



In the Key of Healing (Healing Music Series)

Steven Halpern

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Based on the understanding that our body, mind, and spirit have a genetically pre-programmed "tuning," Steven Halpern works with breath, resonance, and brainwave entrainment to create a virtual oasis of serenity which nurtures listeners at the highest level of their being. This music evokes an effortless relaxation state and amplifies the production of alpha waves which are associated with feelings of love, joy and well-being.

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