DEEP THETA

Vol.2 (432 Hz)

BRAINWAVE ENTRAINMENT MUSIC

REVISED • REMASTERED • RETUNED

STEVEN HALPERN

SOUND THERAPY MUSIC

MEDITATE LIKE a ZEN MONK at the SPEED of SOUND!

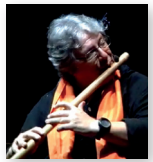
Meditation, Healing, Focus and Inner Peace

'Blowing meditation' *(**Sui-Zen**)* is one branch of Zen Buddhismin which one note, played correctly, can bring enlightenment and inner peace.

Combining ancient and modern meditation instruments with subtly encoded frequencies in the theta range (4-7 cycles per second/cps), **DEEP THETA vol. 2** (432 Hz) helped pioneer the new genre of sound therapy/brainwave entrainment music.

Each track features traditional Japanese ***shakuhachi*** bamboo flute or Indian ***bansuri*** side-blown bamboo flute, played by a contemporary Western master.
Steven Halpern's legendary healing Rhodes electric piano is featured, along with atmospheric keyboards that add new dimensions of sound-assisted mindfulness.

RONNIE NYOGETSU REISHIN SELDIN



JORGE ALFANO

SCHAWKIE ROTH

➔SOUND HEALING 432 Hz is tuned to A=432 Hz, not 440 Hz, to entrain with the fundamental harmonic frequency of the Earth, the Schumann Resonance.

STEVEN HALPERN is a 2012 Grammy® nominee, Billboard charting, multi-platinum selling recording artist, researcher and award-winning composer of sound therapy music for over 50 years.

StevenHalpernMusic.com

© 2025 Open Channel Sound Company (BMI)
℗ 2025 Steven Halpern / Inner Peace® Music (BMI) All Rights Reserved

STEVEN HALPERN MUSIC

REVISED from DEEP THETA 2.0
REMASTERED • RETUNED

IPM 8284
Meditation/Healing

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, as well as John Bradshaw 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*.

About the *Shakuhachi, Bansuri* and Rhodes Electric Piano

The ***shakuhachi*** is an end-blown flute tracing its origins to 12th century China and Japan. With only five holes, the shakuhachi can play up to 83 different notes and create an array of sounds unrivaled by any other acoustic instrument.

It was used by Buddhist monks and samurai in the practice of **Sui-Zen** (blowing meditation). The non-rhythmic and seemingly unstructured music was composed according to stringent rules, and was played to achieve stillness of mind, in the present moment.

As Nyogetsu writes, **"If you find the perfect sound, you can create and spread beauty, serenity, and enlightenment. Every time you play the shakuhachi, you are helping to engender world peace."**

Traditional **shakuhachi** performances are usually solo, and feature tonal nuances and quarter tones that sound out of tune to many Westerners. Jorge Alfano is one of the few ***shakuhachi*** masters who has learned to adjust his technique so that his exquisite melodies fit with my familiar Western keyboards.

The ***bansuri*** is an ancient side-blown bamboo flute revered as Lord Krishna's divine instrument. For 2,000 years, it was primarily used in folk music, but was added to traditional Indian classical music in the early 20th century, popularized by G.S. Sachdev.

The **Rhodes electric piano** was invented to be a healing instrument. It is basically a series of tuning forks played by a keyboard. Its unique tonal signature creates the most healing waveforms of any keyboard.

Music, Meditation and Mindfulness

Most music hooks you into **unconsciously analyzing and predicting** where the music is going, **anticipating the future.** This keeps you in a subtle state of unrecognized stress in the present moment.

Meditation and relaxation only occur in the **present moment**, not the **future!**

DEEP THETA Vol.2 (432 Hz) brings you naturally to mindful awareness of the present moment.

STEVEN HALPERN, like the others, began his music career playing in jazz, rock and R&B bands. In fact, Steven and Ronnie played guitar in the same band in high school. Each of the four artists independently tuned in to Japanese and Indian music.

JORGE ALFANO is an Argentinian born sound healer, and a master *shakuhachi* and *bansuri* player, as well as *bass, oud* and *koto*.

RONNIE NYOGETSU REISHIN SELDIN (1947 - 2017) holds two Grand Master titles, the only American to be so honored. He taught and toured internationally. His work is widely revered in the field.

SCHAWKIE ROTH studied *bansuri* with G.S. Sachdev. He is one of the original New Age musicians who also plays silver flute and sax.

