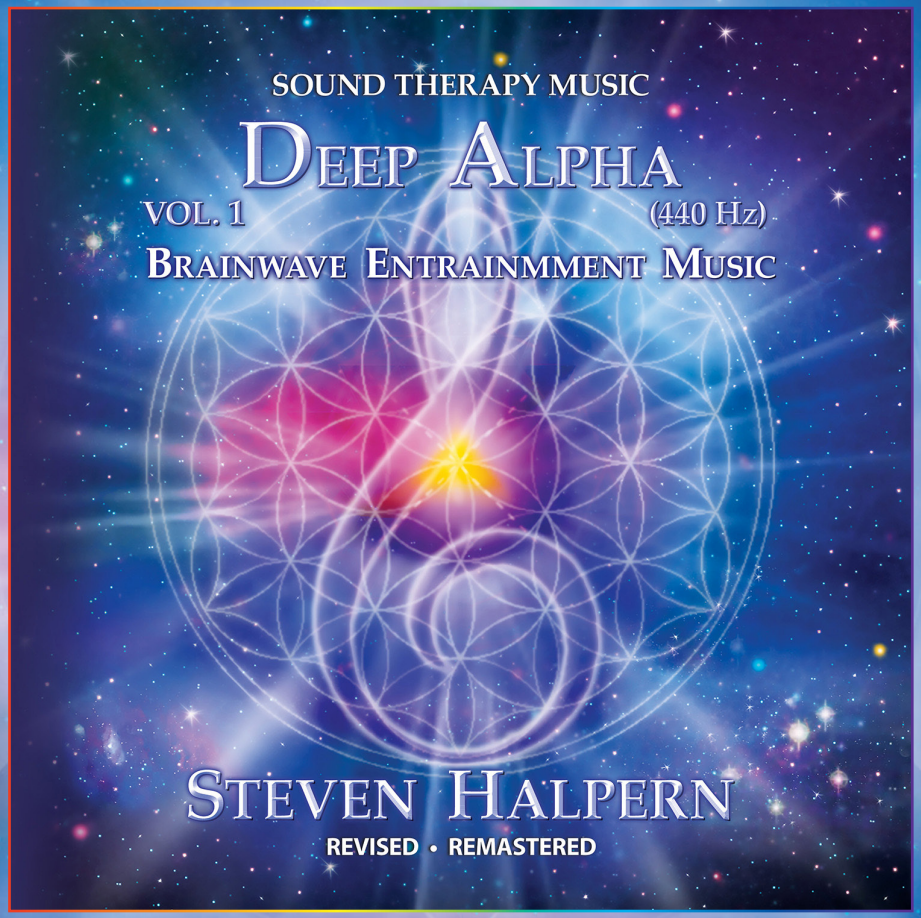
SOUND THERAPY MUSIC
DEEP ALPHA
VOL. 1
(440 Hz)
BRAINWAVE ENTRAINMMENT MUSIC
STEVEN HALPERN
REVISED • REMASTERED

★DEEP ALPHA (2012)—spent 64 weeks on Billboards New Age Top Ten chart ★

2012 GRAMMY® nominee
#1 Best-Selling Brainwave Entrainment Sound Therapy Music

Like a tuning fork for the brain,™ Steven Halpern's award-winning ambient *musical* soundscapes are specifically composed with the intention to ***entrain the brain, balance*** and ***synchronize*** the right and left hemispheres.

The music orchestrates precise frequencies associated with ***high focus, flow state, relaxed alertness, stress relief, mindfulness and meditation.***

• 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.

★ **REVISED • REMASTERED from the original DEEP ALPHA © 2012** ★

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.

Best selling author of **Tuning the Human Instrument** (1977) and **Sound Health** (1985).

StevenHalpernMusic.com

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50 Years Anniversary

IPM 8448

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.

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 Halpern's music has uplifted a generation of seekers. He has created a soundtrack for our evolutionary journey."
—Marianne Williamson,
NY Times #1 bestselling author, ***A Politics of Love***

Beyond Brainwave Entrainment — Brainwave Synchronization Music

Any external rhythmic stimulus will entrain your brain and heartbeat to match its tempo or frequency.

Brainwave entrainment is easy. Brainwave synchronization is not. Most entrainment recordings actually unbalance the activity of your left and right hemisphere, due to the inherent limitations of the music.

Most of the recordings on the market sound like a jackhammer mixed in with pedestrian music that you likely tire of after a few plays.

DEEP ALPHA Vol. 1 (440 Hz), on the other hand, features award-winning ambient soundscapes by the leading composer of healing music, and a much subtler mix of the entrainment tones.

There are unique qualities to these compositions that orchestrate higher levels of **hemispheric synchronization** and **balance** than most other recordings *(based on research done at leading brainwave biofeedback labs involving EEG and Kirlian photography).

Featured Collaborators:

Paul McCandless

Grammy® winner Paul McCandless (tk. 1) improvises majestic melodies that soar over my orchestral arrangement.

Michael Manring

Grammy® winner Michael Manring (tks. 3, 8) adds ethereal harmonics and ambient melodies on fretless bass.

