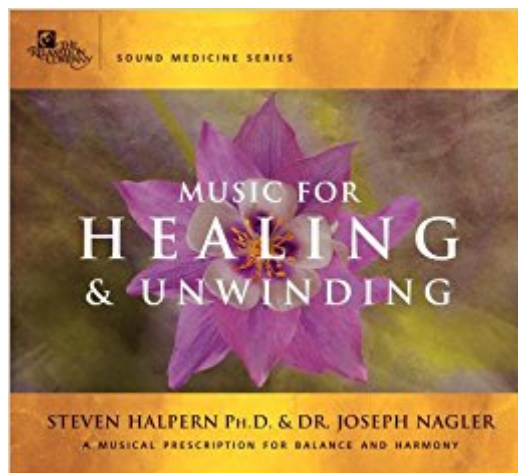




The book was found

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

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

Average Customer Review: 4.5 out of 5 stars 431 customer reviews

Best Sellers Rank: #23,384 in Books (See Top 100 in Books) #1 in Books > Books on CD >

Music #3 in Books > Books on CD > Health, Mind & Body > General #4 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

This cd works well for my Reiki meditation sessions. A year ago March I was diagnosed with a terminal lung disease with no treatment, no cure and 3 months to live. My pulmonary specialist told me to get on the Internet and look for homopathic treatments as the medical field could not help me. My daughter-in-law suggested Reiki and now I am no longer bed ridden and work everyday. I am not healed but I am living life again and can live with my current condition.

I've been as massage therapist for over eight years and creating an atmosphere conducive to relaxation and healing is important. I tested this out driving so I didn't have any surprise weirdness coming from the CD player during a client session. No weird bird calls or other oddities here!!

Woohoo. I am definitely pleased with this and in fact may order extra. This would be great for sleeping- for both adults and children especially the anxious ones. You might also use it in areas where tension is higher, in an office, a stressful drive home or taking a loved one to a scary appointment. Even just unwinding in general. This would absolutely complete those nights when you want to sink in a hot bath with a glass or ten of wine or just tune out the world.

The first CD is playing now and has been on "random play" all afternoon. Just wonderful ! Soooooo relaxing and soothing.....Perfect for my meditation sessions and daily spiritual readings ! I can't wait to play the second CD ! Money well spent which is now always the case....Just perfect !

Great CD, I get a lot of compliments on the music when it plays. I have taken to playing it in the car too. Calming and nice flow from one song to the next. Wish the whole thing was longer than it is but I hit repeat and you can't tell where the disk should have stopped.

I've benefited greatly from this recording as I've dealt with my cancer treatments. I ripped the CD to my android and mostly listen to it as I'm sleeping -- it's been invaluable help to center myself while falling asleep, rather than lie there in silence and risk anxiety.

Its magical. This soft, flowing music sends chills of spirit awareness down my spine. Even my toes tingled. I love meditation music. I listen anytime. This CD music for healing mind, body and spirit. Is exactly that. Heals my mind from clutter as I drift willing to a positive thoughts, and my body vibrates to a comfortable balanced tone, and my spirit well let's just say, once listened, one is healed. Simple as that. I use this for my meditation circles as I give reiki. Trust me. Its the best CD I ever come across that instantly fills one with peace when listening. And my meditations , allows me to visualize a a world beyond worlds.

It's all pretty much the same song through it the CD. I could have gone for some running water, the ocean, birds, or any other variance. Otherwise, 5 stars.

I live listening to this. So relaxing and helps with my anxiety and health issues. I would definitely recommend!

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