

Sound & Voice in Energy Work: Real Vibration. Real Power.

You don't need fancy tuning forks or \$200 sound bowls. Your voice is the first instrument. Your body is the speaker. Sound clears, cuts, cracks, and shifts. It carries command when your words are clear and your intention is solid. You don't have to be a singer - you just have to speak with truth.

Clapping

- Use loud, intentional claps to break up stagnant energy in a room or around the body
- Clap near doorways, mirrors, dark corners, and over your own head
- It literally cracks through dense or heavy energy fields

Speaking With Command

- Use your voice to declare energy movement or boundaries out loud
- Say things like:
 - *"This energy must leave now."*
 - *"I do not accept this frequency."*
 - *"My space is sovereign and sealed."*
- The truth in your voice is more powerful than any chant

Breath Sound Release

- Exhale with sound to push energy out (moans, sighs, strong exhales)
- Use low tones for grounding
- Use sharper exhales for cutting through fog
- Especially useful in moments of overwhelm, anxiety, or spiritual attack

Optional Tools (If You Want to Go Deeper Later)

- Singing bowls
- Bells
- Drums
- Rattles

Note: Your voice is enough.

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When to Use These

- After clearing with smoke
- During shielding rituals
- When feeling scattered, overwhelmed, or energetically slimed
- When claiming your space back after someone draining leaves

No Tuning Required

This isn't about sounding good. It's about feeling what's stuck and using your natural vibration to move it out.