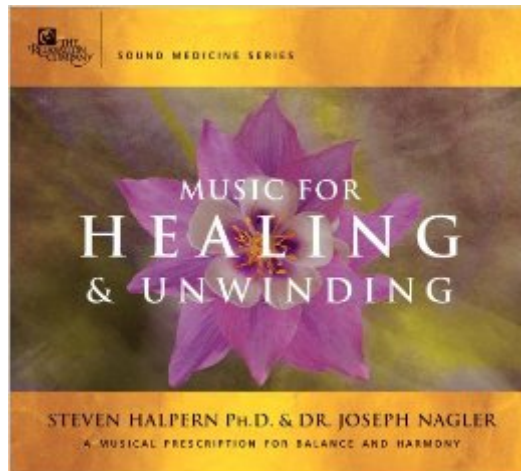


The book was found

Music For Healing And Unwinding: Two Pioneers In The Emerging Field Of Sound Healing



Synopsis

Your body is a self-healing instrument. If you give it a chance it will always tend toward homeostasis or healthful balance. Sound healer Steven Halpern uses soothing and free floating keyboard compositions to draw the body into this state of balance and harmony. Combining artistic inspiration, sensitivity, and the sophisticated sound technology. Music for Unwinding was created by music therapist and award winning musician Dr. Joseph Nagler. Composed using specific tempi, rhythms and pacing, and performed by an ensemble of world-renowned musicians, these soothing melodies will free you to unwind and let go of the stress of the day. Piano, violin, percussion, flute, guitars and bass all create a lush blend of deeply relaxing music that will peacefully resonate within your body.

Book Information

Audio CD

Publisher: Sounds True, Incorporated; Unabridged edition (September 1, 2006)

Language: English

ISBN-10: 1559617276

ISBN-13: 978-1559617277

Product Dimensions: 6 x 0.8 x 5.5 inches

Shipping Weight: 2.9 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (337 customer reviews)

Best Sellers Rank: #21,849 in Books (See Top 100 in Books) #2 in [Books > Politics & Social Sciences > Social Sciences > Library & Information Science > Library Management](#) #4 in [Books > Books on CD > Music](#) #7 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#)

Customer Reviews

I've used this particular cd in my home and in my work as a doctor of naturopathy, and the results have always been good. I've seen people and animals calm down almost instantly, and visibly become more relaxed. I've used this cd with my 91 year old mother when she gets shaky and stressed; with my dogs when they want to jump and bark all around and I just want them to rest; with children I'd like to help simmer down; and with people who have come to me with problems like tension or hives. I use it, too, when I just can't get to sleep. Not to imply this music "cures," but people (and animals) sure do seem to relax when it's being played, and sometimes that's all that the body needs to rebalance itself...or so it would seem to me through the experiences I've had and the

observations I've made. Mary Jo Eshelman, ND, CTN, CNHP All Natural Health Works! Holistic Education and Research Unlimited...[...]

Just bought this, unaware that it is part of a wonderful Healing and Relaxation Box Set called "Sound Medicine". This is a standout Halpern CD and will send you into relaxation heaven in less than a minute. Really beautiful and so, so, so relaxing and dreamy.

Whether you are new to this type of music and art or a firm believer of the inner workings of the relationship between the mind and the body and the spirit, this CD is a must. The CD is a great complement to Halpern's "Chakra Suite". The CD is very easy to listen to and will create a relaxing environment for you in no time.

Following a suggestion from Candace B. Pert, Ph.D. found in her book "Molecules of Emotion," I decided to look for a relaxation CD to help me fall asleep. Because I also suffer from migraines, the word "healing" in the title of this CD intrigued me. It's still hard to believe, but for the past three months it puts me to sleep so quickly that I've never heard the end of the CD! And if I should wake up in the middle of the night I just turn it on again and fall right back asleep. Amazing!

This is my new "go-to" CD for meditation. I'm a fan of vibrational music for meditation, but sometimes the vibrational CD's can get repetitive and boring. This CD has multiple tracks with variety in the music, but with calming vibrationals in the background. Good for meditation, guided imagery, yoga, or great background music for reading.

If you have insomnia, this CD will put you to sleep. Unlike other CD's I've purchased for sleep, this one does not wake me up in the middle with a selection that starts out on a louder note than the last one ended. And the relaxing tempo stays constant throughout, though truthfully, I've never stayed awake long enough to hear the end. If anyone knows of any other CD's that work great for sleep, please let me know. Thank you.

Originally I purchased this CD for relaxation, balance and healing. However I found it relaxes me so much I fall asleep. So now I turn it on before retiring for the night. I'm not certain I've ever heard the entire CD. It really helps me feel more at peace and very rested. Love it, love it!!

In a time of profound grief the importance of being able to relax enough to rest and sleep has a significant impact on one's health. I found this music so soothing and was able to do deep, rhythmic breathing with it and could feel tension slipping away. I play it often to simply calm and relax me. Would recommend highly. M.

[Download to continue reading...](#)

Music for Healing and Unwinding: Two Pioneers in the Emerging Field of Sound Healing
Meditations and Music for Sound Healing: A Leading Oncologist Explores the Healing Power of Sound (Sound Medicine) Self-Healing with Sound and Music: Revitalize Your Body and Mind with Proven Sound-Healing Tools A Collection of PERRY COUNTY ALABAMA PIONEERS BIOGRAPHIES & GENEALOGIES VOLUME II (PERRY COUNTY, ALABAMA PIONEERS BIOGRAPHIES & GENEALOGIES Book 2) The Unwinding Breaking the WTO: How Emerging Powers Disrupted the Neoliberal Project (EMERGING FRONTIERS IN THE GLOBAL ECONOMY) Step by Step Emerging Markets Investing: A Beginner's Guide to the Best Investments in Emerging Markets Step by Step Emerging Markets Investing: A Beginner's Guide to the Best Investments in Emerging Markets Stocks (Step by Step Investing Book 4) The Changing Face of Church: Emerging Models of Parish Leadership (Emerging Models of Pastoral Leadership) Sound Innovations for String Orchestra -- Sound Development (Advanced): Warm-up Exercises for Tone and Technique for Advanced String Orchestra (Viola) (Sound Innovations Series for Strings) Sound Innovations for String Orchestra: Sound Development (Intermediate) for Cello: Warm up Exercises for Tone and Technique for Intermediate String Orchestra (Sound Innovations Series for Strings) Sound Innovations for String Orchestra: Sound Development (Intermediate) for Viola: Warm up Exercises for Tone and Technique for Intermediate String Orchestra (Sound Innovations Series for Strings) Sound Innovations for String Orchestra -- Sound Development: Violin (Sound Innovations Series for Strings) Sound Innovations for String Orchestra -- Sound Development: Cello (Sound Innovations Series for Strings) Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! The Power of Sound: How to Be Healthy and Productive Using Music and Sound MUSIC CITY NEWS magazine March 1980 George Jones on cover (The Sound of a City Heard Around The World, Volume XVII No. 9, Country Music, Bluegrass Music,) Buried History of American Music, Songs and Showbiz Since 1606: The Forgotten Originals, Pioneers, and Mega Stars. Part 2. (America's Musical Heritage and Treasures) The Universe Is Virtual: Discover the Science of the Future, Where the Emerging Field of Digital Physics Meets Consciousness, Reincarnation, Oneness, and Quantum Forgiveness The Emerging Healthcare Leader: A Field Guide (Ache Management)

