The last 5 days will be devoted to deal more specifically with the Domains of Essence (also called Being) according to the paradigm of Faisal Muqqaddam (Diamond Logos) and Hamid Almaas (Diamond Approach). This approach describes in a very precise and exhaustive way the intricate relationship between Ego and Essence and offers a clear understanding of how and why the ego developed.

It teaches how to actualize a conversion of 180° to bring us back to the dimensions of Essence from and through all the layers of personality. This is a longing that consciously or unconsciously everybody has since it is the primary task of the ego but also its profound dilemma. During this workshop we will use this map to understand the parallel between the individuation of what is called the Point of Light and the alienation of the ego development. This approach fits perfectly with and gives a complementary understanding to **VOICING®**, which in fact is based on the experience of the singing voice as a great vehicle bridging the personality structure with the qualities of Essence. The introduction to this knowledge gives you a map that will facilitate your inner journey and will give you precious tools for how to work with people adding clarity, precision and a new understanding to the realizations that we have reached so far.

7 MODULE:

VI CHAKRA: AWARENESS AND MEDITATION + SOUND AND SUBTLE BODIES

Dates: 15 - 26 March 2023 (12 days)

Location: Istituto Osho Miasto - Tuscany (SI)

The 6th Chakra group is about awareness and the faculty of being in direct contact with our inner guidance. We will activate the area of the 3rd eye through breathing, light and sounds exercises and learn about the various meditations techniques involving sound.

We will appreciate how more accurate, precise and effective the work is becoming from this perspective of alignment and de-identification and how the sound reaches very delicate, precise high-pitched tones. We will go through all the chakras again focusing on the subtle energetic experiences and on the perceptions of the inner effect of sounds. The focus on the inner experience of sound while toning or/and singing gives to the expression of sound a more accurate, resonant and velvety quality and will enhance its depth.

In this way we will balance the work that we have done so far that was directed mainly towards the expression. Throughout this meeting we will become more present to the inner and subtle effects of sound in the various chakra-centers and in which way it creates modifications and releases blokages. We will thus be able to directing sounds in a very precise way, both in ourselves and towards others to re-establish activation, harmony and awareness.

We will also start to work on the cellular sensitivity to sounds through particular listening techniques, trance, and sound exercises. We will work on the various organs and physical ailments using either the voice, in the similar way we did for the chakras, and with sounds of instruments (like gongs, Tibetan- and crystal bowls, chimes, unusual percussion instruments and shakers).

For logistic informations and booking contact:

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