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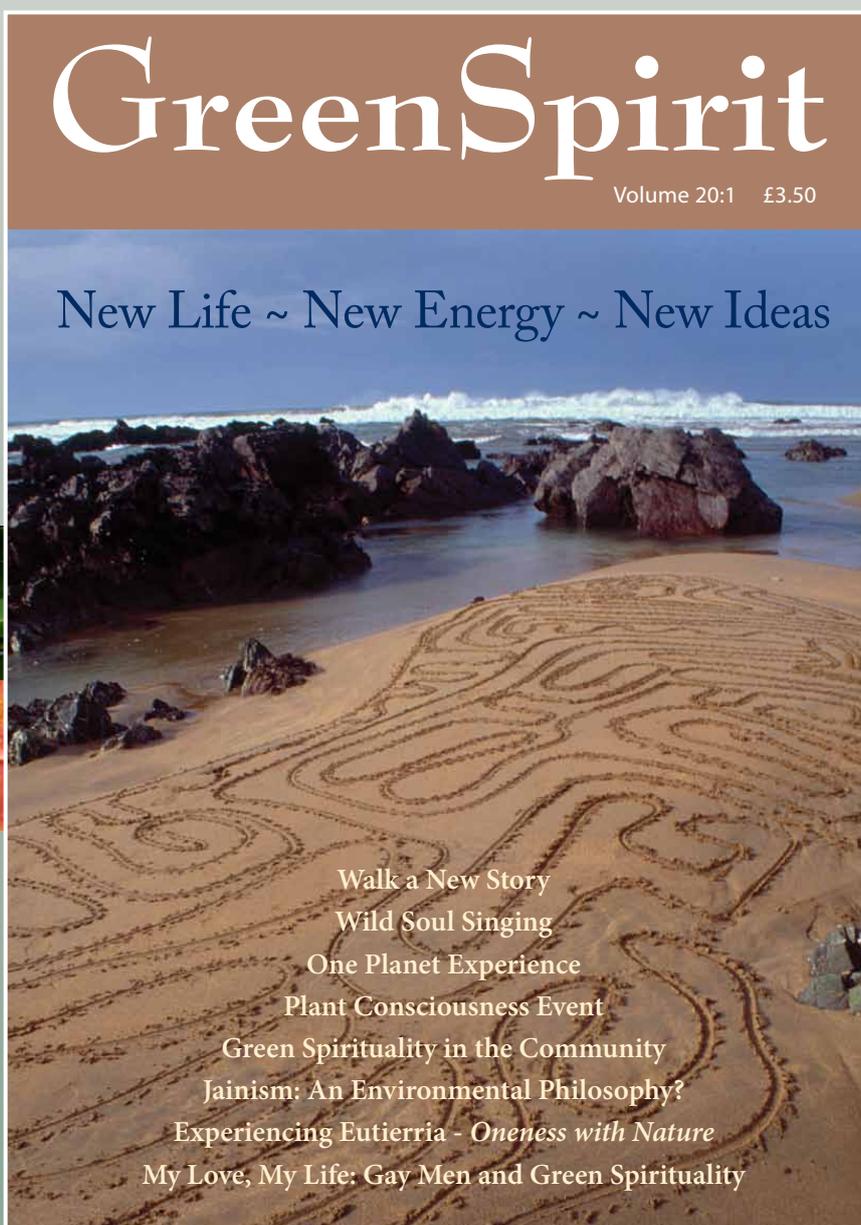
# GreenSpirit magazine

Engaged spirituality for a living Earth

## GreenSpirit

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# Wild Soul Singing

*Sacred singer **Heloise Pilkington** shares her experience of using sound to move through fear and resistance on the Divine Feminine path of transformation.*

Following my passions and my desire to find my authentic voice, I have journeyed with song, music and sound since I was a child. I've also had a lifelong interest in spirituality and helping others find their creative expression.

After a profound spiritual awakening in my twenties, I became interested in the evolution of consciousness and began exploring different healing modalities. I later felt called to take up a path of service and to assist in the awakening of Divine Feminine consciousness, which many refer to as the re-emergence of the 'Goddess', or Goddess-based spirituality. It is my understanding that this consciousness is calling humanity to live by values which involve co-operation over competition, creativity, community, spirituality and respect for Mother Earth.

Unlike the masculine paths with their focus on transcendence, the feminine pathway calls us into embodiment. The invitation here is to incarnate fully in the physical, to embrace our bodies and our sexuality without shame but as an expression of the divine; to honour and express our deep emotions and to love the instinctual animals that we are, with all our human needs for intimacy, bonding and connection. It is about engaging with life here on Earth in all its expressions and bringing ourselves fully to it, not hiding and sublimating our primal instinctual selves, but allowing ourselves to be all that we are.

This doesn't mean that we condone or indulge violent or destructive urges, but it does mean that we don't repress our vitality, particularly around our sexuality, creativity and authentic emotional expression.

