

NEW

INTERNATIONAL VOICING© PRACTITIONER TRAINING

ESSENCE THROUGH SOUND

2024 - 2028

at the **Osho Miasto institute**, Tuscany, Italy
< groupoffice@oshomiasto.it >

with

Pratibha

and

Rabamashi

First Part

1. MODULE: September 25th - 29th 2024 (5 days)

I CHAKRA: THE NOURISHMENT OF OUR ROOTS

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 make it in life.

We will also face the fear of abuse both through receiving or expressing 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 nourishment 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.

2. MODULE: December 03rd - 10th 2024 (8 days)

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

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 over-whelming feelings by expressing them through the song, thus discovering that even emotions such as anger have a very precise vibration, quality and place in the belly that reestablish great vitality and drive to our system and therefore to our voice.

3. MODULE: (dates to be established) 2025 (7 days)

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

During our last meeting we activated the connection with and the expression of our feelings, dealing especially with the intense rather rough dimension of anger, rage, jealousy, envy, sex, pleasure etc.

We are ready now to touch more vulnerable, intimate and hidden layers of our feeling-body - your inner child - and find the appropriate way to connect with, contain them, express and

transform them through the singing including the pleasant, nourishing, enveloping dimension of the womb.

This exploration is also very important for the voice since it brings roundness, warmth, and lubrication to the sonority of the voice that will be deeper and coming from the "belly".

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

In fact we have been hearing it mostly linked to requests, judgments, impositions but, more rarely, to transmit feelings of love, appreciation, encouragement etc. This process offers an exploration through the phases of your personal history derived from how your name has been pronounced. You will then find the way to free yourself from those negative associations and discover the beauty and the value that your name deserves.

From here the inquiry will extend to the various meanings of the various sounds that compose your name in order to have the direct experience of the meaning of the original sound-composition that we call Name.

This will allow you to recognize the Essential dimension of your qualities, of your talents and their integration in life. (In the Diamond Logos approach can be defined as the Pearl). Thus the name can become an anchor to be used to integrate your talents, value their beauty, their consistence and their relationship and realization in the world.

In the same way we will explore the initiation name that will reveal the meaning of the spiritual uniqueness of your soul. (In the Diamond Logos is called Point of Light).

During this ceremony you will enter in touch with a "name" that will reveal to you these dimensions. If you have received already an initiation name you will add new precious discoveries to it.

This connection allows you to vibrate with your more authentic and unique reality and discover the magic of the meaning of sounds.

4. MODULE: (dates to be established) **2025** (13 days)

III CHAKRA : THE POWER OF BEING (the first 7 1/2 days) +

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: 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 and maintaining the vulnerability of the feeling body.

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 judgments and necessity of being always superior and successful even if we think we don't.

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 and we keep in a constant state of alertness and stress, moving more and more away from our soul.

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

We will learn that it is possible to embrace failure, weakness and vulnerability and we will discover how this brings back dignity and power.

We will understand the ancient Sufi saying: "being in the world but not of the world".

The Essential qualities which will be activated are: decisiveness, will, assertiveness, originality, courage, joy, exuberance, enthusiasm, single pointed-ness, etc.

You will also discover that the ultimate power resides in the capacity to dwell in our Being.

It is an important step also for the voice since it deals with the diaphragm that calibrate our power and direction in the sound and the capability of being loud, assertive and in full command when it's needed by the situation.

IV CHAKRA : THE WISDOM OF THE HEART

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

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 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.

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: (dates to be established) **2025** (5 days)

INTEGRATION

During these 5 days you will be given the opportunity to complete and integrate the work we have done so far.

We will deepen the communication ability and precision to highlight the mistakes that can cause misunderstanding.

We will work extensively on the voice and on listening.

I recommend you to revisit all the notes, to practice and to write the questions and your considerations that would come up, so that you can remember them and put them out during the next meeting.

6. MODULE: (dates to be established) **2026** (10 days)

V CHAKRA : FREEDOM OF EXPRESSION

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 easily 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.

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 DOMAINS OF ESSENCE : The Point of Light

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©**.

VOICING© 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: (dates to be established) **2026** (12 days)

VI CHAKRA: AWARENESS AND MEDITATION + SOUND AND SUBTLE BODIES

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 and learn about the various meditations techniques involving sound.

