



**HEART
VOICE**
FOUNDATIONS
Companion Journal

Amikaeyla Gaston



ABOUT THE HEART VOICE METHOD

Long before there were words for what troubled us, there was sound.

A hum in the dark. A tone sent into the body to say: we are here. We are safe. We are together.

Communal singing, toning, and vocal ritual are among the oldest human practices we know. Every tradition, on every continent, found its way to the voice as a source of healing.

The Heart Voice Method is built on that knowing — and on the modern science that finally explains why it works.

Your vagus nerve runs from your brainstem through your throat, your heart, your lungs, your gut. When you make intentional sound — even a simple hum, even a slow exhale — that sound vibrates directly against this nerve. Your nervous system receives a signal it has been waiting for.

It is safe to be here.

This is not metaphor. It is measurable. It is yours.

I developed the Heart Voice Method over three decades of working with communities across five continents — in conflict zones, refugee camps, healing circles, national theaters, boardrooms, and living rooms. Every time, the same thing: a person remembers that their voice belongs to them. Something releases. Something returns.

The eight practices in this journal draw on the science of polyvagal theory, the wisdom of ancestral sound traditions, and the simple truth that your voice — exactly as it is, right now — is already a healing instrument.

You are the instrument.

Everything you need is already inside you.

amikaeyla.com

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BEFORE YOU BEGIN

Welcome.

This journal is not homework. There are no assignments, no deadlines, no grades. There is no wrong way to use it.

What you hold is a container. A place to catch what arises as you move through this practice. A place to notice what shifts, what softens, what surprises you.

Some pages will invite reflection. Some will offer space for breath. Some will simply hold silence.

You may write every day. You may write once a week. You may never write a word—and simply let the pages remind you that this practice is yours.

The Heart Voice Method is not about getting it right. It is about coming home.

Everything you need is already inside you.

With love,

Ami

MOVEMENT I

Preparing the Ground





YOUR SOUND HISTORY

What sounds feel safe to you?

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What sounds feel scary, or too much?

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When is the last time you made a sound just for yourself—not to communicate, not to perform—just to feel it?

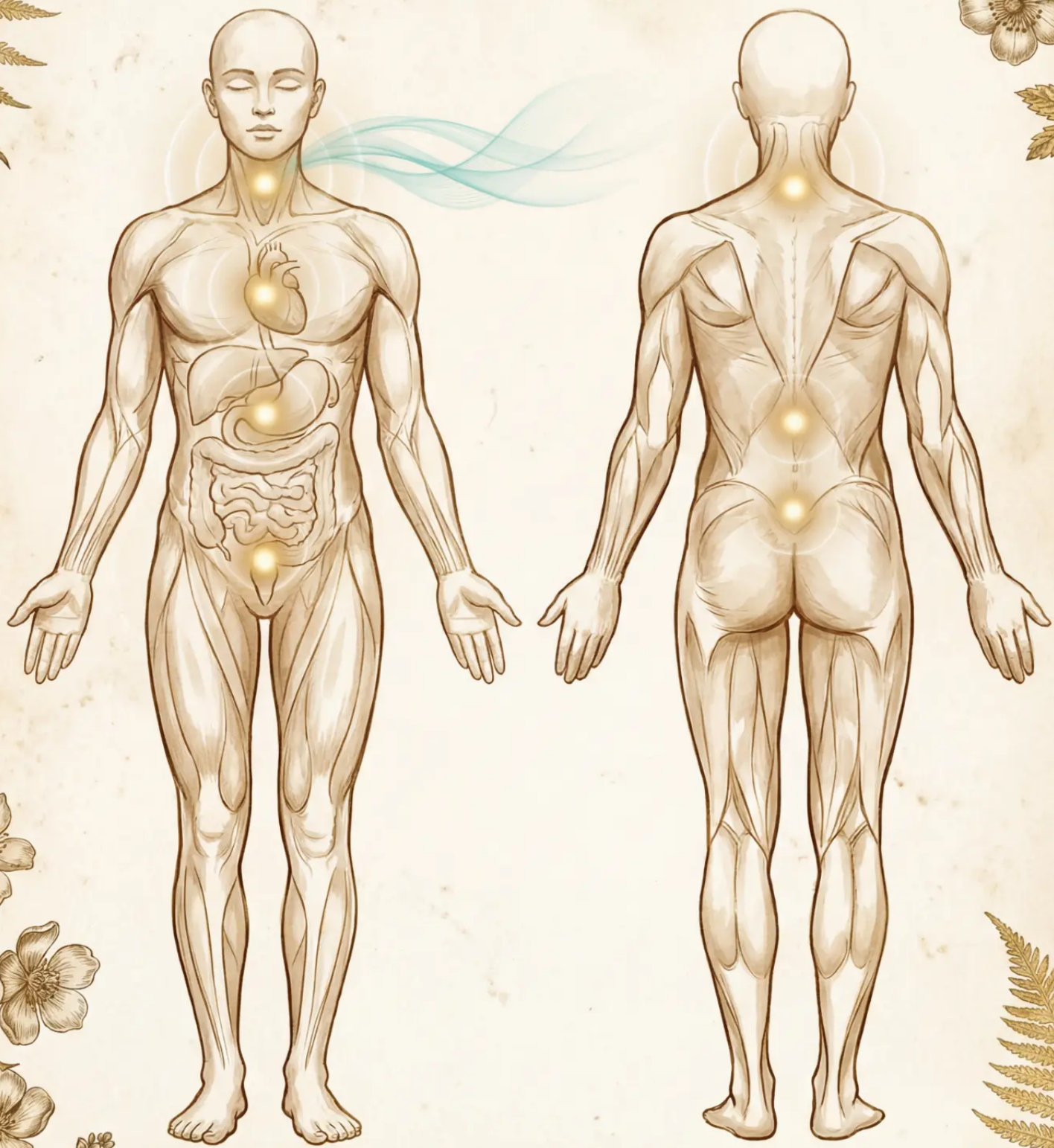
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Body Map — Where Does Silence Live?



