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学声乐先“点”穴

黄忆文的声乐课结合了日本仁神术，这门古老手技治疗法通过全身的穴点来打通能量径，达到身心平衡。

流传自日本的古老仁神术，改变了本地声乐教师黄忆文的事业、世界观，甚至是她的一生。

毕业于新加坡国立大学的黄忆文（38岁）原本从事法律，当了三年律师后，她毅然决定转行，成为全职声乐教师。

由于父亲是钢琴教师，黄忆文从小就爱上音乐，高中毕业后就考获英国伦敦音乐学院的钢琴和公开演讲文凭，以及歌唱和演艺指导专业文凭。虽然大学毕业后当上了律师，但她一直心系音乐。后来她决定辞去工作，在2006年成立自己的声乐教室Vocology，转眼就是11年。

黄忆文说：“我发现教导歌唱的过程本身，就是在学习解决问题的技巧，同样用得上法律界解决问题的技巧，只是换个语境，把这些技巧植入教学罢了。”

与其他声乐教师不同的是，黄忆文的声乐课结合日本仁神术，教导学生运用这门古老手技



（受访者提供）

治疗法达到身心平衡，在心平气和的状态下发声，从而更快地掌握歌唱技巧。

在这之前，黄忆文曾尝试太极、肚皮舞等运动，希望让学生在课堂上动起来释放压力，已更好地掌握歌唱技巧，但她发现没有任何方法比仁神术更快见效。

“我想以最快、最容易和最全面的方式教导声乐，仁神术通过全身的穴点来打通能量径，只需将手或手指放在指定位置，停

留几分钟就行。过去几年我把它和声乐教学结合在一起，取得非常好的效果。”

对黄忆文而言，仁神术不仅是教学方式，也成为日常生活的一部分。她过去几年专研仁神术，并定期飞往国外上课，不断更新与提升技能。

黄忆文说：“学生通过仁神术找到身心平衡，也找回自我表达的自由，脸上更常有笑容，整体上也变得更开朗。”

Letting the energy flow before you start to sing

Grace Ng Ee Wern's singing classes actively integrate Jin Shin Jyutsu Physio-Philosophy™, an ancient Japanese healing modality. This gentle art helps obtain balance in the body and mind by harmonizing the flow of energy in the body.

Jin Shin Jyutsu changed voice teacher, Grace Ng Ee Wern's teaching, worldwide and life.

Grace Ng Ee Wern, 38 years, graduated with a degree in Law from the National University, making a dramatic career change to voice teaching after 3 years in legal practice.

Her love for music started at a young age, as her father is a piano teacher. She obtained professional diplomas in Piano and Public Speaking in Singing and Speech & Drama Teaching after her 'A' levels. Even though she graduated with a Law degree, her true calling was Music. After leaving the legal profession, she started Vocology in 2006. She has been teaching for 11 years since.

Grace Ng Ee Wern says, 'I realized that there is very little difference in being a voice teacher and in being a lawyer. At the end of the day, it is all about problem solving. The only difference is the context.'

Unlike other voice teachers, Grace Ng Ee Wern uses Jin Shin

Jyutsu to help students regain balance in the body and mind, so that the fundamentals of singing are grasped in a holistic and organic manner.

Before Jin Shin Jyutsu, Grace Ng Ee Wern worked with Taichi, and Bellydance so that the students could release everyday stresses through movement in order to sing well. However, she was drawn to Jin Shin Jyutsu for its simple yet holistic manner of resolution.

"I want to teach with the quickest, faster and most holistic method there is and Jin Shin Jyutsu combined with Voice is it. Jin Shin Jyutsu only requires holding a finger or fingers to move the energy to get me results I want. I get my results in seconds."

To Grace Ng Ee Wern, Jin Shin Jyutsu is not only used in voice teaching but a way of living. She regularly flies overseas to attend courses in order to improve her knowledge and skills in order to constantly innovate.

'Students find peace and balance in the body and mind. They rediscover their freedom of self-expression; they smile more and they live with joy in their hearts and lightness in their bodies.'