

Navigating the Noise – How Sound, Tone & Frequency Affect Your Communication Style

Most likely you have all heard someone give a speech before. You may have either attended some kind of formal ceremony like graduation and heard the Valedictorian deliver a melancholy speech of memories past as well as new adventures to come. Or perhaps you've attended a wedding and got to hear a best man's heartfelt, yet hilarious speech dedicated to the newlywed couple filled with a twist of embarrassing moments from the groom's past topped off with some good old brotherly love. It doesn't even have to be something you were physically present for. We've all seen someone speak on television, whether it be our local weatherman or the President of the United States.

Whatever the case might be, you understand that while listening and watching these various people speak, you felt differently amongst them. Some people may have been able to successfully draw up a feeling of motivation for some kind of cause perhaps. Maybe another got you angry for reporting that a foreign nation had done something cruel to its people. It's good to take notice that it's not always just the speaker, but also the information being spoken that carries an energy, a frequency and each has the potential to trigger you in different ways.

Some people are fully engaged when they speak and others, well, not so much. And it's not so much just the person's personality, but also a number of other factors that can help to determine not only what is communicated to, but also

understood by the prospective audience. Some of these factors include their own current emotions and feelings, the overall environment (including the emotions and feelings of others – exponentially more so if you are an HSP, Empath, etc., just to mention.)

So, why is this? Why can some people deliver a speech and have the entire room hooked on their every word? And how can others be so dull and boring upon delivery that people can literally fall asleep to their continued speaking voice? Confidence, authenticity, and of course the choice of words! (will appear in and affect vibration, tone, etc.)

Another side we need to look at here is human perceptions. Not just from the speaker, but also the audience. And while each is playing a vital role in the delivery of information to and from one another, what is really important here is the energy. Why? Because that's where the "feeling" and emotion come fully into play and where we can begin to take an active role in how well we communicate exactly what we are intending so that people are receiving from us exactly the same. Remember our emotions or "e-motions" are nothing more than energy-in-motion.

We learn from merely observing nature that everything moves and that movement or "flow" is, in essence, the natural order of things. If something comes to rest, it tends to stay at rest, otherwise, we, like the mighty pendulum must flow with our own inner spiritual swing, or else we risk making life a constant struggle, tragedy, and one huge lesson that we volunteered to suffer endlessly for and yet learn nothing from.

So, basically, that generic, cushy phrase we've all heard telling us to "go with the flow" has it right. But it's only half right and missing a vital part of the equation that will help ensure success in our dualistic reality. And the missing half includes the part where you still need to row from time

to time. Yes, you must let the main current of the Universe guide you for whenever you struggle against it, it will let you know via struggle and pain. But if you only flow and never row, you tend to keep your head underwater and so much noise of life gets garbled. Keep a confident grip on your oars, with full trust that the Universe will guide you to know when you must row. And when you trust this knowing and always row, and row with all you got, your boat will never sink, and will always, always, always play the most kick-ass music that will forever make your spirit sing! For when you live guided in trust and in grace, you have tuned into your Soul signature tone and are broadcasting it out to the world clearly.

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Your frequency is high and attractive because it is putting out vibrations required to be in such a state which are love, trust, and humility mixed with fierce willingness to go for what you want and make sure you have what you need. This alone will not only change your life but will help to encourage others to want to change the channel of their own garbled broadcasts that perhaps have been causing them the pain in their own lives or preventing them from being heard the way they have been hoping.

This is sound. This is the sister of light and a vital tool of creation we are endowed with and never really taught much about other than it might be cool to play the piano or sing well enough to get rich and famous. We are not taught that the

most important focus needs to be placed on our speaking voice. Not only in how we speak to the world, but how we speak to ourselves for this is what begins the roots of the foundation that houses our self-esteem, and beliefs about the world around us. Sound can truly be one of the destructive or one of the most healing elements in life; in YOUR life. What kind of world do you want to see? Speak it until you see it. ☐



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