

Day 7 – Let the Truth Be Heard

Theme: Voice Activation + Sound Work

Today we remember that your voice is sacred. It doesn't need to be pretty — just true. Let sound be a way to move energy.

Today's Practice

1. Breathe Into Your Throat

Place your hand gently there. Feel it rise and fall.

2. Hum or Tone One Sound for 3 Breaths

It can be low, high, soft, or strong.

3. Speak Aloud:

“I am allowed to speak.” Optional: growl, whisper, howl — express whatever is rising.

Reflection Prompts

- What felt safe — or unsafe — about using my voice?
- What truth is asking to be spoken?
- How can I honour my voice moving forward?

Optional Extras

- • Voice mantra: “My voice is safe, strong, sacred.”