Mark where you feel tension, silence, or aliveness



THE VOICE YOU HAD BEFORE

How old were you when you first learned to go quiet?

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What did they tell you your voice was too much of?

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If that younger version of you could hear your voice now, making sound without apology, what would they feel?

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MOVEMENT II

The Practices



CHOOSING YOUR PRACTICE

Check in with your body—not your mind. Where is your energy?

Buzzing, tight, racing?

Heart Voice Reset, Vagus Awakening, Sleep Descent

Heavy, slow, foggy?

Activation Practice

Grieving, sad, stuck?

Grief Release

Need to say no, or protect your space?

Boundary Sound

Lonely, disconnected?

Collective Hum

Need to show up powerfully?

Activation Practice

Only have 3 minutes?

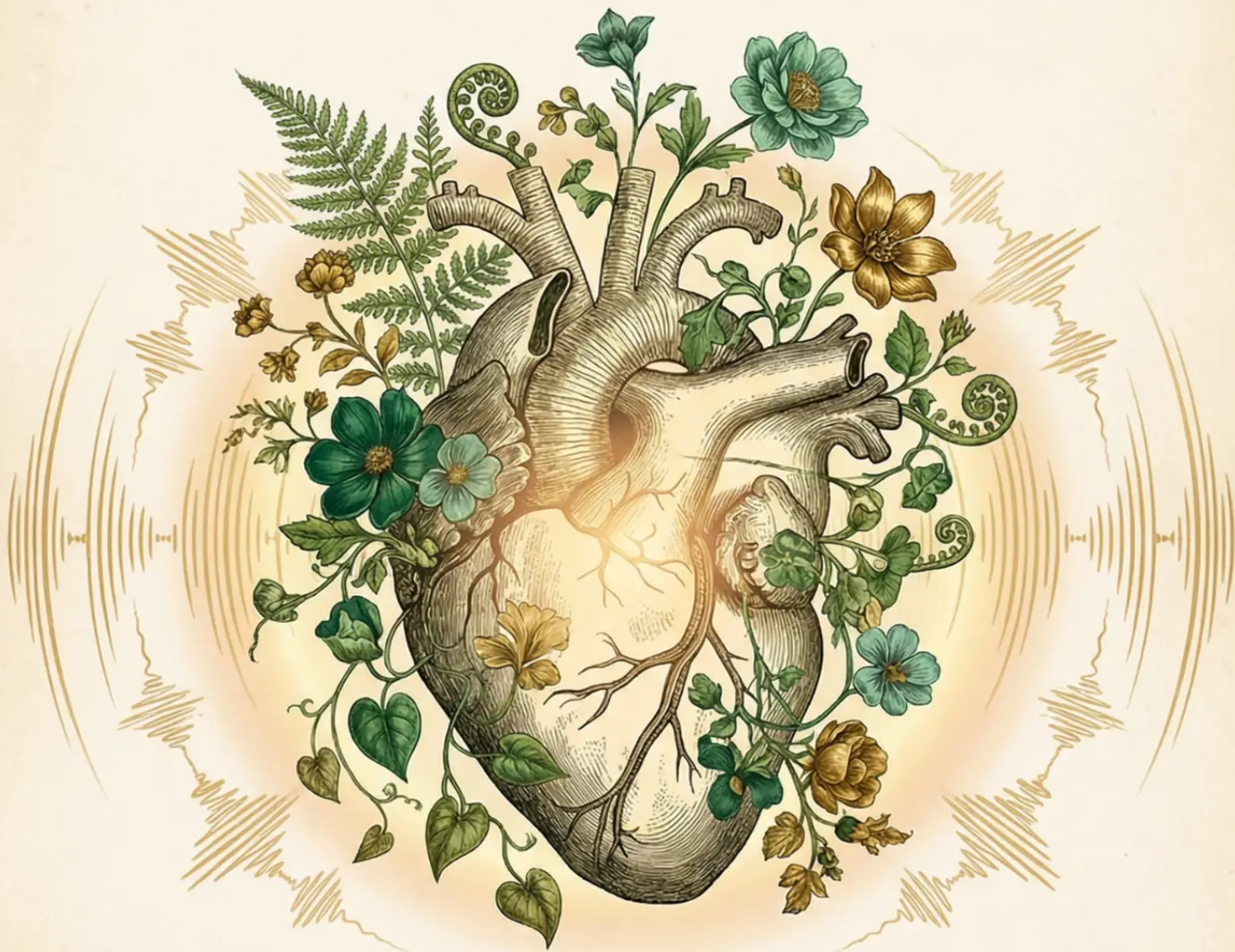
Emergency Reset

Just need to come home?

Heart Voice Reset

Trust yourself. You know what you need.

PRACTICE 1
Heart Voice Reset



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PRACTICE 2



Vagus Awakening

PRACTICE 3



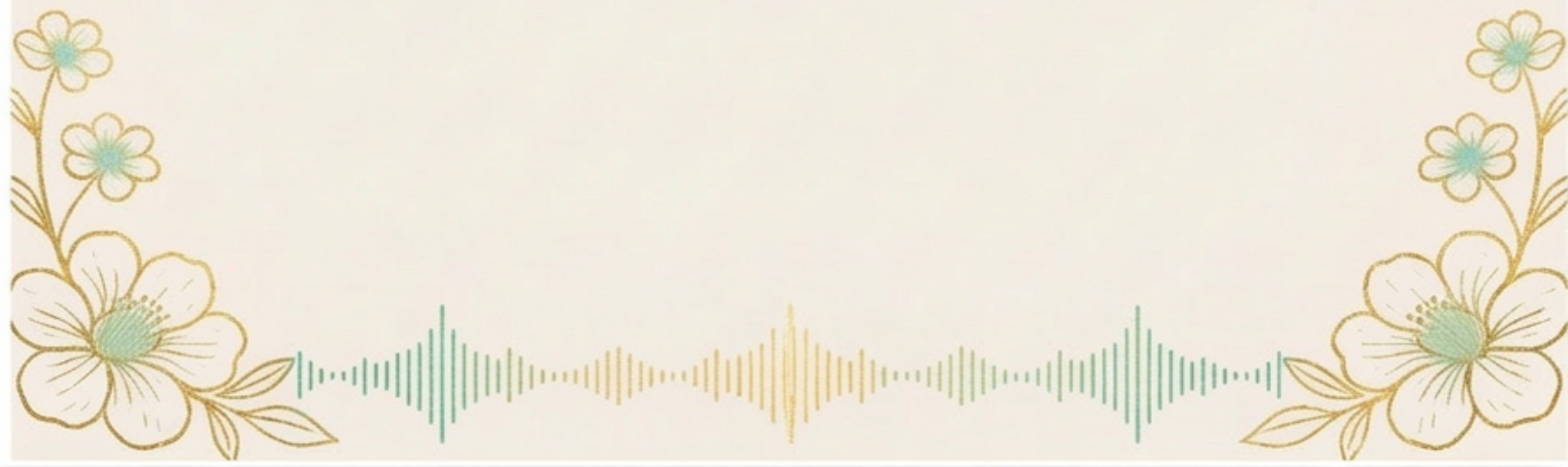
Grief Release



PRACTICE 4



Activation Practice





PRACTICE 5



Boundary Sound



PRACTICE 6



Sleep Descent

PRACTICE 7

Collective Hum



PRACTICE 8



Emergency Reset



MOVEMENT III

The Deeper Listening





WEEK ONE: FROM SILENCE TO SOUND

What is beginning to thaw?

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What surprised you this week?

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What does your body want you to know?

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WEEK TWO: FINDING YOUR FREQUENCY

What is your body asking for?

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Which practice called to you most this week? Why?

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How is your relationship with your voice changing?

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WEEK THREE: INTEGRATION & BEYOND

What are you becoming?

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What grief is becoming bread in your life?

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How will you carry this practice forward?

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MOVEMENT IV



Continuing the Practice



YOUR DAILY ANCHOR

The Heart Voice Reset is designed to be your daily anchor. Even three minutes can shift everything.

This is not about perfection. It's about returning. Again and again.

This is not about perfection. It's about returning. Again and again.

A SIMPLE RHYTHM

- Morning:** Heart Voice Reset (10 min)
- As needed:** Whatever practice your body asks for
- Night:** Sleep Descent (when needed)

This is enough. You are enough.

A BLESSING FOR THE ROAD

*You are already enough.
Your sound is already medicine.
This practice is already yours.*

And now, it's also part of who you are.

With love,

Ami





Heart Voice Method • Amikaeyla Gaston

