

Hello Friends,

I wanted to share more about Voice Movement Therapy (VMT) with you.

VMT builds on the Expressive Arts work that I've done for years with many clients, and also with myself. However, there is a wonderful difference with VMT. **The very specific, and profound Vocal Expression components of VMT makes the healing process go even deeper; and it provides faster relief from emotional pain and stuck energy.**

It's a LOT of FUN too! I know that that may sound unbelievable, but it's true. One can start out feeling stuck, sad, angry, fearful, etc. and end the session smiling and laughing a lot; and feeling generally wonderful.

This happens because using the voice, and vocal sounds in particular, can quickly take us into a deep state of remembering, and then releasing. **The primal nature of expressive sounds, and also movement, (hence Voice Movement Therapy) is so deeply healing, that I continue experiencing and witnessing miracles on a daily basis.**

So think about MAKING SOUNDS AND SINGING without worrying about whether or not you are in tune, or indeed even singing anything in particular. And try and move as you vocalize. It will make a huge difference.

Sending Love and Light to YOU!

Chris :)

Christine-Anne Plâtel

<http://www.consciousconnections.com>

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and coming soon....VOICE MOVEMENT THERAPY!