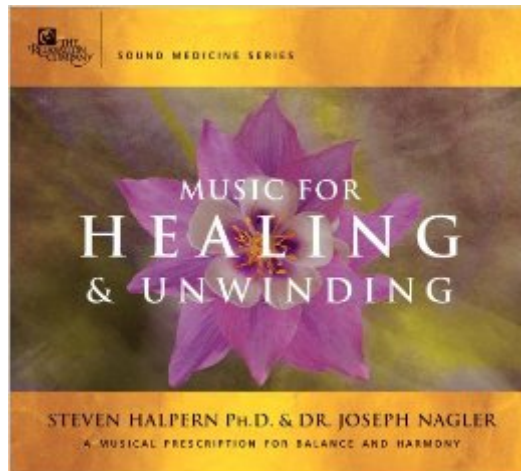


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# Music For Healing And Unwinding: Two Pioneers In The Emerging Field Of Sound Healing



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

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## 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.

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