

Singing – The Unifying Force

I was the extremely happy person to win the Healthy Option draw for a weekend “Learn to Sing” workshop with renowned voice and singing tutor Mikal Nielsen.

Before the workshop began there were two things I knew theoretically 1:that music/singing unites all and 2:that everyone is born with a unique and beautiful voice. I hadn't truly allowed myself to experience these two things before, until I participated in this course ... and it was not just a physical experience but also emotional and spiritual.

As a society in general my perception is that we have been conditioned to focus mainly on the intellect, on academic achievements. The consequence is often the denial and repression of our spirit and our expressive and creative nature. And what happens when we can't express ourselves in life? In relationships? I think most of us know the answer to that.

The singing workshop was a multifaceted healing foundation for voice, expression and communication. One of the many exercises was to sing a note that was exactly the same as the person opposite me. I got physically close to that person – like giving them a hongi almost – until my note and their note became one. It was at this stage where I felt like I was inside the sound and it resonated through my whole body.

It was through this exercise that I was given the full body experience and insight of what can happen in other contexts of my life if I find a “common note” with someone – true unification.

Through out the process of the course we went from a group of strangers who distanced ourselves from each other and the tutor and who weren't sure whether we could, or even should sing - to a warm and expressive, almost family unit!

Mikal skillfully got us to relax and open up our voices and within a very short time had us all singing together – and sounding pretty good I have to say!

Believing we are all born with a natural beautiful voice, Mikal approaches the voice from a holistic and health point of view and simply draws out the voice that's already there.

Since attending the workshop I have noticed that my trust and appreciation towards this voice that I have has grown – and that I want to sing more. It's great!

I say “go for the singing” and can highly recommend Mikal's courses to anyone and everyone. In fact I await with excited anticipation for a course I will organize for our community here in Whaingaroa/Raglan.

In Song

Kirsten Maioha, Whaingaroa/Raglan