We will learn how to address to our issues through the dimension of higher awareness and meditation and appreciate how effectively problems can dissolve. It will unfold the dimension that is directly linked to our Essence, giving more indications for how to maintain our Point of Light in the foreground, crystallizing what we have touched in the last Module and embracing all the process in a higher level.

During the 7 days devoted to the Subtle Bodies and Sound we will go through all the Chakras again focusing on the subtle energetic experiences and on the perceptions of the inner effect of sounds.

In this way we will balance the work that we have done so far, that was directed mainly towards the expression, by becoming aware of the inner resonance of sound while we sing.

Throughout this meeting we will enhance the depth of the sound and we will become more present to the inner and subtle effects of sound in the various Chakra-centers. We will thus be able to express and direct sound in a very precise way, both in ourselves and towards others to re-establish activation, harmony, healing and awareness.

8. MODULE: (dates to be established) **2026** (5 days)

HEALING SOUNDS

During this meeting we will start to work on the cellular sensitivity to sounds with particular listening techniques, trance, and sound exercises on the various organs and physical ailments using either the voice or sounds of instruments (like Tibetan, crystal bowls, chimes and many others). We will open to the discovery of the amazing effects of tuning forks of different vibrations on our system and how to use them.

INTERNATIONAL VOICING© PRACTITIONER TRAINING

2 Part

9. MODULE: (dates to be established) 2027 (5 days)

1. INTERNSHIP (session-giving)

During this meeting we will devote special attention to the capacity of mastering the voice on the different ranges and qualities to reach, eventually, the ability to guide the participant(s) in the vocal area that they need to explore. Another basic ability for the facilitator is to become acquainted and skilled with pacing, pacing and leading with the voice.

We will practice voice-reading and learn how to integrate it in a VOICING© session.

You will be introduced to the Essential Dimension of the Diamond Body, which is the quality that guides the facilitator in his/her moves throughout the session and/or group- leading. Similarly we will speak of the other dimensions that need to be activated and I call: Presence, Heart, and “North Pole Star”.

You will be also given a series of more technical explanations, reminders and tools for how to carry on a VOICING© session.

Pratibha will be giving demonstration sessions and explain + discuss the motives of why certain choices have been made. You will start giving session among yourselves.

We will summarize and practice the different energetic activations according to which Chakra we are addressing to. This includes the different ways of dancing and of body-movement (bio-energetic) that we have gone through during the Training.

Between the 1st Internship and the 2nd you will be asked to do at least 10 individual sessions with volunteers (at least 5 different ones and almost an equivalent number of women and men)) and bring a written briefing of each of them.

10. MODULE: (dates to be established). 2027 (10 days)

II INTERNSHIP: integration and therapy

(with guest therapist - **Tarika**)

We will start by going through your notes regarding the 10 sessions you have been asked to give in the meantime and discuss what has come up for you during these experiences and receive more teachings.

You will then give video-recorded sessions to guest "patients" whom we will purposefully invite. One of you is giving the session and one is supervising and taking notes. Pratibha will of course also supervise the sessions and eventually we will discuss about them while visioning it on the screen.

The last part will be devoted to giving you some guidance regarding leading a group and to which are the elements of group dynamics.

Tarika will bring you through a process for 5 days, touching your involvement in becoming a therapist, your motivations, your fears, your hidden agendas and also looking into the mechanisms of projections, and how to keep your integrity.

In the light of what you will learn you will also find the space to ask questions that might have come up during the sessions that you have done so far.

Between the 2nd and the 3rd Internship you are asked to facilitate at least 2 Introduction of VOICING© of ca.2 hours for a group of minimum 6 volunteers (of different gender) and write a report about it.

You need to continue giving individual sessions (minimum 10) and writing reports.

You are also asked to start searching for a selection or different songs and music that would be appropriate for the various situation of the work. During the 3rd Internship you will have to submit your music selection and you will be given a feed-back about the appropriateness or not of the different pieces for the different type of VOICING© teaching situation.

Pratibha will also submit you with some music-songs of her own choice for you to listen and comment.

Between the 2nd and 3rd INTERNSHIP you will receive a briefing with the feed-back on your session giving and indication of how to proceed.

