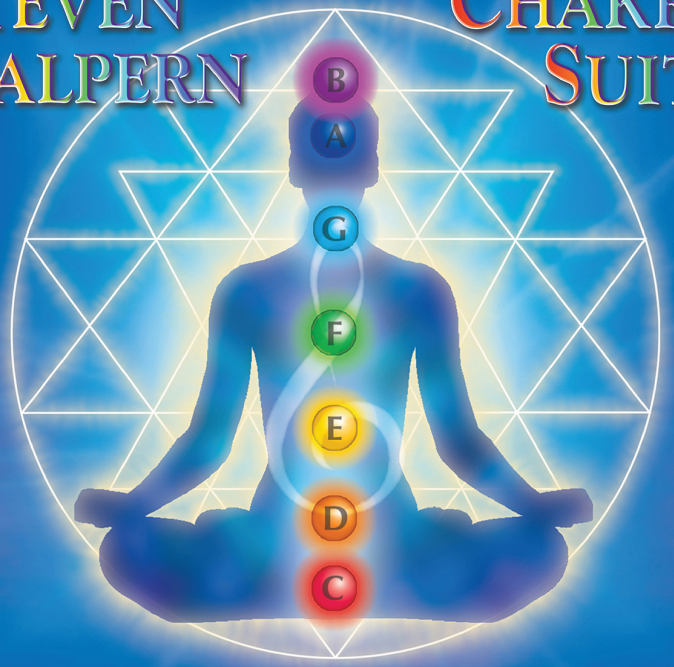
Chakra Balancing Music for Healing and Meditation

Steven Halpern

Chakra Suite



SOUND THERAPY MUSIC SERIES

REVISED and REMASTERED

"The #1 All-Time Chakra Best-Selling Album!"

Tune Your "Human Instrument" (Body, Mind and Spirit) with the Power of Sound for Optimal Health and Healing

Chakras are part of our non-physical, energetic anatomy. Updating 5000 years of spiritual sound healing tradition, Steven Halpern's landmark composition (first released in 1975) helped create the modern field of **sound therapy.**

CHAKRA SUITE resonates each of the 7 chakras with the corresponding 7 keynotes and harmonics of the musical octave.

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.**

CHAKRA SUITE *tunes your 'human instrument'* into a higher state of coherence between your heart and brain. This enables you to resonate more easily with the Earth's fundamental Schumann resonance.

Excellent for relaxation, yoga, meditation, healing, and massage as elevational aural ambience.

STEVEN HALPERN is a Grammy® nominated, Billboard charting, multi-platinum selling recording artist, biofeedback researcher, author and **pioneering sound therapy music composer.** He is the author of ***Tuning the Human Instrument*** (1977) and ***Sound Health*** (1985).

StevenHalpernMusic.com

50 Years

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IPM 8000

STEVEN HALPERN is a GRAMMY® nominated, Billboard charting, and multi-platinum selling recording artist, sound therapy composer, producer, author, educator and trail-blazing sound healer.

Steven's DEEP ALPHA: Brainwave Balancing Music for Meditation was a **2012 GRAMMY®** nominee spending 64 weeks on ***Billboard's*** Top Ten New Age chart.

Author of ***Tuning the Human Instrument*** (1977) **and *Sound Health*** (Harper & Row, 1985), Steven has written articles for all of the leading New Age publications. He is featured in the **Great Minds** series on **gaia.com**.

In the ancient tradition of artists seeking to connect with their muse, Steven began to hear a new form of heavenly music in deep meditation.

He traded in his jazz trumpet and electric guitar for the instrument that produced those celestial tones, the new Fender Rhodes electric piano, which became the signature sound of his iconic sound therapy recordings.

• Landmark brainwave biofeedback and human energy field research in 1973, 1977, and 1999 provided scientific proof for the unique brain balancing effects of Halpern's original sound therapy compositions.

Steven has recorded and produced over 100 albums. **KEYBOARD** magazine recognized him in1995 as "One of the top 20 artists who changed the way we play and listen to music", along with McCoy Tyner and Brian Eno.

In concert, he has opened for the Dalai Lama, Dr. Deepak Chopra, Marianne Williamson, Wayne Dyer and John Bradshaw (live at Red Rocks Amphitheater) .

Halpern's far-reaching legacy has impacted the fields of holistic medicine, sound therapy, massage therapy, and the alternative music industry. He's been featured in *The New York Times, Los Angeles Times*, *San Francisco Chronicle*, ABCNews.com, BBC, *Prevention Magazine* and CBS-TV's *48 HOURS*.

"Steven's multi-dimensional 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

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

Chakras resonate to sound and color. They are genetically designed to function best when they are balanced and in tune.

When you listen, your chakras align automatically. The right and left hemispheres of your brain shift into a higher state of coherence.

Secrets of Ambient Sound Therapy Music

Unknown to most people, *familiar* music hooks you into unconsciously analyzing and predicting where the melody is going in the future. This keeps you in a constant state of stress.

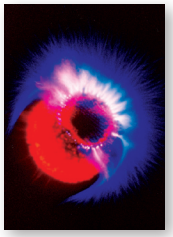
Landmark brainwave biofeedback and human energy field research in 1973 provided scientific proof for the unique healing qualities of Halpern's original compositions and gave birth to the new field of sound therapy.

When your chakras are aligned and balanced, they automatically shift into the 8 cycles per second (8 Hz) ***frequency of deep alpha***. It's no coincidence that our 'human instrument' also entrains to the fundamental frequency of the Earth's electro-magnetic field, which also pulsates at 7.83 to 8 Hz.

