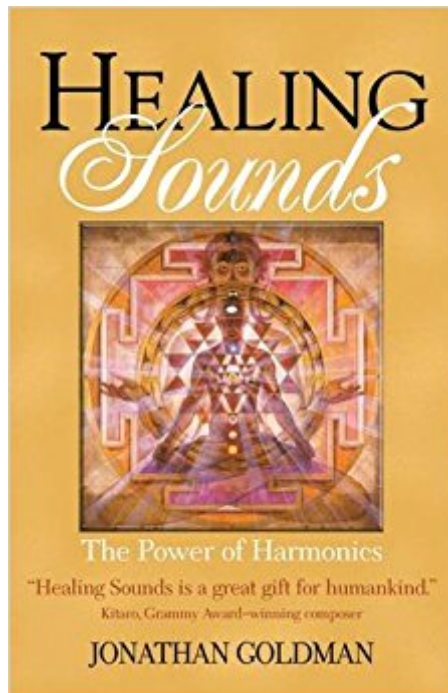




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Healing Sounds: The Power Of Harmonics



Synopsis

The first book to explain from both scientific and spiritual perspectives the healing and transformative powers of harmonics. • Includes practical exercises demonstrating how to use sound in healing and meditation, including "Vowels as Mantras" and "Overtone". • Describes how harmonics can be used as "sonic yoga" for meditation and deep relaxation to enhance energy. • Author won 1999 Visionary Awards for Best Healing-Meditation Album. The Mystery Schools of Egypt, Greece, and Rome understood that vibration is the fundamental active force in the universe and developed specific chants and tones for healing the mind, body, and spirit and achieving altered states of consciousness. Overtone chanting--also called vocal harmonics--is the ability of the human voice to create two or more notes at the same time. Healing Sounds explains how to perform vocal harmonics and experience their transformative and curative powers. An internationally recognized master teacher, the author provides diverse examples of sound healing systems incorporating both mystical and medical traditions--from Tibetan monks' use of tantric harmonics to Dr. Alfred Tomatis' use of Gregorian chanting--and their capacity to affect us on all levels. With many easy-to-follow exercises, Healing Sounds is the first book to show from both the scientific and spiritual viewpoints how to use the transformative power of sound for healing on physical, emotional, mental, and spiritual levels.

Book Information

Series: Power of Harmonics

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Customer Reviews

"Gives a glimpse into the incredible potential of vocal harmonics and toning as a tool for self-health and transformation." (Nexus, September-October 2003, Vol.10 No.5)"A scholarly treatise on the subject of harmonics plus a concise how to guide, all in one volume." (Christina Eisenberg, Pangaia, Winter 2003)"The creator of Dolphin Dreams and Chakra Chants recordings examines the purest form of therapeutic sound--harmonics--in his latest book, Healing Sounds. . . . His personal revelations and direct writing style make this an exceptional introduction to a fascinating field." (Whole Life Times)"Healing Sounds is a great gift for humankind. It is of benefit now and for the future." (Kitaro, Grammy Award-winning composer)

MUSIC / HEALING • The creator of Dolphin Dreams and Chakra Chants recordings examines the purest form of therapeutic sound--harmonics--in his latest book, Healing Sounds. . . . His personal revelations and direct writing style make this an exceptional introduction to a fascinating field. • --Whole Life Times Healing Sounds is the first book to express the scientific and spiritual viewpoints about how to use the transformative power of sound for healing on physical, emotional, mental, and spiritual levels. The Mystery Schools of Egypt, Greece, and Rome understood that vibration is the fundamental active force in the universe, and they developed specific chants and tones for healing the mind, body, and spirit and achieving altered states of consciousness. Overtone chanting--also called vocal harmonics--is the ability of the human voice to create two or more notes at the same time. Healing Sounds, an innovative work in the field of sound healing and vibrational medicine, explains how to perform these vocal harmonics and experience their transformative and curative powers. An internationally recognized master teacher, the author provides diverse examples of sound healing systems incorporating both mystical and medical traditions--from Tibetan monks' use of Tantric harmonics to Dr. Alfred Tomatis' use of Gregorian chanting. Practical exercises demonstrate how to use sound in healing and meditation, such as • Vowels as Mantras • and • Overtone toning, • techniques pioneered by the author and utilized worldwide. JONATHAN GOLDMAN is director of the Sound Healers Association, president of Spirit Music, and has over twenty years experience in sound therapy. He is the author of Shifting Frequencies and The Lost Chord and has created numerous albums including the first studio recordings of the Dalai Lama's Gyume Tibetan monks, the first recording featuring dolphin sounds, and the award-winning Chakra Chants, 1999 Visionary Album of the Year. Jonathan leads Healing Sounds® Seminars throughout the United States and Europe and lives in Boulder, Colorado.

I love Jonathan Goldman's harmonics and I wanted to read his book. It is very interesting and he

goes into great detail explaining the foundation of harmonics and its use for healing over the ages. I just found it a slow read (and I read constantly) because it is very technical for someone who is not versed in the mechanics of harmonics. So it is more like a textbook to explain to the novice how it works. That is why it cannot be read quickly, but has to be absorbed a little bit at a time. Unless you are already well versed in the subject.

Very interesting book. Worth reading if you have any interest in harmonics.

Delivered as promised.

Excellent

Good book, very informative.

good book but needs group engagement...hard to do this stuff alone. The concept of the use of sound is an excellent one...a cd should have accompanied this book.

I recommend this book for everybody, it's good for your body health and for your mental health too. Congratulations Jonathan Goldman.

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