

Living in De•Light

The 52 Gifts of a benevolent, flowing Multi-verse

The Fifteenth Gift



The gift of and the power of the Voice

Aah...the wisdom of the design. This remarkable mechanism, the voice, capable of generating sound, dispensing information, expressing emotion, healing self and others, entertaining, connecting with the Source...on and on.

The voice is as unique as the vibration that we each are. The characteristics of it are determined by multiple factors: sex, shape of the three resonance chambers (chest, throat, cranium), emotional experiences and the subsequent energies released or held, intention, self care, perception of the moment...and, given all this, we can consciously choose to mimic another or create a brand new sounding voice.

The voice is our vehicle of our presence and power in the world. It is our tool of manifestation that marshals the forces of the Multiverse to gather to create that which we have spoken. Through conscious use we can create our world experience and form. We can connect with dimensions of spirit via chant and mantra and song. We can transform the moments of living into a sound that clears the vibrational residue of the event.

It is such a powerful tool that others can attempt to control us by subjugating our voice. Silencing us is to control us. Singing is outlawed by rulers intent on control. Our free speech is curtailed when they want to dampen our spirit.

The Designer has given us all we need to flow through life. The voice must be used. We must speak our words, sing our song, make our sound. To consciously use the voice to expand our experience is a wise and powerful choice. Never let it be silenced...but run it always through the heart to fill its message with love. This is the gift that will keep giving. Use it...

The Fifteenth Gift Activities

- Explore this gift. Make sound. Treat it as if it is the first time you have experienced it. Learn its parameters. Test the limits. Make sound and work with the shape of the mouth, the placement of the tongue, the location of the sound, the flow of the vowels, the impact of the consonants, the range of pitch, the impact of the resonance chambers on the tone...play and explore and learn. So you can use it with ease and power
- Become aware of the characters you can create with your voice. Give them personality and behaviors and traits....often.
- Make a list of statements that clearly inform the Multiverse of the life you deserve and desire. Speak this list out loud daily. End it with "All this or something more magnificent. And so it is!" Watch your life change...
- Make it a practice to speak what must be spoken. Create the space for you to say what you feel... in private. Insure that your moments of living are expressed in sound. Listen to children, especially very young ones, who are so free with the vocalizations of their experience of living. Reclaim that.
- Before you go to sleep make sure that all of your days elements have been sounded. Do not carry any unexpressed energy to sleep. It will, by design, find a resting place within your energy bodies, waiting for an opportunity for expression. Why hold on to it?
- Sing a lot. Let the vibration be a joyful inner cleanse that also feeds the world with beauty. Pay no attention, whatsoever to thoughts or judgements about the "quality" of your voice. This is a relative thing. Sing to get better at singing. It is the joy and spirit that matters.



"There's a never ending river from Heaven, pouring into us each day. If we close our eyes in ignorance and throw up our resistance, the river won't flow, no way. So why not dredge the Holy Channel Make it deep make it wide. Let the manna bring abundance To the heart of our lives"

-Give In Give Out, from [Wake Up CD](#) by Mark Stanton Welch