

Be Vigilant About The Voices you allow to Influence your Own

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Hear YOUR Voice
Feel Your Voice

Allow it space in your Head In your Heart In your LIFE



A renowned speaker, and by Dr. Gabor Maté is highly sought after for his expertise on a range of topics from addiction to mind-body wellness. He is known for offering quick-fix solutions to

issues, Dr. Maté weaves together scientific research, personal histories, and his own insights and experiences to provide a broad perspective that enlightens and empowers individuals to promote their own healing and that of those around them.

As an author, Dr. Maté has written several books, including the award-winning *In the Realm of the Hungry Ghosts: Close Encounters with Addiction*. His work has been published internationally in twenty languages.

Dr. Maté has received the Hubert Evans Prize for Non-Fiction; an Honorary Degree (Law) from the University of Northern British Columbia; an Outstanding Achievement Award from Simon Fraser University; and the Luther King Humanitarian Award from Motest. He is also the author of *Crucial Moments: Conversations on Teen Violence*. He is an adjunct professor at the University of British Columbia.

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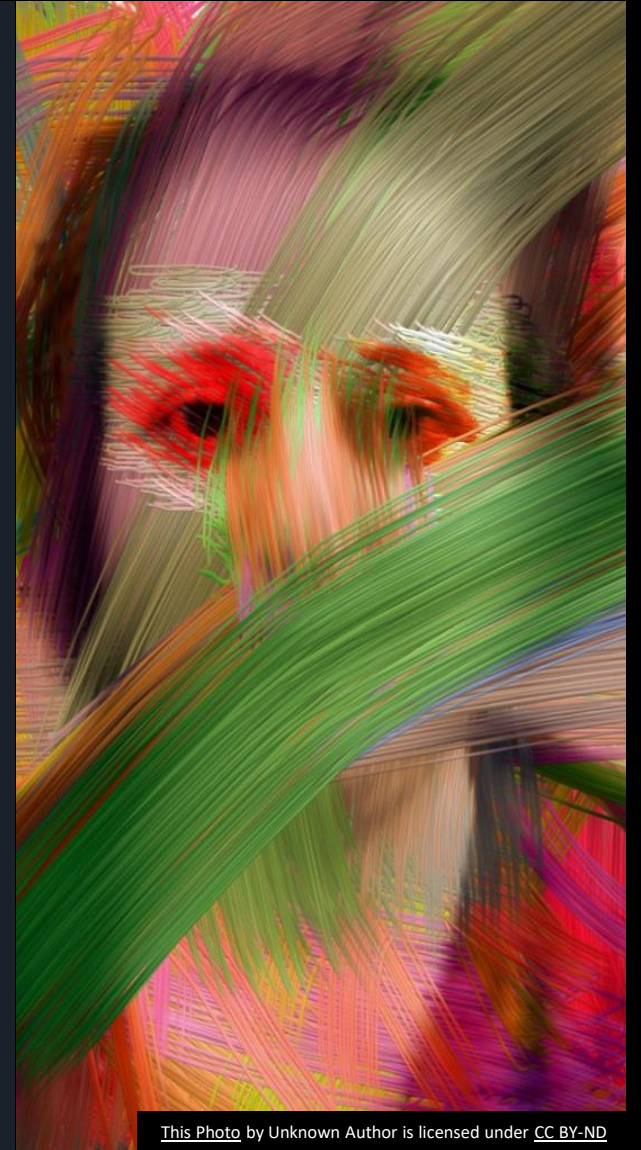
The Suppression of Voice has Consequences

Abuse THRIVES and Depends ON THE SUPPRESSION OF VOICE

Victims are groomed from early age to suppress their voice be it through

- **Punishment when TRUTH is expressed.**
 - **Through Mockery/Bullying**
 - **Through Isolation**
 - **Through Dismissal**

Dr Gabor Mate work brilliantly assures us the consequences of suppression. promises that your voice will find a way to be expressed, to rise, demanding to be heard. Continued suppression will require addiction to keep it down and then illness will be manifested fed by the pain of denial.



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Discernment

- Sculpt your Voice with Discernment
 - Slowly peel back the layer of emotions and hear what words you are saying to yourself which is creating your reality
 - Let your voice rise slowly as you no longer allow it to be stifled
 - Make sure to only share its beauty with those who deserve to hear you. If your audience questions, disagrees with or is threatened by your creation do not let it discourage you. Actively discern their response, hear and feel their opinion and decide what to keep, respect or release. Sharpen your words with feedback and decide if enriches your voice or must be given back to the universe. Own your voice. Agency is critical and you must never forfeit your voice as doing so compromises your soul.
 - Words of Rage especially demand careful crafting. Do not suppress them but use your anger as a tool and carefully sculpt a way to be heard. Express it all and keep what you choose, gifting the rest. Rage is a valuable teacher that must first be heard by yourself and with discernment shared as a gift with others. Discernment is crucial when it comes to rage or your words can be lost in the chaos.
 - Words or actions that carry love and joy must first be taken inward only the overflow can be shared to prevent depletions or resentment.
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Your voice creates Equity

- Heal as you release your

VOICE

Write paint sing dance your truth into existence.

If fear paralyzes you search for the work of another artist to encourage and support, you to hear feel and express your truth.

Read, listen, observe others who work tirelessly to help you feel and express your truth.

I paid dearly for expressing my voice yet the price I paid was worth the priceless experience of healing and growth. I now understand equity and believe in my worth.





Your Voice can be held in
Your Words
Your Actions
Art
Your Heart
Your Body

Craft your narrative it is yours to own.

You alone possess your voice