

## **Be a Powerful Voice!**

*I believe that anything is possible, that anything you set your heart and mind to achieve, you can. And I believe that we are all born with infinite wisdom.*

*If we don't get too distracted, if we don't forget what we know and intuitively feel to be true, we will instinctively understand what to do with our lives, which way to go, and how to fulfill our dreams. Our heart will tell us.*

The above is taken from "Little Voice", a story that I wrote last year as part of the Bestselling inspirational book, *Living in Clarity*.

I'm Suzann Rye, author, inspirational speaker, spiritual coach, artist, and voice performance coach.

This is my story...

I grew up with my Danish grandma. She was a jazz singer, an actress, and a children's book writer. She was also an extraordinary, vivacious lady.

As a young child I promised my grandma that I would always listen to my heart and follow my dreams for only this, she said, would truly fulfill me and make me the best that I could be. "Follow your heart, Love, and you can do anything you want to do in this world".

And so I did what grandma told me because, to me, she was the wisest and most amazing person that I knew.

This took me to many remarkable places and led to an unusual order of events that doesn't read like your average biography. From worldwide recording artist to Bestselling Author, speaker, teacher and coach - I have come a long way from the tiny town in the tiny country where I grew up.

It has indeed been an inspiring journey, and although I was guided onto my particular path very early on, I feel like I'm just getting started! There are still lots of books to write and plenty of songs to sing.

When I think about my childhood and early youth, it is very clear to me why I chose the path that I did - or rather why it chose me. I had a very free upbringing. My family was very artistic and whereas in our home it was considered a virtue to express yourself and be creative in any way your heart desired, I did notice that for most of my friends, it was not quite the same. Needless to say, our house became the favorite hang-out for the entire county!

It frustrated me to hear some of my friends relaying arguments that they'd had with their parents about what they wanted to do with their lives and why. I guess that my being allowed total freedom to make my own choices made it even harder for me to understand why on earth these parents would want anything else for their kids than for them to fulfill their dreams and be happy.

To me, happy meant being free to be you.

So I became a strong advocate for personal freedom – the freedom to live, be and do what’s right *for you*, and the freedom to express yourself and believe that you have something worth while to share with the world.

I find it fascinating how we are often able to pinpoint certain themes or defining moments in life and absolutely know that these were the lights that lit up our path. We also tend to recognize the people who carried those lights.

I still remember the day, thirty-five years ago, when my second-grade music teacher came knocking on my grandma’s door. She wanted grandma to know that I had a special gift that she felt needed nurturing—my voice. Since then the voice has been a main focus in my life.

Now, when I talk about “voice”, this, to me, really has come to mean two things. There is your physical voice that is operated by your body and is clearly audible to everyone – and then there is *your* voice, as in who you are, what you stand for, and what your life purpose is.

The “second” voice or Little Voice as I prefer to call it, sometimes gets disorientated and then it starts sending out mixed messages. This is when we go off track. We get confused – and the people around us get confused too because whatever this voice is thinking, it will immediately transmit energetically.

What kind of energy is behind *your* words? Do you get in your own way? Do you speak with a balanced, clear and strong energy - or do you sometimes communicate mixed messages when you speak? Is the message behind the message telling a different story than the one you are attempting to communicate? Basically, *how do you show up?* This will determine if people “get you”, and if your message gets through to them – or not.

You are always thinking something – so you’re always transmitting something. This means that you are always communicating, even when you don’t mean to, and even when you are not aware of it. Is not just important *what* you say – it is also *how* you say it but even more importantly *who* is saying it. What is the energy is behind the words?

We all want people to realize how wonderful and amazing we are and how valuable our service is. Whether consciously or sub-consciously, we all want to be seen – and heard. We all have a need for recognition, we all want to be loved and appreciated for who we are. And rightfully so!

That’s why I’m passionate about helping people to be free and to find and nurture their own unique voice, showing them how to unravel its full potential and use it to be creative and express themselves. For I believe that only those who honor their purpose truly live fully.

Most people have a message, something that they feel passionate about that they would like to share. But many are afraid - they don’t have the confidence to speak their heart and mind. They freeze up at the thought of speaking to a crowd or even to a small group of people. Perhaps they don’t trust themselves and their message to be “important” enough.

As a result they never get the chance to truly shine and share their gifts and inspiration with the world.

This is a great shame. It is important to make those people aware that they too have a true, unique and powerful voice - a voice that speaks from the deepest core of their being and enables them to offer true value and contribution – if they let it.

If you are one of those people, please know that your voice is a gift – all you need to do is unwrap it. Share your wisdom, knowledge and inspiration with the people that are waiting for your words. By doing so you are offering a great and valuable service and you are contributing to the lives of others, inspiring them to do the same.

There, I've said my piece and it felt GREAT! Now it's your turn.

Use YOUR voice to make a difference in the world. It's easier than you think and it will make you feel wonderful knowing that you too can touch people's hearts, impact their lives and make a profound difference – just by being YOU. What could possibly be more fulfilling than that?

Your voice is your “calling card”; it reflects *who* you are, *what* you are, and *how* you are at any time.

Make your voice your strongest ally. Use it to inspire people, to teach, to motivate or compel them into action. Speak *from* your heart *to* the hearts of others.

Be a Powerful Voice.

I will be listening.

Suzann Rye is an author speaker, and coach - and an internationally renowned expert on voice, performance and communications training for speakers, coaches, teachers, authors, managers, entrepreneurs and performing artists. She has helped thousands of people "find" their voices and transform their lives. She works holistically with emphasis on authentic self expression and personal fulfillment.

Her new book, *Your Voice is Your Calling Card; How to Power-Charge Your Voice, Boost Your Confidence and Speak with Joy, Ease and Conviction* will be available from June 1, 2009. Special launch on Amazon.com JUNE 9 includes free bonus gifts with every purchase.

Other books:

*The Path to Freedom; Changing Thoughts and Beliefs and Eliminating Fear.*

*Living in Clarity.*