The **Rhodes electric piano** is the instrument I first heard In meditation and dreams.

I consider it to be a modern update of ancient Tibetan or quartz crystal singing bowls that I can play with a keyboard.

A Brief Introduction to Brainwave Entrainment

"For over 5000 years, long before 'recorded' history, mankind has revered the power of rhythmic drumming and music to synchronize our heartbeat for ritual movement and dance. Physicists describe this phenomenon as rhythm entrainment; it's measured in beats per minute (**bpm**).

In the 20th century, scientists discovered that brainwaves could also be entrained by an external rhythmic stimulus but in a more subtle manner. In the ***alpha range***, the electrical activity of the brain oscillates between 8 and 12 cycles per second ***(cps)***.

It's no coincidence that the fundamental electro-magnetic field of the Earth entrains the electro-magnetic field of our brain to the same key frequency of 8 Hz.

When I learned these facts in 1973, I wanted to bring this healing frequency into my life whenever I wanted. As a sound healer, it was only natural to search for music to accomplish this. I didn't find any that worked for me, which motivated me to focus on composing music for spiritual and psychological well-being.

Landmark biofeedback research in 1973, 1977 and 1999 demonstrated that my recordings encode and transmit a unique spectrum of healing energies that extend beyond the audible range.

This contributes to the balancing of the right and left hemisphere of the listener, which does not happen with most music composed merely for **entertainment**.

DEEP THETA (2011) and **DEEP ALPHA** (2012) were the first nationally distributed albums to feature brainwave synchronization on every track. This new genre has become one of the fastest growing niches on YouTube and on streaming playlists.

Now that so many individuals, streaming services and major online vendors want music tuned to 432 Hz, I remastered my original album to sound even sweeter and more ethereal Enjoy!" —Steven Halpern

"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

1. Deep Alpha 440 Hz (Pt 1) 4:45
2. Deep Alpha 440 Hz (Pt 2) 5:14
3. Deep Alpha 440 Hz (Pt 3) 5:39
4. Deep Alpha 440 Hz (Pt 4) 3:57
5. Deep Alpha 440 Hz (Pt 5) 5:14
6. Deep Alpha 440 Hz (Pt 6) 6:12
7. Deep Alpha 440 Hz (Pt 7) 4:08
8. Deep Alpha 440 Hz (Pt 8) 7:25
9. Deep Alpha 440 Hz (Pt 9) 3:07
10. Deep Alpha 440 Hz(Pt 10) 4:37
11. Deep Alpha 440 Hz (Pt 11) 5:17
12. Deep Alpha 440 Hz (Pt 12) 3:00
13. Deep Alpha 440 Hz (Pt 13) 5:18
14. Deep Alpha 440 Hz (Pt 13) 5:03

Produced by Steven Halpern

Steven Halpern: Rhodes Mark 7 electric piano, additional keyboards
Paul McCandless: Oboe (tk.1) • **Michael Manring:** Electric Bass (tks. 3, 8)
Ocean Waves • Tambura
Recording Engineer: Warren Dennis Kahn
Banquet Studios, Medford, OR
℗ 2026 Steven Halpern / Inner Peace® Music
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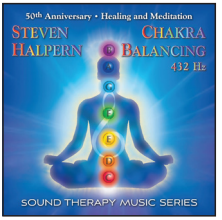
Special thanks to Harold Rhodes for inventing this healing instrument, and Joseph Brandstetter for rebirthing it.
★ **Cover illustration: Daniel G. Holeman ©2003**

Enjoy extended audio samples at: StevenHalpernMusic.com

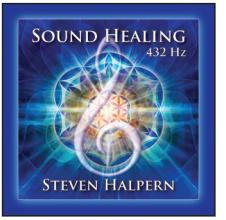
CHAKRA BALANCING (432 Hz)

IPM 4777



SOUND HEALING (432 Hz)

IPM 8432



DEEP THETA v.1 (432 Hz)

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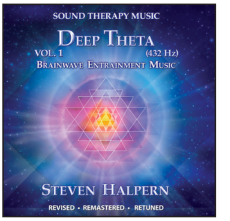
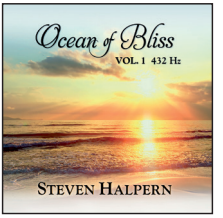


ADAGIO for STRINGS (432 Hz)

IPM 8848

OCEAN of BLISS v.1 (432 Hz)

IPM 8112

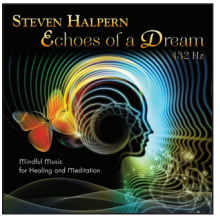


GIFTS of the ANGELS

IPM 8855

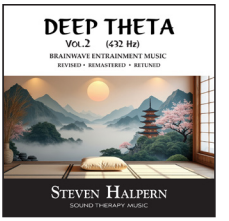
ECHOES of a DREAM (432 Hz)

IPM 8111



RELAX/SLEEP v.2 (432 Hz)

IPM 8076

DEEP THETA v.2 (432 Hz)

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