

Why Sound Healing Works

Sound Healing by Steven Halpern

Steven Halpern orchestrates sound, space and Silence to create beautiful music that engage your natural relaxation response, reduce stress, and support your body's innate healing energies. Based on over 40 years of research and used by millions worldwide, Halpern's INNER PEACE music is recognized as the gold standard in the field of sound healing.

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Sound Healing is an umbrella term that focuses on the intentional use of sound and music to support the natural healing energies of the "human instrument." Sources of sound healing include instruments, voice, metal and quartz crystal bowls, tuning forks, drums and computer-based frequency generators.

Relaxation and the reduction of stress is now proven to be a fundamental building block to health, healing and well-being and a healthy lifestyle in general (see The Relaxation Response by Herbert Benson MD). The obvious question is: How can you best achieve relaxation and support your body's innate ability for self-healing?

One of the most ancient, effective and enjoyable ways to relax is with music. But not just any music, because most music was not composed for relaxation or healing. I have discovered keys to composing music for sound healing that activates our innate healing response, and I orchestrate my recordings to optimize this response. My music has been proven effective through landmark biofeedback studies in the 1970s as well as the positive experiences of millions of listeners around the world.

My sound healing music is based on the principles of resonance, entrainment, and intention. Most music tends to evoke an unconscious, analytical response that keeps you anticipating where the music will go next; it keeps you focused on the future. That is great in the entertainment arena. But true relaxation only happens in the present, in the Now. You can't relax in the future; you can only relax in the present moment.

See my video on YouTube, 'Scalus Interruptus' and my articles "Insider Secrets of Choosing and Using Music for Relaxation and Healing" and "Relaxation, Stress Reduction and New Dimensions of Sound Healing" to learn more about why this breakthrough is so important.

The beauty of choosing healing music as the modality of choice in sound healing is that it works automatically, in the background, as you go about your daily activities. You don't have to physically hit a Tibetan bowl or tuning fork, or make unusual sounds with your voice, "All you have to do is listen." TM Your DNA, cells and vital organs literally "know the score."

You can benefit simply by playing the music softly in the background, at home or at work. You can amplify the benefits by listening deeply, with intention and attention, especially with headphones.

BENEFITS of SOUND HEALING

- Increased feelings of well-being, happiness and inner peace
- Fall asleep more easily, and waken up refreshed
- A more robust immune system
- Greater concentration, focus, creativity

For over 40 years, I have focused on the healing powers of music composed with the intention of creating greater harmony, balance and inner peace. In my workshops and books, I have always promoted all aspects of sound healing. My calling, and my gift, has been to compose music that takes my listeners to a deeply relaxed state in which healing happens naturally, and which uplifts body, mind and soul.

- See more at: <http://www.stevenhalpern.com/prod/soundhealing.html#sthash.XUlkD5TT.dpuf>