1. Deep Theta	Vol.2 • 432 Hz	(Pt 1)	5:44	8. Deep Theta	Vol.2 • 432 Hz (Pt 8) 6:13
2. Deep Theta	Vol.2 • 432 Hz	(Pt 2)	5:01	9. Deep Theta	Vol.2 • 432 Hz (Pt 9) 5:30
3. Deep Theta	Vol.2 • 432 Hz	(Pt 3)	5:04	10. Deep Theta	Vol.2 • 432 Hz (Pt 10) 6:13
4. Deep Theta	Vol.2 • 432 Hz	(Pt 4)	4:02	11. Deep Theta	Vol.2 • 432 Hz (Pt 11) 4:14
5. Deep Theta	Vol.2 • 432 Hz	(Pt 5)	6:36	12. Deep Theta	Vol.2 • 432 Hz (Pt 12) 4:20
6. Deep Theta	Vol.2 • 432 Hz	(Pt 6)	6:28	13. Deep Theta	Vol.2 • 432 Hz (Pt 13) 4:53
7. Deep Theta	Vol.2 • 432 Hz	(Pt 7)	5:32	Total: 70:07	

Produced by Steven Halpern

Steven Halpern: Rhodes Mark 7 electric piano, additional keyboards

Jorge Alfano: *Shakuhachi* 1.8′ and 2.4′ and *Bansuri*
Tracks 1, 2, 3, 6, 7, 8, 10, 11, 13. Composed by S. Halpern & J. Alfano,
Published © Open Channel Sound Company (BMI) and Jorge Alfano (BMI)

Ronnie Nyogetsu Reishin Seldin: *Shakuhachi* 1.8′ Track 11
Composed by R. Seldin & S. Halpern,
Published © Open Channel Sound Company (BMI)
and Kisuian Music (ASCAP)

Schawkie Roth: *Bansuri* Tracks 4, 5, 9, 12
Composed by S. Halpern (BMI) & Schawkie Roth, Published © 2013, 2015
Open Channel Sound Company (BMI) and Inner Mountain Music (ASCAP)

℗ 2025 Steven Halpern / Inner Peace® Music (BMI)

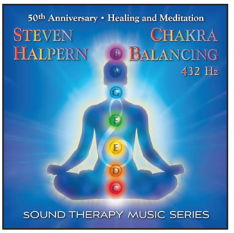
© 2025 Open Channel Sound Company (BMI)

Recording Engineer: Warren Dennis Kahn, Banquet Studios, Medford, OR
Jorge Alfano recorded at Sacred Sounds Studios, Hollywood, FL

Enjoy extended audio samples at: StevenHalpernMusic.com

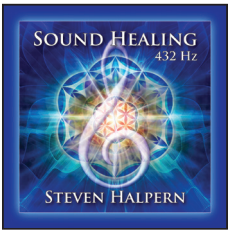
CHAKRA BALANCING

IPM 4777



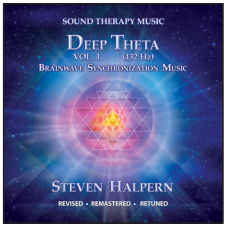
SOUND HEALING 432 Hz

IPM 8432



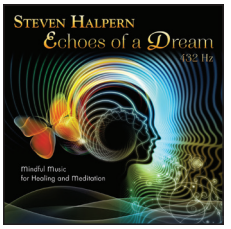
DEEP THETA v.1 432

IPM 8244



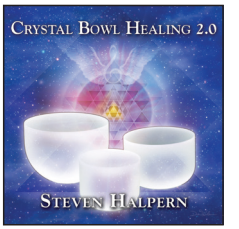
ECHOES/DREAM 432 Hz

IPM 8111



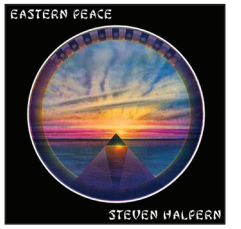
CRYSTAL BOWL HEALING 2.0

IPM 8054



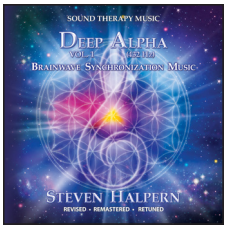
EASTERN PEACE

IPM 8082



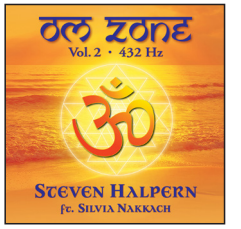
DEEP ALPHA v.1 432

IPM 8148



GIFTS of the ANGELS

IPM 7855

OM ZONE v.2 432 Hz

IPM 8070