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.

Steven has appeared on hundreds of TV and radio programs, including: *48 Hours* (CBS-TV), *The Tomorrow Show with Tom Snyder*, *AM Los Angeles*, and *America's Talking*. He's 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

Tuning in to Mother Nature

As people have done since time immemorial, I love spending time at the ocean…but not just any ocean. The gentle rhythms of the waves in Hawaii, South Florida and Southern California get me in "the Zone" much more effectively than the brisk Atlantic ocean I grew up with in New York.

I think you'll discover that the rhythm of these waves transport *you* into "the Zone" as well. This is the natural entrainment effect that the ocean has on us humans. Our heartbeat and breathing automatically synchronize to it.

In January 2002, I was visiting my mother in the hospital after a mini-stroke. It was a stressful time, and I headed to the ocean to regain my balance and center. I spent hours walking along the shore, listening to my Comfort Zone album on my Walkman. The weather was balmy and the sea, unusually calm.

My open air headphones enabled me to hear the ocean along with the music, something I hadn't done since my first series of nature recordings in 1980. I was blown away by how perfectly the music synced with the rising and falling of the waves.

I wondered if that magical marriage could be recreated so that others could enjoy the duet. I went back to my motel room, got my microphone, and recorded the ocean at midnight, all alone on the beach at midnight.

On my next recording studio date, I combined the music and the waves. To my delight and amazement, the synergy was as wonderful as it was on the beach. I'm sure you'll enjoy the way you feel as you listen.

— Steven Halpern, June 2003

"If you have *inner peace*, the external problems do not affect your deep sense of peace and tranquility"
– His Holiness, the Dalai Lama

About Music, Relaxation and Inner Peace

My vision is to compose music that creates an experience of peace, harmony and joy within you. From this place of inner peace, we radiate that peace outward to the planet.

The deep relaxation we enjoy in inner peaceful states provides multiple benefits for our physical, emotional and spiritual well-being. As we continue to learn more about the healing powers of music, our appreciation — and utilization — of this ancient yet thoroughly modern art/science will continue to grow. I invite you to visit my website to read my articles on the healing powers of sound and music.

Our "human instruments" are hardwired to respond to sound and appear to be genetically programmed to be self-healing instruments, if we but give them the appropriate raw materials.

One of the easiest and most effective ways to do so is by including the right kind of music into your personal environment. All Inner Peace recordings are composed with that intention. I welcome your comments at AskDrSound@innerpeacemusic.com or use the enclosed pre-paid postcard.

"Steven Halpern is the Mozart of our time . . . He's a musical genius who originates unforgettable compositions that you want to hear again and again."
– Mark Victor Hansen, bestselling co-author, *Chicken Soup for the Soul* series

1) Ocean Suite I	5:22	7) Ocean Suite VII	5:28
2) Ocean Suite II	7:31	8) Ocean Suite VIII	4:48
3) Ocean Suite III	10:35	9) Ocean Suite IX	3:48
4) Ocean Suite IV	9:06	10) Ocean Suite X	4:55
5) Ocean Suite V	3:44	11) Ocean Suite XI Solo	16:41
6) Ocean Suite VI	4:50		

PRODUCED by STEVEN HALPERN
STEVEN HALPERN: Grand piano, Rhodes electric piano

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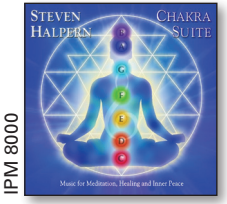
All Rights Reserved. Copying more than one song from this CD for friends is prohibited by Federal law. Plus, it's better karma to have them get their own legal copy from us or their favorite retailer or online vendor.

These compositions were originally part of albums that have been out of print for over 20 years; some were never available on CD before. They were never, however, available with the added ambience of the ocean, which dramatically transforms how you hear the actual notes.

All selections have been digitally re-mastered and sonically improved, so that they actual sound better than their vinly LP predecessors.
Dawn, Legacy, Timeless, Soft focus, Comfort Zone, Eastern Peace

Recording Engineer: Warren Dennis Kahn • Banquet Studios, Sebastopol, CA

Nurture your body, mind and spirit with Steven's best-selling albums:
Listen to audio samples at **www.StevenHalpern.com**

Chakra Suite
IPM 8000


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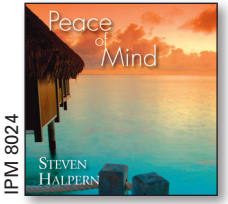

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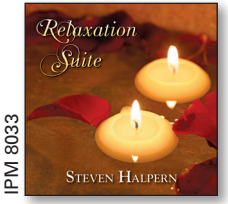

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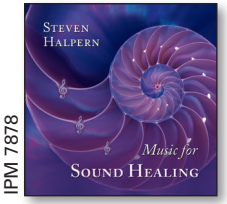

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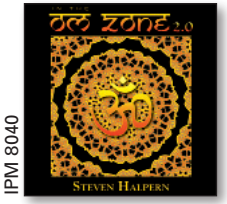

Gifts of the Angels
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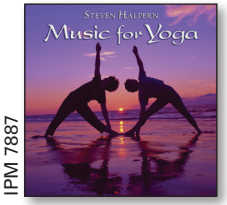
Music for Yoga
IPM 7887


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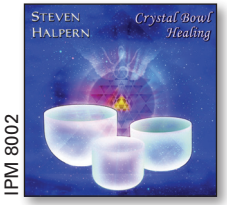

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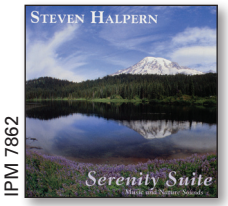

"Halpern's delicate piano plus the soothing sound of the ocean compose the perfect duet to wash away the stresses of the day."

– Leading Edge Review

Long before *recorded* history, men and women have enjoyed the natural relaxation that occurs at the beach on a calm, clear day. Our heartbeat and brainwaves automatically entrain to the relaxing rhythm of the waves.

Carrying that feeling with him into the recording studio, Steven composed these sonic tone poems. His music breathes, rests, and breathes again, much like the ocean itself.

Played softly in the background, this exquisite recording of solo grand and electric piano creates an uplifting aura of serenity. Listen *mindfully*, and you'll enter the space — and the silence — *between the notes*, where you connect with the timelessness of the present moment. You'll return to your world relaxed, recharged and renewed.

Steven Halpern is the world's leading composer of music for relaxation and wellness who has touched the lives of millions worldwide. The most trusted name in sound healing,™ Halpern's CDs are featured at leading destination spas, massage centers, business offices and homes.

www.innerpeacemusic.com

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File in Nature / Piano