STEVEN HALPERN
SPECTRUM SUITE
45th Anniversary Collector's Edition
Music for Meditation & Inner Peace

STEVEN HALPERN is a Grammy® nominated, Billboard charting, multi-platinum selling recording artist, composer, producer, researcher, author and pioneering sound healer.

Steven's music has touched the lives of millions worldwide. His atmospheric compositions pioneered a new genre of ***mindful meditation and healing music***.

Steven Halpern is currently celebrating his 45th anniversary (1975-2020) as a founding father of New Age music.

His ***DEEP ALPHA: Brainwave Entrainment Music*** was a 2012 Grammy® nominee. His bestselling book, ***SOUND HEALTH*** (Harper & Row 1985), pioneered the acceptance of sound healing to holistic medical professionals and mainstream audiences since 1975.

Landmark brainwave biofeedback and Kirlian biofield photography research documented that the new music he composed in a deep meditative state was significantly more effective at reducing stress, evoking the 'relaxation response' and balancing the brain than the highest-rated relaxing classical music.

Steven's music has reached far beyond the New Age/metaphysical/healing community into Fortune 500 corporations, CEOs, Olympic athletes, military and law enforcement, hospitals, schools, and is used widely in psychotherapy, hypnotherapy and massage therapy.

"One of the 12 most influential artists of the past 20 years… Steven Halpern is the first and definitive New Age keyboardist."
— *Keyboard* magazine, 1995 artist profile

Visit him at StevenHalpernMusic.com
YouTube.com/StevenHalpernMusic

CHAKRAS: the KEY to SOUND HEALING

Chakras are a major component of our human energy anatomy (biofield), and play a powerful role in our physical, emotional and spiritual well-being.

As universal vibrational signatures, chakras resonate to incoming stimuli of sound and color, which are related octaves of the electromagnetic spectrum. That's the biophysical secret behind this classic sound healing resource, disguised as beautiful, relaxing music.

The 100th Monkey Effect, Consciousness and Healing Music

The millions of individuals who have listened privately to this music on vinyl, tape and CD have created a virtual 'critical mass of consciousness' (a "sonic 100th Monkey Effect") that continues to resonate in 'the field' even after the music stops playing. This creates a standing wave of coherent consciousness that promotes personal and planetary peace. The brilliant scientist, Rupert Sheldrake, describes the science behind this paradigm shift in his classic 1981 bestseller, *A New Science of Life* .

With the advent of streaming platforms like Spotify and Pandora, millions of individuals can now simultaneously hear "First Chakra: Keynote C" and shift into a high coherence, brain-balanced state of mindful awareness. This does not happen with most music.

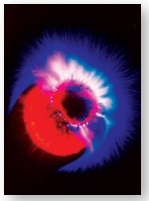
Landmark biofeedback studies demonstrated that this response is typically in the 8 Hz *alpha* brainwave range. Not coincidentally, our 'human instrument' *automatically* entrains to the fundamental harmonic frequency of the Earth (the Schumann resonance), which is also the fundamental harmonic frequency of the Key of C.

**"This is the music that I heard in the Crystal City on the other side.
Playing this music 24-7 in the hospital saved my life
after I was hit by lightening and died for 28 minutes.
It is an essential component of my VA hospice programs."**

— Dannion Brinkley, *"Saved by the Light"* (Dannion.com)

Kirlian (Bio-Field) Research: 1973 and 1999

BEFORE listening to SPECTRUM SUITE



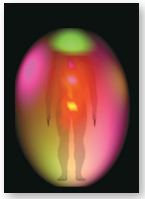
AFTER listening to SPECTRUM SUITE

Kirlian photograph of index finger.
Elapsed time: one minute.

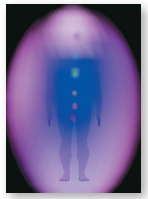
The dramatic color change from red to rose-pink is associated with stress reduction and *alpha* brainwave activity. Listening to classical music evoked negligible stress reduction, even after 5 minutes!

Photos ©1973 Psychotronic Research Institute.

BEFORE listening to SPECTRUM SUITE



AFTER listening to SPECTRUM SUITE



Full body aura biofield photos
show the quick shift from stress (red) to relaxation (violet).
Elapsed time: one minute.

Courtesy ©1999 AuraVideoStation
Visit www.auravideostation.com
for more information

★ With my Rhodes piano and 35mm slides, I presented the sound and color **chakra meditation** at major conferences since 1973, including the World Symposium of Humanity (1976), Festival of Body, Mind, Spirit (London 1977) and 6th International Conference on Stress (Montreux, 1993).

My guided chakra meditation is available at

https://youtu.be/NMuNMUh5dCo

**"Steven's music holds the vibrational grid that supports
energetic transmutation and connects us to source,
which is where true healing occurs."**

— STARR FUENTES, Spiritual Healer and Master Teacher
www.starrfuentes.com

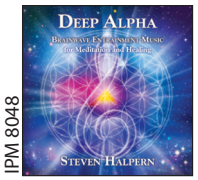
Healing Tones of the Rhodes Electric Piano

" Imagine a series of tuning forks played by a keyboard (not a synthesizer). My iconic Rhodes Mark 7 electric piano produces the most healing tones and harmonics of any instrument.

