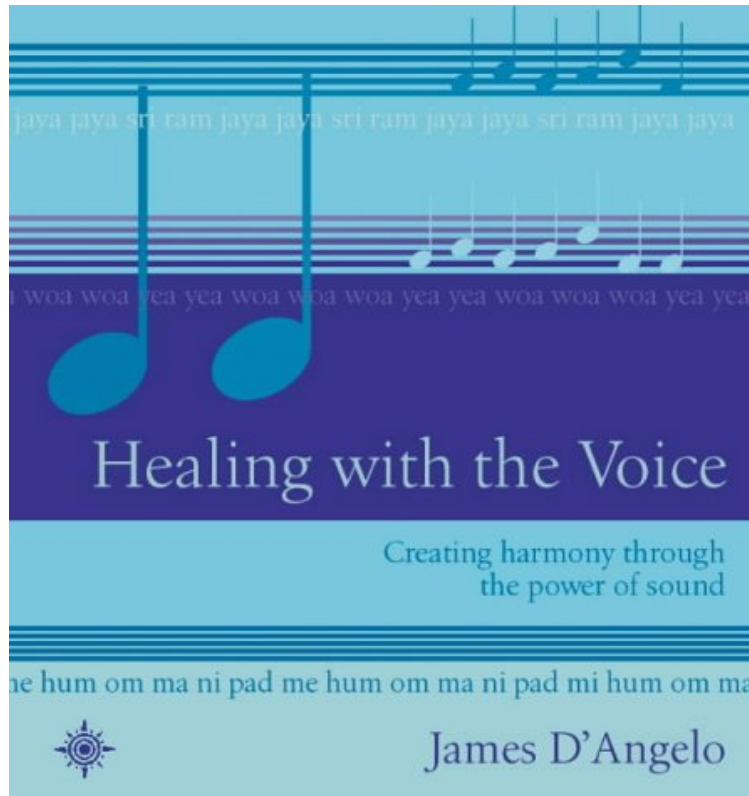


(Download pdf ebook) Healing with the Voice: Creating Harmony Through the Power of Sound

Healing with the Voice: Creating Harmony Through the Power of Sound

James D'Angelo

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James D'Angelo : Healing with the Voice: Creating Harmony Through the Power of Sound before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing with the Voice: Creating Harmony Through the Power of Sound:

19 of 19 people found the following review helpful. clear and motivatingBy A CustomerThis is a great book for beginners and more advanced sound therapists will also find new ideas. James clearly outlines how to groan, laugh or tone yourself to health and also includes chants from around the world and the basic techniques of overtoneing. He incorporates a lot of body work too, mainly tai-chi. He's very generous with ideas and anyone can use this as a self help tool. Clearly illustrated, not too much music theory, fun exercises- I recommend this for anyone interested in using the voice as a healing tool

The world we live in is alive with sounds. Sound vibrations can be focussed to tune the body and in this book James D'Angelo teaches us how to use sounds to create inner harmony and peace. Vocal sounds such as chanting and toning release emotional blockages and increase energy flow, resulting in mental clarity, reduced stress and generally enhanced health and wholeness. This title introduces the concepts behind sound healing and provides simple, practical exercises for beginners. No previous vocal training is required to follow this inspirational course in sound therapy to

make a remarkable and positive difference. You too can learn to heal yourself through the power of your voice.

About the Author James D'Angelo (MMus, PhD) is an American born, UK based musician and sound therapist. He is a well known and respected figure in alternative health.