

About Voice Liberation

We all have a voice.

We use it in everyday life to talk to each other, and everyone's voice is different.

Everyone uses their voice differently; some have a soft voice, others can be heard above everything else. A voice “says” a lot about who you are in its own way. For example, whether you want to be heard or not; your voice gives you visibility through its sound.

In addition to speaking, we also use our voice to sing. Singing is a natural expression; every child sings and many adults enjoy singing in a choir. But we also have opinions about our voice and whether we feel comfortable with the sound of it. Whether you want to and dare to let your voice be heard. Whether you dare to fill the space with your voice or think you should only do so if the sound is pure or beautiful.

My teacher Jan Kortie taught me that “Your soul wants to sing”; and I have experienced that too. When I am invited and encouraged to take up all the space to let my voice be heard, that my voice is allowed to be exactly as it is, then sounds come out of me that would amaze my singing teachers.

Because then I am no longer just “a soprano” or “an alto”.

When I really sing, I open myself up and sound comes from within, my voice finds its own way; I sing what moves me, I travel through my being, my feelings and emotions.

That ignores “bel canto”, beautiful singing. Then a unique song arises spontaneously, telling a (wordless) story and possessing a beauty all its own.

This way of singing, which some call sounding, is often without words, without a fixed melody. But that doesn't make it any less beautiful and enjoyable to do and hear. It does take some practice to give yourself the space to dare to do that. Almost all of us are a little shy about really letting ourselves be heard. This is usually because we were once told that our voice isn't beautiful, or that we'd better keep our mouths shut, or something similar. Unconsciously, this makes an impression and influences the way you use your voice. Perhaps this causes you to make a lot of noise or, on the contrary, to be silent in company. But even if you like to make yourself heard, limitations have often crept into the range of your voice without you noticing.

Voice liberation is literally about liberating your voice. It is about letting everything that “lives” in your voice come out: long notes, scratches, humming, soft and loud sounds, a repeating melody... and whatever it is, it is accompanied by feelings of pleasure, effort, enjoyment and sometimes tears. Liberation is always accompanied by emotions, and that is very welcome; we just sing through it. Voice liberation assumes that every voice matters. Because you matter. With a free voice, you stand stronger in life and dare to be more who you are.

I believe that everyone can sing and welcome you to join in!

How and what:

A workshop – max. 16 people – lasts over an hour.

The same goes for an individual voice lesson.

Nothing is strange to me, you don't need to have any singing experience, but trained voices are also welcome.

You can participate as often as you like; I like that, because it allows your voice to get used to coming out more.

We build it up slowly; we do some exercises together to get used to it.

We also use movement to make space in the body for your voice.

We do it exuberantly, then quietly, together and also one by one, to let your own sound be heard and to get used to it. We always end with a very simple song, which you can take with you so that you always have something to sing if you want to.

And if you have an instrument that you want to use, you can bring it along.

There is a structure to each session, and every workshop is different, because everyone's voice is different, and that is precisely what inspires me to sing with the group whatever wants to be sung.

I look forward to seeing you there!

Ineke Verdoner

Buro voor Nieuw Licht

Voice liberator, singer and writer

De Zingende Grootmoeders (The Singing Grandmothers) – band of 3.

website: <https://verdoner.nl>

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