11. MODULE: (dates to be established). **2027** (5 days)

III INTERNSHIP

We will start with bringing attention to the problems, and resistances that might have come upon the meantime and have affected the flow of the practice. We will give feed-back on your written reports regarding the sessions that you will have done in the meantime, giving space to those that have created more difficulties, uncertainties and insecurities.

I will facilitate in front of you a few individual sessions and comment about it.

You will be asked to give a sessions with volunteers outside the group which will be video recorded and then commented by all of us, like in the previous meeting.

You will be given more precise indications of how to run a group of Introduction into VOICING© of one evening and a week-end and Pratibha will demonstrate an introduction group of about 90 minutes.

More space will be given to master the voice to be able to achieve an appropriate voice demonstrations in the various pitches and quality of voice.

After this meeting the participants will receive a written report about their sessions and given suggestions of how to procede.

Between the 3 and 4 Internship you will be asked to give minimum another 3 mini groups of 2 hours with at least 6 volunteers.

You also need to continue with the individual sessions (minimum 5) with their written reports.

12. MODULE: (dates to be established). 2027 (5 days)

IV INTERNSHIP: (group-leading)

This workshop is devoted to sharpen the therapeutic skills and work on the vocal uncertainties especially in reference to your previous performances and reports. You need to bring accurate written reports about the sessions and groups you were asked to facilitate.

Those who haven't performed last time will be asked to facilitate a 1 hour Introduction of **VOICING©** which implies: verbal explanation, vocal demonstration, and conduction of an experiential journey through the chakras.

The participants of these mini-groups will be the other trainees and a few volunteers especially invited to participate and give feed-backs.

At the end of each group we will give feedback and further teachings.

Those, who didn't manage last time or whose selection wasn't complete, are asked to present a choice of music and songs (that you certainly had prepared for last time and maybe enriched in the meantime) and you will be asked to say for which different group situations and chakra layers you consider them appropriate. Comments will be followed.

You will also be given to listen several pieces of music and songs and you will be asked to describe for which use they would be appropriate.

Possibly the participants will exchange sessions as "difficult" clients.

Time permitting will be passed on more information about the accurate verbalization when addressing to a client/group.

After the IV INTERNSHIP those who have facilitated the demo group session will receive a feedback about your situation and suggestions of how to continue working in order to prepare yourself for the final test.

13. MODULE: (dates to be established) 2028 (5 days)

V INTERNSHIP: Test and final celebration

For passing the test you need to show the mastery of the voice on all the ranges and qualities of sound, related to the different bodies.

- Capacity to master the singing voice and being able to sustain it in the different layers of quality and pitch of sound corresponding of the different chakras.
- Capacity to change the volume of a sound without changing the tone.
- Capacity to slide form one tone to the next (up and/or down) in a glissando, without changing the volume.
- Capacity to "read" the clients voice.

You need to recognize in the client's voice the signals that enable you to proceed in the work and be able to pace and lead.

You need to know which body- and breath-exercises and voice suggestions are to be used to activate different dimensions in the client.

- Notions about the different bio-energetic and other body exercises we used and for what, including the different types of dance and in which situations and chakras are they useful and for which purpose.

Similarly your attention and accuracy on body- breath-voice patterns and languages in relation to the emotional body will be evaluated.

- How to individuate, recognize and deal with the different blockages, difficulties "problems" and how to help the client to integrate them.
- Notions about how to recognize to which "bodies" they belong.

You will be tested also on your verbal skills and knowledge about facilitating sessions and groups which includes the various jibberish and singing demonstrations.

In general

- You can be asked of how to initiate an individual or group session and which are the dimensions you need to maintain active during the process.
- Which are the elements in the client that allow you to make an evaluation of how to proceed.
- Which are the differences between leading an individual and a group session.
- Some indications of how to deal with "difficult" clients.

Some of you might be asked to perform again a session or a group meeting.

You also need to have completed the minimum number of individual sessions required (25) and Introductory meeting of at least 2 ½ hours (5) and possibly some assistance.

*The evaluation for the Diploma depends also on the unfolding of the learning process in general during the past years, on the elements related also to the previous INTERNSHIPS and on your commitment and passion to become a **VOICING© PRACTITIONER.***