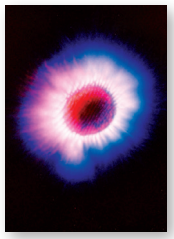
★ 50th Anniversary of Landmark Research ★

Kirlian Bio-Field Photography & Brainwave Biofeedback: 1973, 1977, 1999

BEFORE listening to CHAKRA SUITE



AFTER listening to CHAKRA SUITE

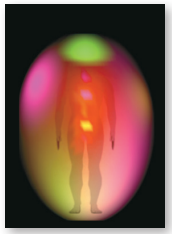


Kirlian photograph of index finger.
Elapsed time: one minute.

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

Photos ©1973 Psychotronic Research Institute.

BEFORE listening to CHAKRA SUITE



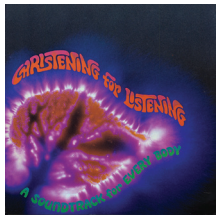
AFTER listening to CHAKRA SUITE

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

Courtesy ©1999 AuraVideoStation

The 1973 research also measured GSR of people and plants. This Kirlian photograph of a philodendron leaf is featured on the cover of my 1975 vinyl LP, ***Christening for Listening.***

Landmark brainwave studies in 1977 at UK's premier Mind Mirror lab confirmed the unique brain balancing effects of this music.



"Steven Halpern is a healer with sound whose music has helped millions."
— **LARRY DOSSEY, MD,** best selling author**,** ***Re-Inventing Medicine***

Healing Tones of the Rhodes Electric Piano

This instrument produces the celestial tones closest to those I heard on the inner planes during my 'initiation into my Ministry of Healing Music' in1969.

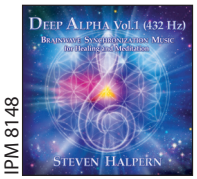
It is central to my research and most of my albums.

The instrument is not a synthesizer, but essentially a series of tuning forks played by the keyboard. Its unique tones immediately transport me, as well as you, into a hemispherically synchronized, high coherence ***alpha*** and ***theta*** state.

The music is a sonic portal to get into 'the gap between thoughts' and helps you shift into a mindful state of inner peace.

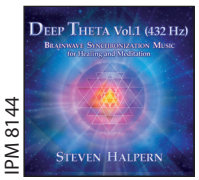
DEEP ALPHA Vol.1 432 Hz

IPM 8148



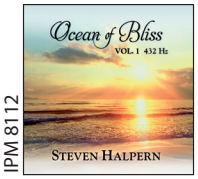
DEEP THETA Vol.1 432 Hz

IPM 8144



OCEAN of BLISS Vol.1 432 Hz

IPM 8112

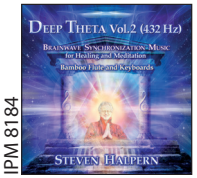


SOUND HEALING 432 Hz

IPM 8432

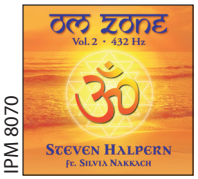
DEEP THETA Vol. 2 432 Hz

IPM 8184



OM ZONE Vol. 2 432 Hz

IPM 8070

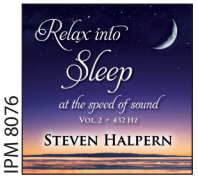


CRYSTAL BOWL HEALING 2.0

IPM 8054

RELAX INTO SLEEP Vol. 2 432 Hz

IPM 8076



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REVISED and REMASTERED

1.	1st Chakra: C (440 Hz)	4:41	
2.	2nd Chakra: D (440 Hz)	3:18	
3.	3rd Chakra: E (440 Hz)	3:04	
4.	4th Chakra: F (440 Hz)	3:16	
5.	5th Chakra: G (440 Hz)	3:09	
6.	6th Chakra: A (440 Hz)	3:46	
7.	7th Chakra: B (440 Hz)	4:39	
8.	Eternally (440 Hz)	3:31	
9.	Chakra Angels (440 Hz)	3:19	
10.	Earthrise (440 Hz)	3:03	
11.	Harmonic Convergence (440 Hz)	5:07	
12.	Rainbows of Life (440 Hz)	3:26	
13.	Ascension (440 Hz)	5:35	
14.	1st Chakra: C 3.0 (440 Hz)	3:09	
15.	2nd Chakra: D 3.0 (440 Hz)	3:26	
16.	3rd Chakra: E 3.0 (440 Hz)	3:10	
17.	4th Chakra: F 3.0 (440 Hz)	3:22	
18.	5th Chakra: G 3.0 (440 Hz)	3:16	
19.	6th Chakra: A 3.0 (440 Hz)	3:51	
20.	7th Chakra: B 3.0 (440 Hz)	4:44	
		Total: 75:05	

Produced by Steven Halpern

Steven Halpern: Rhodes electric piano, sampled choir & additional keyboards

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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*)
David Porter, Recording Engineer, The Music Annex, Menlo Park, CA

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

4 January 2010 *CHAKRA SUIT*E 3.0 for 35th Anniversary
Warren Kahn, Recording Engineer, Banquet Studios, Sebastopol, CA

Cover Illustration: © 2003 Solomon Faber & Steven Halpern

★Special thanks to: **Edgar Cayce, John Coltrane, Harold Rhodes, Dr. J. J. Hurtak, Dr. Stanley Krippner, Itzhak Bentov, Nick Nocerino, Starr Fuentes, Dr. C. Norm Shealy, Jack Clarke, Albert Glover, my spirit guides and my Muse.**