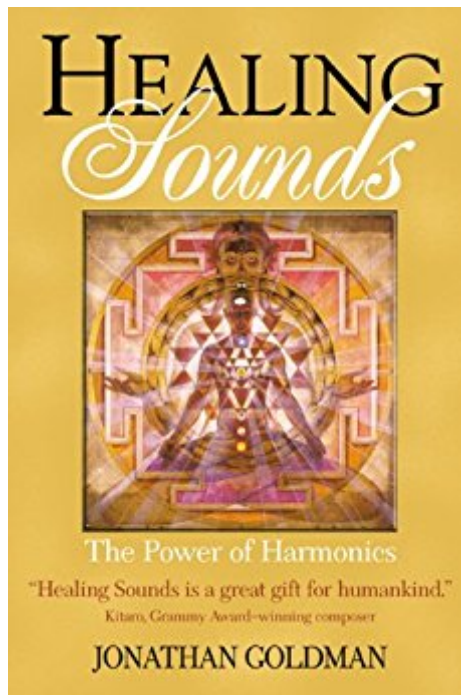


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# Healing Sounds: The Power Of Harmonics



## 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 "Overtoning". • Describes how harmonics can be used as "sonic yoga" for meditation and deep relaxation to enhance energy. • Over 25,000 copies of first editions sold in 6 languages. • 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

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## Customer Reviews

HEALING SOUNDS : The Power of Harmonics. Revised Edition. By Jonathan Goldman. New York : Harper Collins, 1996 (1992). ISBN: 1852308486 (pbk.) Not being either an 'expert' nor a scientist in the field of sound, I was able to approach this book with an unclouded mind and one free of preconceptions and fixed ideas. And the most obvious thing about Goldman's book is that it is not a scientific treatise and should therefore not be judged as one. It is primarily a practical manual which sets out to teach us how we can use our voice, and our ability to create harmonics and tones, in some very interesting and beneficial ways. Although Goldman has a great deal of experience in various forms of chanting and toning and is a teacher of the subject, it's altogether possible that, from the point of a view of a pretentious, reactionary, and mechanistic official science, his views may be unorthodox in some respects. Personally, I don't give a hoot. It's a long time since I grovelled at the shrine of official science. The human voice is an amazing and beautiful instrument and all of us have one. Sadly most of us are totally unaware of the power and beauty of our own God-given voice. Goldman's book remedies that ignorance. It gives us detailed and precise instructions for toning - "the singing of prolonged sounds, usually simple vowels, on a single note" (Le Mee)- which anyone can follow. When used, preferably in conjunction with his practice tape of exercises which can be ordered separately, you will soon be amazed to find yourself producing the most incredible and beautiful sounds.

An excellent introduction to music as medicine, Healing Sounds examines the effects of sound on the physical, emotional, mental and spiritual levels. The author is an expert on music theory, psycho-acoustics and the use of sound in cultural traditions like the Sanskrit (his album Chakra Chants is a gem), Tibetan, Kabbalistic & Western, with emphasis on Gregorian chants. In addition, he reviews the latest scientific research on the physiological effects of music & sound. Goldman defines overtone chanting or vocal harmonics as the capacity of the human voice to sound two or more notes simultaneously. Virtually all tones produced by musical instruments, voices or other sonic sources are blends of tonal frequencies called 'partials'. The 'fundamental' is the lowest frequency whilst partials of higher frequency are 'overtones.' Together these create the particular sonic color or timbre of an instrument. Scientific research into sound includes Cymatics which is the study of the impact of sound on matter, which Goldman investigates with reference to the work of

Peter Guy Manners amongst others. Healing Sounds also serves as a practical manual which offers training on how to use your voice, harmonics and vowels as mantras for personal transformation. Sound ought not to be restricted to entertainment but also used to heal & communicate.

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