

Finding Her Authentic Voices Speaking Her Truth

With Soprano Deborah Millar, from Victoria BC

A performer, teacher, and voice clinician for over 25 years

It may well be that the greatest tragedy of this period of social transition is not the glaring noisiness of the so-called bad people, but the appalling silence of the so called good people. ~Martin Luther King

Deborah Millar interviewed by Colleen Russell

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Listen in as we explore:

- how we became disconnected from our authentic voices
- the relationship between voice, creativity, and spirituality
- how reclaiming our voice can lead us to wholeness
- the importance of speaking our truth with resonance in the body
- and the steps to take to find your authentic voice

Meet Deborah Millar



Soprano Deborah Millar has been a performer, a teacher, and a voice clinician for over twenty five years. Along with her many years of studies in Voice Performance, Deborah's training has included five years of vocal pedagogy and twelve years collaboration with the Swiss laryngologist and speech therapist, Dr. M. L. Detroit-Marco.

This work taught Deborah about the fragility and resilience of the human voice; the trauma of losing it and the fear of never getting it back became a powerful metaphor for the empowerment of being heard and finding the strength to voice one's own truth. Exploring the inner world of the voice, allowing unknown potential to take shape and be expressed, choosing to let go of things that hold us back and

condemn us to silence, became an important and intrinsic aspect of Deborah's work as a teacher and mentor.

In 2002, upon her return to Canada, Deborah heard an interview on CBC with Jungian analyst Marion Woodman, the founder and co-creator of the Body/Soul Rhythms Intensive, which incorporates the principals of C.E. Jung's work in the context of voice and movement. Marion intuitively understood that if a person could connect with their authentic voice and work with intrinsic wisdom of the body, creative energy and aspects of the self that have been suppressed can be freed to come into consciousness and integrity with the totality of who we are.

In 2005, Deborah was selected, because of her extensive training and experience with the voice, to become one of a small group of people from all over the world who are now being trained by Marion Woodman, to assure this ground breaking work carries forward to future generations.

Deborah's love and respect for the human soul continues to deepen her commitment as a performer and teacher. This soul work brings her full circle in her passion and deep respect for the human voice.

For more great interviews, contact Colleen Russell at (208) 597-5728 or sign up now for her [free bi-monthly e-zine](#), which posts retreat dates and offerings.