

Week Two



Expressive Sounding

*Wildness reminds us what it means to be human,
what we are connected to rather than what we are
separate from.*

- Terry Tempest Williams

Day 1: Sounding Our Experiences (all day; every day :)

After a while the middle-aged person who lives in her head begins to talk to her soul, the kid. - Anne Lamott

The most sophisticated people I know—inside they are all children. - Jim Henson

A while ago I was at Granville Island market in Vancouver in the produce area, a short distance from one of those big fish coolers. Suddenly, I heard the voice of a little girl exclaim: “Ewwwww!” She was repulsed by the the big smelly fish, and she expressed it—in the moment, for all to hear.

I was envious of this little girl. I was envious of her freedom, her in-the-moment awareness of what she was actually experiencing, and her openness and willingness to “let it out.” And although I didn’t see where she went after the “fish” experience, what I suspected was that something else caught her attention, and she was off to the next thing—in the flow, like kids are, before the world “adults” them out of it.

When I radically allow, and give sound to my in-the-moment experience—the good, the bad, and the ugly—I open to a kind of vibrational reality that can override my ever-vigilant thoughts wanting to manage the experience. It’s a kind of vocal intervention: your voice intervening before your thoughts have a chance to start managing, assessing, critiquing, judging what you are experiencing.

“Ewwwww....” **SAMPLE ONLY**

As you are immersed in your life today, revelling in the vibratory Wholeness that you are, let yourself give sound to what you are experiencing in the moment—be it joy, repulsion, calmness, frustration, you name it. If you are in public and feeling self-conscious then try it quietly (grrrrr...). You can even make the sound in your head. If you’re in the privacy of your own home, out of ear-shot, then let ‘er rip! Allow, allow, allow—and have fun!