



Healing Sounds: The Power of Harmonics

Jonathan Goldman

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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 "Overtoning".
- 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.

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Christine McClellan:

This Healing Sounds: The Power of Harmonics book is simply not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is definitely information inside this e-book incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. That Healing Sounds: The Power of Harmonics without we recognize teach the one who studying it become critical in contemplating and analyzing. Don't always be worry Healing Sounds: The Power of Harmonics can bring once you are and not make your tote space or bookshelves' turn out to be full because you can have it in your lovely laptop even cell phone. This Healing Sounds: The Power of Harmonics having good arrangement in word and also layout, so you will not sense uninterested in reading.

Pamela Pinkham:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read the book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a reserve. The book Healing Sounds: The Power of Harmonics it is extremely good to read. There are a lot of those who recommended this book. They were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the particular e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not very costly but this book offers high quality.

Joseph Singleton:

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Christopher Gobert:

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