TONING, SPEECH, AND THE HEART

In Step 5 (Vagus Nerve Preparation), you were provided psychoeducation on the function of the “recurrent laryngeal nerve” (RLN) as being a special type of vagus nerve part which directly connected the voice box with the heart. The RLN descends from the brain, into the chest, and loops around the heart and then returns to the throat. This special connection has been used by humans for thousands of years to “heal” mental and body dysfunction with sounds.

The Oriental Healing approach uses various instruments to generate “healing sounds.” But the most frequently used is the human voice, which can help the person “heal themselves” with their own voice. Currently, in the U.S., there is increased interest in the practice of Qigong (pronounced “chi gong”). This mind-body method was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body’s movement and posture. Qigong incorporates 6 healing sounds of the human body as part of this healing.

<https://www.nccih.nih.gov/health/qigong-what-you-need-to-know>

With this current Step 12, your vocal “toning” now completes the IN SYNC psychotherapy method as a practice which is complimentary to Qigong.

Here is further information on “vocal toning”:

<https://www.youtube.com/watch?v=8xHgIY9nDtA>

<https://www.crowdcast.io/e/vocal-toning-with-flicka/register>

<https://journals.sagepub.com/doi/10.1177/0003489419837265> (if you cannot connect through this link, copy and paste into your URL browser bar)

<https://www.youtube.com/watch?v=OacHGIc3Rig>

<https://www.youtube.com/watch?v=L725e87yHjg>

Here is more information on the “science” of this vagus nerve connection:

<https://www.sciencedirect.com/topics/neuroscience/cardiac-plexus>

(please copy and paste to browser; read article on “Thorax”)

<https://med.umn.edu/ent/patient-care/lions-voice-clinic/about-the-voice/how-it-works/anatomy>

<https://med.umn.edu/ent/patient-care/lions-voice-clinic/about-the-voice/how-it-works/physiology>

<https://med.umn.edu/ent/patient-care/lions-voice-clinic/about-the-voice/how-it-works/acoustics>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4276761/>

<https://www.nature.com/articles/s41598-017-07171-2>