



The Sounds of Truth

by Jill Mattson

We have the greatest stream of information - reflecting our subconscious mind - surrounding us. Our truth is hiding from us - in plain sight!

A crystal breaks out light into component pitches (wavelengths)... and software breaks out your voice into component pitches. We see our emotions, thoughts and health reflected in the sounds of our voice - because each of those components is has a unique vibration. Our voice is our vibration fingerprint.

By reversing our voice at certain speeds, David Oakes has shown that our voice contains hidden words. This is replicable and everyone's voice contains words when reversed. Our subconscious, perhaps a mirror person hidden inside of ourselves, speaks out. When we lie, it speaks truth. Perhaps that is why our intuition prickles when someone misleads us... our subconscious hears the hidden message. Somewhere in our being we hear the two messages -forward and reverse. When Jesus refers to liars as having a forked tongue, perhaps it reflects to the two voices of information contained in a voice?

The real intrigue comes in when you consider how much information you hide from yourself. How many times you believe you are telling the truth, but your subconscious mind tells a different story. Many great people point out how difficult it is to know yourself, because you don't know what is hidden.

David Oakes reports that people's hidden messages reflect unhealed wounds, names of people close to us, deeper truths, things that we conceal, and yes, lies. A friend, Ann, said that she was going to school, but had uncertainty in her voice. Upon deeper reflection, Ann had to move to get her kids into school close to hers before she could go. Only after she moved could I hear the harmonic resolve in her voice. When Ann first spoke to me, she ignored that she hadn't moved yet, making it impossible for her to go to school, but somewhere deep in her being - she knew this.

Great avatars say "the truth of who you are will set you free." Upon deeper reflection, if we spoke our deep truth - not pleasing other people with insincere niceties, not being afraid to look at and forgive our own shortcomings, not thinking we forgave someone as we daydream of his demise, then all these things would not add dissonance in our voice. Dissonance sounds badly. A beautiful sounding voice reflects greater inner harmony greater inner truth. It is not about lies so much as it is about what we are afraid to face within. The antidote is to feel your pain - it allows a release. This is why grieving works. This isn't as frightening or as painful as you think. It will not destroy you. Within a surprisingly brief time the pain will dissipate. Simply listen to music and let it help set you free. Pay attention to your voice - subtle differences...when it changes, something within has moved. When you are sick, your voice reflects this, but it also reflects your mood and thinking differences. Listen carefully - to see within!

~ Jill Mattson

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