It's my signature sound, and I'm the only sound healer who features this wonderful healing instrument."
– Steven Halpern

DEEP ALPHA

IPM 8048

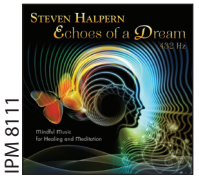


DEEP THETA

IPM 8057

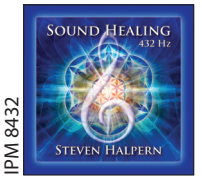
ECHOES OF A DREAM 432 Hz

IPM 8111



SOUND HEALING 432 Hz

IPM 8432

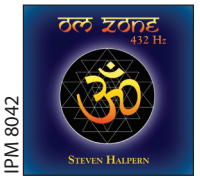


DEEP THETA 2.0

IPM 8084

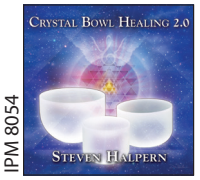
OM ZONE 432 Hz

IPM 8042



CRYSTAL BOWL HEALING 2.0

IPM 8054



MUSIC for MASSAGE (vol. 2) 432 Hz

IPM 8075

1. 1st Chakra: Keynote C (red)	2:48	10. Rainbow Raga	6:59
2. 2nd Chakra: Keynote D (orange)	2:34	11. Star Children Theme	2:19
3. 3rd Chakra: Keynote E (yellow)	2:17	12. Leviathan Blue	2:57
4. 4th Chakra: Keynote F (green)	2:30	13. Sakura	6:18
5. 5th Chakra: Keynote G (blue)	2:20	14. Rainbows of Life	3:21
6. 6th Chakra: Keynote A (indigo)	3:06	15. Crystal Cathedral	3:11
7. 7th Chakra: Keynote B (violet)	3:35	16. Earthrise	2:58
8. Be-Muse-Ment	4:33	17. Gaia's Choir	2:57
9. Trans-Pan Dance	7:59	18. Harmonic Convergence	5:01

Total running time: 68:41

Produced by STEVEN HALPERN

STEVEN HALPERN: Rhodes electric piano, additional keyboards, guitar

IASOS: Electric Flute (tracks 8,9) www.Iasos.com

BETTINE CLEMEN: Flute (track 13) www.joyfulmusic.com

Humpback whale (courtesy **Dr. Roger Payne**): (track 12)

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4 January 1975 analog 2-track recording
(released as CHRISTENING for LISTENING)
David Porter, Recording Engineer, The Music Annex, San Jose, CA

4 May 1976 analog 2-track re-recording (released as SPECTRUM SUITE)
Roger Wiersema, Recording Engineer, The Music Annex, Menlo Park, CA
These early analog recordings had too much tape saturation/distortion for CD release:

6 January 1985 Dolby® SR 2-track analog re-recording for CD
(SPECTRUM SUITE/CHAKRA SUITE)
Roger Wiersema, Recording Engineer, The Music Annex, Menlo Park, CA

Cover Illustration: "Spectrums of Life" ©Dean Burns 1983

★Special thanks to: Edgar Cayce, Pythagoras, John Coltrane, Harold Rhodes, Greta Woodrew, Bilakka and the Ogatta ET's, Dr. J. J. Hurtak, Itzhak Bentov, Dr. Stanley Krippner, Dr. Herbert Benson, Nick Nocerino, Starr Fuentes, Jean Houston, Dr. C. Norman Shealy, Jack Clarke, Albert Glover and the Angels of Music.

The *Original* and #1 International Best-Seller (Over 795,000 sold) that Tunes your Chakras and Balances your Biofield!

Like a tuning fork for the brain,™ master sound healer **Steven Halpern** uses the healing tones of his iconic Fender Rhodes electric piano to **resonate, activate** and **elevate** the **7 chakras** with the **7 musical keynotes** and **7 colors** of the rainbow

When your chakras are in tune, your immune system is strengthened, and the innate intelligence of your DNA can express for higher levels of **optimal health.**

Proven in landmark biofeedback research, Steven Halpern's recordings effortlessly and enjoyably **relax the body** and **entrain your brain** into a mindful state of inner peace,

This 45th Anniversary Collector's Edition has been remastered for superior sound quality, and is almost twice as long as the original vinyl LP. **Tune your chakras with tracks 1-7.** Tracks 8-18 include out-of-print favorites from all Side B vinyl pressings.

In 1999, after yoga and chakras went mainstream, ***SPECTRUM SUITE*** was re-released under its January 4, 1975 title, ***CHAKRA SUITE,*** with new tracks 8-20.

"Steven Halpern has created a soundtrack for our evolutionary journey."
— Marianne Williamson, bestselling author, ***A Politics of Love***

STEVEN HALPERN is a Grammy® nominated, Billboard charting multi-platinum selling recording artist, composer, and researcher.

He is a founding father of New Age music.

StevenHalpernMusic.com

IPM 8777

SPECTRUM SUITE was named "the most influential New Age recording of all time" in 1999 by music industry insiders.

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