STEVEN HALPERN is a Grammy® nominated, multi-platinum selling recording artist, sound healer and a founding father of New Age music.

Healers, meditators, yogis and massage therapists have used and recommended Steven's exquisite recordings for over 40 years.

His **CRYSTAL SUITE** (1987) was the first album to feature quartz crystal bowls, helping introduce them to the world. This album takes the work to a much higher frequency.

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"When I was composing/recording, it felt like the bowls would speak to me. In addition to the legendary healing tones of the Rhodes® electric piano, they'd guide me in choosing particular sounds on my synths.

The sonic synergy had me virtually levitating off the keyboard bench. I could feel my chakras align, my spine lengthen, and my brainwaves shift into a deep *theta* state. I hope you find the music uplifting and healing as well."

— Namaste, Steven Halpern

1. Crystal Temple	6:21	10. Crystal Bowl Healing 2.0	5:29
2. Crystal Angels 2.0	3:21	11. Practitioner's Bowl 2.0	1:01
3. Crystal Karma 2.0	5:06	12. Crystal Vowels 2.0	3:28
4. Crystal Om 2.0	4:00	13. Golden Alchemy 2.0	4:31
5. Crystal City	6:07	14. Egyptian Blue Infinity 2.0	2:20
6. Crystal Light	5:37	15. Ruby Crystal 2.0	2:31
7. Crystal Chakra	3:18	16. Crystal Tuning Forks 2.0	1:22
8. Crystal Ocean 2.0	5:09	17. 24K Gold Aqua	3:07
9. Crystal Chalice 2.0	5:21	18. Crystal Buddha 2.0	6:12
		19. Crystal Pyramid 2.0	4:24

Composed and Produced by Steven Halpern

STEVEN HALPERN: Rhodes Electric Piano, Crystal Bowls, and Ambient Synth

Crystal bowls created and manufactured by Crystal Tones™
Special thanks to Lupito William Jones, Paul Utz and Joan Vann

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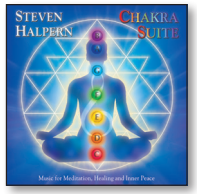
Recording Engineer & CD Mastering: Warren Dennis Kahn
Recorded at Banquet Sound Studios, Sebastopol, CA

Cover illustration: Daniel G. Holeman ©2003
Visit: AwakenVisions.com to see and license his visionary artwork

You'll enjoy these other CDs for Meditation and Healing:

Listen to audio samples at **www.StevenHalpern.com**

Chakra Suite

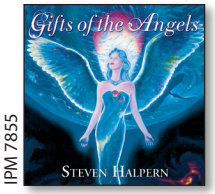


Deep Theta

IPM 8057

Gifts of the Angels

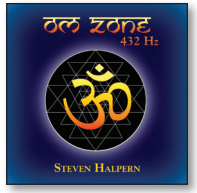
IPM 7855



Sound Healing 2.0

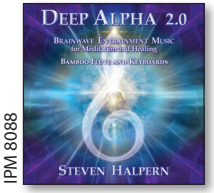
Om Zone 432 Hz

IPM 8042



Deep Alpha 2.0

IPM 8088



Play Your Bowl Along With This CD

Gently hit or chime the outside of your bowl with a suede or rubber mallet and begin a sonic sounding around the upper rim. This creates subtle or more intense sounds according to the applied pressure. You may also do toning with your voice using vowel sounds while playing the bowl or while listening to this CD.

Crystal Bowls: An Ancient Healing Tradition

For thousands of years, hand-held crystal singing bowls have been played by healers and musicians to alleviate pain and restore physical, emotional and spiritual balance. Larger stationary crystal bowls were also used in ancient temples, homes and gathering places.

An **Egyptian Faience crystal bowl** (circa 1300 BC Thebes) is on display at the Myers Museum of Eton College, UK. It's the inspiration for Crystal Tones' Egyptian Blue Bowl.

Featured on this album:

The Egyptian Blue Bowl:

The 24K Gold Bowl: An innovative design channeled by William Jones and Paul Utz that combines the essence of metal with quartz crystal.

The Tuning Fork Practitioner Bowl

Ruby Bowl: combines gem frequencies with quartz crystal

White frosted Bowls: 8", 10", 12", 24"

CRYSTAL TONES crystal singing bowls are made of highest quality (99.992% pure) quartz crystal, making them incredibly resonant.

Visit: **CrystalSingingBowls.com**

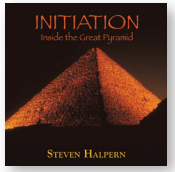
About The Music

If you listen with headphones you may be able to hear — as I do — the subtle melodies that result from constantly shifting phase relationships and overtones as the bowls continue to sing.

Several tracks feature my Rhodes electric piano. The unique sound of this instrument rates highest in healing effects of any keyboard. It's not a synth but a series of tuning forks played by a keyboard.

For example, "Crystal Chakra" adds bowls to "First Chakra: Keynote C" from **CHAKRA SUITE** for a marvelous synergy.

On other tracks, I composed totally new music on my synthesizers while listening to the bowls, which definitely put me in a higher state of consciousness.



The final track includes the awesome vibrational resonance I recorded inside the King's Chamber of the Great Pyramid in 1981(INITIATION IPM 8009).

Setting Your Intention

Set aside some time to create sacred space. Speak or silently state your intention. Release your intention or prayer on the sound currents of the bowl. Allow the sounds of this recording to become the total focus of your intention as you listen.

STEVEN HALPERN • CRYSTAL BOWL HEALING 2.0 IPM 8054

Gem-infused crystal bowls plus celestial keyboards create sacred space for healing and meditation at home or in groups.

By combining two premier sound healing instruments: quartz crystal singing bowls and the Rhodes® electric piano, these transcendent compositions instantly create an aura of inner peace and mindful awareness.

Pioneering sound healer, master musician and researcher Steven Halpern orchestrates CrystalTones™ proprietary gem and precious metal-infused bowls. **These sound tools create high frequency tonal harmonics that seem to awaken our higher spiritual centers.**

The subtleties of the Aqua 24-K gold, ruby, Egyptian blue bowl and clear crystal tuning fork are best appreciated while listening with ***intention and attention.***

"While recording, I could feel my chakras align and my brainwaves shift into a blissful ***deep theta*** state. I hope you will, too." — *Namaste, Steven Halpern*

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Produced in partnership with:
crystalsingingbowls.com

Crystal tones

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