As women, so much of our primal energy has been vilified, made wrong and deemed unacceptable by the patriarchy. For centuries we have been shamed for our sexuality and primal power, and until recently the only culturally sanctioned roles for women have been in their relationships to the masculine as wives and mothers. Women have had to suppress their power to be creative, joyfully sexual, active independent beings in their own lives. This has been especially true in the spiritual

domain, where years of persecution of women who were skilled in psychic or healing arts left them fearful and terrified. Many women who are currently opening to the Divine Feminine, or embracing the priestess path, have to meet enormous fear. The fear that they will once again be persecuted.



*Heloise Pilkington*

As we choose to come forward in our spiritual lives we have to find ways of moving through these fears, which often involves the healing of deep wounds. It seems that the very act of choosing to be empowered and spiritually engaged brings the collective memory of past trauma and wounding to the surface. This has certainly been true for me in my journey. With each step forward, I have met waves of fear and resistance. I have had to find ways of working with these feelings mostly by journeying deeply inside, travelling down uncharted pathways into inner terrain with only my instinct to guide me.

Whilst training as a priestess, at times when I experienced a lot of fear rising inside, I began to use sound to express and release what I was feeling. I find sound an important tool for women in their healing process, because the feminine voice has been silenced in so many ways for centuries. The general rule that women should be neither seen nor heard was enforced into the Christian era and beyond, and has left deep scars - from women being forbidden to sing in the early church, through to them being silenced in labour in some modern hospitals. Being forbidden to express our joy and primal power in sound has been a big part of our disempowerment.

Unlike other instruments, the human voice is created within the physical body. The voice has amazing power to transmit emotion because it is coming from deep inside us. We all know how it feels to be deeply moved by a singer. When we make sound, which is vibration, it causes energy in the body to move. When I have a lot of fear or emotion in my body, allowing myself to connect with the feelings and express them in whatever sounds come spontaneously, helps me to release it. This is a very powerful way to move and transform energy. Giving ourselves permission to express whatever we are feeling in sound, particularly instinctual primal sounds, is one of the ways in which we can begin to reclaim our power.

As well as being a potent healing tool, using the voice is one of the most ancient ways of connecting with the divine spirit. One of the ways in which I love to invoke the presence of the Goddess is through singing. For centuries, sound and song have been used as a bridge between the visible and invisible worlds. The church choir, pagan chants, Kirtan and Buddhist chants are a few examples of ways people use sound to invoke the presence of the divine.

During my training as a priestess, I felt moved to sing and chant my prayers. Sometimes these prayers erupted out of me as ancient primal sounds and songs, the only way my heart could express what couldn't be captured in words. In time this became my spiritual practice, and every morning I would sing and sound whatever was in my heart. Sometimes I would sing myself into a feeling of ecstatic communion with the divine; at other times these songs and sounds were like rivers, carrying me down into deep places within which I could only access through my voice. This way of journeying became my key to retrieving lost and forgotten aspects of my soul. It often involved meeting a lot of pain as I had to face and reintegrate wounded parts of myself, but in time it led to a feeling of more wholeness and empowerment.

During this time I found the myths of the ancient Goddess, such as the old Sumerian myth of the descent of Inanna, to be invaluable roadmaps on my healing journey. In these archetypal stories, the initiate priestess / shaman typically makes a journey into the underworld and meets his or her shadow. What is in the shadow is often a repressed fear or deep wound, and having faced and integrated this shadow aspect, transformation occurs. This journey mirrors the cycle of life and nature, a constant process of death and regeneration.

As I emerged from my training I realised that part of my work as a priestess was to hold a space where others could experience the transformative energies of the divine feminine in sound. I began to offer healing

sound journeys where I would enter a meditative space and allow songs and sounds to arise from a deep place inside. Many people have shared that during these journeys - they feel the presence of the Goddess and receive healing and insight.

I have also recorded two albums both of which were made with the prayer and intention to bring the energy of the divine feminine through in sound. The first, *Lady of Avalon*, is a collection of devotional songs and invocations celebrating the Goddess in her different aspects. And my latest album is called *Initiatrix*, which - mirroring the priestess or shaman's initiatory journey of descent - is the story of my own personal journey of healing and transformation.

At the beginning of 2017, I began teaching a course called *The Path of the Wild Soul Singer*, helping people find their authentic voice. Meeting at the times of sacred festivals around the wheel of the year, we explore what it means to connect with ourselves, one another, nature and the divine spirit through sound. I feel very grateful for this rich culmination of my musical and spiritual journey, sharing with others what I have learnt along the way, and supporting them to find their unique expression.



For more information about Heloise Pilkington, her new album *Initiatrix*, and *The Path of the Wild Soul Singer* course, visit [www.heloisepilkington.com](http://www.heloisepilkington.com)