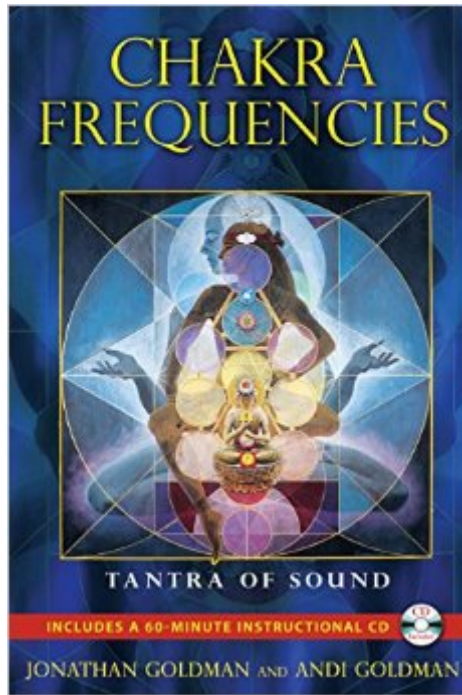


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# Chakra Frequencies: Tantra Of Sound



## Synopsis

Using the science of sound healing for higher consciousness, stronger relationships, planetary oneness, and physical and emotional healing • Offers exercises with breath, tone, sacred vowel sounds, and the chanted Bija Mantras to activate and balance the chakras for greater health and harmony • Shows how to practice sound healing individually or with a partner to enhance communication, reduce stress, and create inner balance and peace • Includes a 60-minute CD of the sounds, mantras, and vocal exercises in the book for beginning a personal or partnered healing sound practice • Previous edition won the Best Book in Alternative Health Award from the Coalition of Visionary Resources

As both ancient spiritual masters and modern quantum physicists acknowledge, the universe is vibration. Through sound and its ability to communicate with our chakras and subtle body, we can tap into the vibration of the universe for greater harmony and stronger relationships; physical, emotional, and spiritual healing; expanded consciousness; and planetary oneness. In this step-by-step guide, sound healing pioneer Jonathan Goldman and his wife, holistic psychotherapist Andi Goldman, reveal specific ways the voice can resonate the physical and subtle bodies, including 7 powerful chanted Bija Mantras and sacred vowel sounds to balance and align the chakras. Providing exercises with breath, tone, mantras, and seed sounds, the authors show how to practice sound healing either individually or with a partner to strengthen relationships, reach deeper emotional levels, enhance communication, reduce stress, achieve inner balance, and create harmony with those around you as well as the whole planet. The accompanying 60-minute CD offers correct pronunciation and examples of the Bija Mantras, sacred vowels, seed sounds, and vocal exercises in the book as well as recordings of Pythagorean tuning forks, crystal bowls, Tibetan singing bowls, and Tibetan bells, providing the perfect backdrop for beginning a personal or partnered healing sound practice.

## Book Information

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## Customer Reviews

Chakra Frequencies, Jonathan Goldman and Andi Goldman, Destiny Books, 2011, \$18.95 This husband and wife team provides a step-by-step guide to practice sound healing that can be implemented either alone or with a partner. The Goldmans believe that these exercises in breathing, toning, and seed sounds can strengthen relationships, enhance communication, reduce personal stress, and help to achieve an inner balance and harmony. The book and accompanying CD help you to pronounce sacred sounds, mantras, seed sounds and vocal exercises. Using ancient sound techniques and modern counseling, the Goldmans allow the reader to experience expanded consciousness and planetary oneness through the gift of sound.-- Jelina Vance, "New Connexion Journal"

Chakra Frequencies: Tantra of Sound By Jonathan Goldman and Andi Goldman As physics validates ancient wisdom we find ourselves once again listening to ancient masters who have told us all along that everything--animals, chemicals, plants, and human beings--manifest as frequencies into the world of space and time. This book points out specifically how this comes about. True lasting healing is shown to happen on levels that were and are invisible to most people, but with the help of technology and a rise in consciousness many people are "tuning" into what was once the private realm of mystics. The accompanying CD is a tremendous help in feeling the vibratory sounds of healing. Dhara Lemos, Lotus Guide

I was interested in sacred sounds, studying Ayurveda and Yoga. What I like about this book is that it is VERY well explained, every detail covered in terms of how people react to and learn to develop an understanding of this peculiar undertaking. It is clear that the Goldmans, including his wife Andi, live this and have taught it to an extensive number of people. The psychology, breathing and posturing behind learning these techniques is very thorough. I know nothing about music, nor can I carry a tune and yet this is so easy to do and achieve results. I even have my partner enjoying it! They disseminate the information and history by describing other methods and why they teach a certain way. I feel their guidance is very genuine and sincere, the authors don't come across as

weirdos, or authoritative nor do they invoke a sense of 'if you don't do it like we're teaching you, you're screwed'. They give a plethora of examples and ideas. They really put the whole experience into your hands to play with. I struggle with migraines, two years ago I was up to seven or more a month. Since I started experimenting with these sounds, I have been able to clear headache, neck and shoulder pain without medication! That is absolutely incredible for me, no question it is nothing short of a miracle. I've struggled with migraines for over seventeen years. The addition of the CD is wonderful, you get a great understanding of how to make the sounds and both Andi and Jonathan make the sounds so you can hear the differences between them. They demystify the whole process. It's a scientific tool, not a religion in my mind but it can and does enhance my prayers and is very stimulating to do before meditation.

Definitely loved the wisdom and teachings in this book. I have tried different sound meditations and this one has a little bit of everything for the first time journeyer. The included CD is very helpful and makes the information in the book come alive.

Mr & Mrs. Goldman wrote a very good book encompassing the power of sound. Very informative well written. I will be seeking out his research in this field.

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