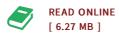




The 7 Secrets of Sound Healing (Paperback)

By Jonathan Goldman

HAY HOUSE, 2017. Paperback. Condition: New. Revised ed.. Language: English. Brand New Book. The effect of sound is unquestionably powerful, with a remarkable ability to heal and restore balance from the inside to out. By breaking down scientific principles and studies into accessible, understandable, and applicable wisdoms and techniques, sound healing pioneer Jonathan Goldman reveals how sound can be used to as personal vibrational therapy for your mind, body, and spirit. Journey into the realm of sound through learning: the basic principles of vibrationthe importance of your intentthe uniqueness of sound to everyonethe importance of silenceour own voice s healing propertiesthe diverse healing applications of soundthe global, all-encompassing effect of soundPractical information and exercises provide an interactive understanding of using sound as a healing modality, while Goldman s exploration of a variety of ancient and modern techniques will guide you into living a more harmonious life. Goldman s guided meditations and exercises in his free audio download are specifically designed to enhance your relaxation and healing, helping to bring the seven core secrets of sound healing into your heart and home.



Reviews

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Aliyah Mayer

I actually started out looking at this book. It really is rally interesting throgh studying time period. I am just happy to inform you that here is the greatest ebook i have read through within my personal daily life and could be he best book for possibly.

-- Miss Myrtice Heller