Inner Peace

STEVEN HALPERN

STEVEN HALPERN is the #1 bestselling composer, recording artist and researcher whose music helps millions of individuals worldwide to relieve stress and enhance feelings of well-being and inner peace.

Keyboard magazine recognized Steven as "One of the most influential artists of the past 35 years who changed the way we listen to and market music."

His atmospheric compositions are significantly more effective at reducing stress than most traditional classical music, as proven by biofeedback research.

Profiled on *48 Hours* (CBS-TV) in 1991, Steven has appeared on hundreds of TV and radio programs, including *The Tomorrow Show with Tom Snyder*, *AM Los Angeles* and *America's Talking*. His work has been covered in *The New York Times*, *USA TODAY*, *Yoga Journal* and many other media outlets.

Steven's music is heard in leading health and healing centers, corporate wellness programs, spas, hospitals, schools and homes. His albums enhance yoga, meditation, tai chi and massage.

Visit Steven at: www.StevenHalpern.com for exclusive podcasts, insightful newsletters and more.

See videos at: www.YouTube.com/StevenHalpernMusic

A *Sound* Path to Inner Peace

My music comes from a place of peace, and my intention is to create a place of peace for you when you listen. The compositions are Non-Predictive™, non-linear yet exquisitely beautiful, with no continuous rhythm. These factors help you reset your stress level and effortlessly enter 'the relaxation zone.'

Take a deep breath . . . close your eyes . . . feel the low sounds resonating in your lower torso. Notice how the high frequencies, especially the shimmering harmonics, spiral up the keyboard of your spine and throughout your brain. You may already be breathing more slowly. (This is the most common characteristic of the 'relaxation response').

Inner Peace is one of my all-time favorite duets. Paul McCandless's lyrical melody builds intensity as it soars over the subtle chord voicings. I feel the music resonate in and open up my heart chakra. I think you may notice that, too. This piece reminds me of Samuel Barber's classic, *Adagio for Strings*.

Traveling Among The Stars features the incredibly pure tones of my Rhodes electric piano. The ostinato bass pattern sets up a powerful brainwave entrainment; the ascending melody lifts the spirit.

Unknown Country was inspired by Whitley Strieber's syndicated radio program, 'Dreamland'. Whitley's on-air testimonial was deeply moving. His books (*Communion*) are among my favorites. Being a guest on his program was an awesome experience. I felt the powerful energy that comes with speaking to an audience of 16 million listeners.

A Note from the Composer

Ever since I was initiated into the ministry of healing music over 35 years ago, my intention has always been to compose and record music that creates an experience of peace, balance and joy within you. Indeed, as spiritual teachers have known for millennia, if we're ever going to have peace on our planet, we must first experience peace within ourselves.

Our body, mind and spirit are hardwired to respond to sound. That's why listening to relaxing and healing music is so effective for our physical, emotional and spiritual well-being. I invite you to read more by visiting my website www.stevenhalpern.com

I also want to acknowledge and thank those who have shared their thoughts and blessings with me over the years. I love hearing from you (especially by email), and welcome your personal stories, experiences and questions at: AskDrSound@innerpeacemusic.com

"Steven Halpern is a musical magician, a healer with sound.

His music has helped millions experience transformative moments that lead to greater wholeness and happiness."

— Larry Dossey, M.D. best-selling author of *Re-inventing Medicine* and *Prayer is Good Medicine*

1) Inner Peace	4:49	6) Deep Peace	4:32
2) Traveling Among The Stars	12:41	7) Heartnotes	5:22
3) Angels of Peace	4:40	8) Sanctuary of the Heart	7:25
4) On Walden Pond	3:13	9) Unknown Country	5:12
5) A Touch of Grace	3:50	10) Time Being I	5:05
		11) Time Being II	5:23

PRODUCED by STEVEN HALPERN

STEVEN HALPERN

Rhodes electric piano, grand piano, keyboards, angelic choir.

Paul McCandless – English horn • **Bettine Clemen** – flute

Recording Engineer: Warren Dennis Kahn
Recorded at Banquet Sound Studios, Sebastopol, CA

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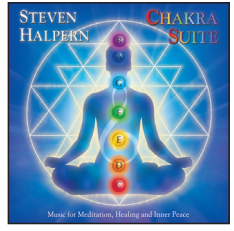
The roots of sound healing go back 25,000 years. Halpern's innovative use of musical tone, time and space builds upon these ancient healing traditions.

"His music is the cornerstone of any healing music library."
— CDNow / All Music Guide

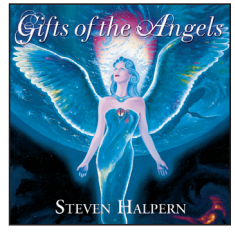
You'll enjoy Steven's best-selling CDs for meditation & inner peace:
Listen to audio samples at **www.StevenHalpern.com**

Chakra Suite
IPM 8000

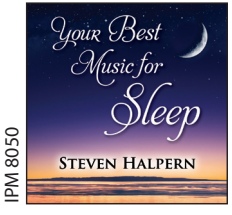


Sound Healing
IPM 7878

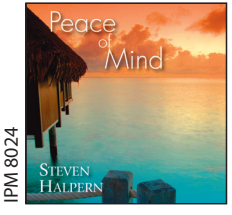
Gifts of the Angels
IPM 7855



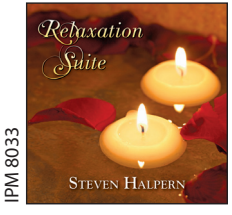
Best Music for Sleep
IPM 8050



Peace of Mind
IPM 8024

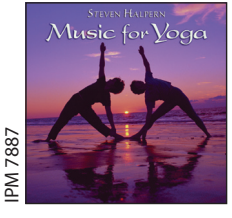


Relaxation Suite
IPM 8033

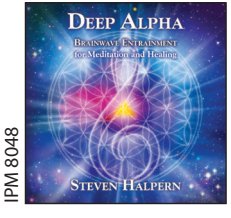


Paradigm Shift
IPM 8044

Music for Yoga
IPM 7887



Deep Alpha
IPM 8048



STEVEN HALPERN • INNER PEACE IPM 8001

"You can *feel* the peace in this music immediately. It resonates on all levels — body, mind and soul — and leaves you feeling at peace and in harmony with your Self and your world." — *Leading Edge Review*

Effortlessly, the music takes you to the gap between thoughts…the place of infinite possibilities in which we automatically align and attune with the oasis of peace that already exists within each of us.

Played softly in the background as 'sonic incense,' the music creates a perfect mood for yoga and massage. Listen *deeply*, especially with headphones, and these atmospheric tone poems resonate more noticeably in the key of the heart. On the title track, Steven is joined by Grammy® winner Paul McCandless on oboe on a breathtakingly beautiful duet reminiscent of Barber's *Adagio for Strings* in its elegiac melody and soaring harmonies.

INNER PEACE is one of the highlights of Steven's 38 years of creating music that *relaxes the body, quiets the mind and soothes the soul*.™ We invite you to experience the gifts of inner peace, on the wings of sound.

STEVEN HALPERN is an award-winning composer, recording artist and pioneering sound healer whose music has touched the lives of millions. His work sets the standard of excellence in the field, and is used in homes, spas, hospitals and healing centers around the world.

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Meditation / Relaxation

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