

## **Voice Cracks and Strangled Birds: Unmasking the Trauma**

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### **Abstract**

The great mystery of human voice in comparison to other musical instruments dwells on a connection between a singer's psychology and the quality of the instrument that he carries – that makes a human voice enigmatic. We all carry it, use it to connect and express our thoughts, desires, and ideas – we can access to the freedom all of us crave. This research examines the voice at its most vulnerable – when it cracks, grows hoarse, or loses stability. It is not only a sign of sudden physical change, but also represents exposed inner true nature, hidden with societal masks.

The voice crack is a singer's worst nightmare, shattering the fantasy of flawlessness and perfection – this experience could be catalyst for trauma, which can impact persons psyche so much. This is explored further, using the term of violence as a mirror for oneself – singer is the one who violates the voice – through not singing correct repertoire, excess practicing, forcing, and abusing the instrument, lastly, using declining mental health and stress creates a mirror effect: the voice is the one who gets the singer violated. The research explores the crack as a symbol of strangled bird in various musical works – a metaphor for free speech and liberty, using examples by various artists. In times when free speech and free sound is quickly diminishing in the shadow of violence, it becomes crucial to investigate the universal and individual colors of our authentic voices and voice cracks altogether.