

# Sound Healing Resources

Resource List – Kay Grace; updated 01-11-2011

## WEBSITES

[www.healingsounds.com](http://www.healingsounds.com) - Jonathan Goldman, author, Sound Healing Pioneer, Founder of the International Sound Healers Association, Healing CDs, Books, **Tuning Forks**, Education and Events

[www.hado.net](http://www.hado.net) - Masuru Emoto, Japanese researcher's work on water crystals, featured in the movie, 'What the Bleep do we Know?'

[www.cymaticsource.com](http://www.cymaticsource.com) - Information on the study of wave phenomenon and the effects of sound on matter, pioneered by Dr. Hans Jenny

[www.Mozarteffect.com](http://www.Mozarteffect.com) Don Campbell's research and music suggestions

[www.TomKenyon.com](http://www.TomKenyon.com) – long time sound healing practitioner, teacher and resource for information on sound and the brain, especially entrainment work

[www.InnerPeaceMusic.com](http://www.InnerPeaceMusic.com) - Steven Halpern's site, another sound healing musician, whose has an extensive library of relaxing, healing music, mostly piano

[www.Sound-Remedies.com](http://www.Sound-Remedies.com) - a great resource created by psychoacoustics researcher Joshua Leeds. (Psychoacoustics includes techniques such as resonance, entrainment, binaural beat frequencies, guided imagery and more) Emphasis is on ways in which healthcare and education professionals can use these techniques in clinics, offices and classrooms

[www.bodhisattva.com](http://www.bodhisattva.com) – great source for Tibetan Singing Bowls; buyers really know how to choose amazing bowls

[www.crystalsingingbowls.com](http://www.crystalsingingbowls.com) – Crystal Tones: trusted source for crystal singing bowls

NOTE: I am a distributor for these bowls, so please feel free to contact me with questions or orders!

[www.biosonics.com](http://www.biosonics.com) John Beaulieu, Biosonic Repatterning (tuning forks and more)

## BOOKS

Jonathan Goldman

*Healing Sounds; The Power of Harmonics*

*Shifting Frequencies*

*The Tantra of Sound*

*The 7 Secrets of Sound Healing (comes with CD)*

Don Campbell

*The Mozart Effect*

*Music and Miracles*

John Beaulieu

*Music and Sound in the Healing Arts*

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Mitchell Gaynor, M.D.

*The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice and Music*

Joshua Leeds

*The Power of Sound*

*Sonic Alchemy*

Brian Greene

*The Elegant Universe* (not a sound healing book, yet explains how energy work of all kinds might work at the quantum level)

Hans Jenny

*Cymatics*

Masuru Emoto

*The True Power of Water*

*Messages from Water, Vol I, II, III*

Richard Gerber, M.D.

*Vibrational Medicine – understanding energy work for healing from the point of view of a medical doctor*

Ted Andrews

*Sacred Sounds; Transformation Through Music and Word*

Kay Gardner

*Sounding the Inner Landscape; Music as Medicine*

Hal Lingerman

*The Healing Energies of Music*

Robert Simmons and Naisha Ahsian

*The Book of Stones – a guide to crystals and stones with photos and descriptions of the meaning and energy of each one, what it teaches and how it may help you as you work with it.*

Randall McClellan

*The Healing Forces of Music; History, Theory & Practice*

Jim Self & Roxanne Burnett

*Spirit Matters – useful energy tools. Also a great website with LOTS of free tools: [www.masteringalchemy.com](http://www.masteringalchemy.com)*

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**SOUND HEALING MUSIC RECOMMENDATIONS** – available on Amazon.com or as listed below

**Jonathan Goldman** – almost any of his work is fantastic for meditation and healing

*Ultimate Om (a rolling OM , recorded at his intensive, where participants toned for 12 straight hours)*

*Chakra Chants – for clearing the energy centers*

*De-Stress – really works to de-stress!*

*Holy Harmony*

**Robert Haig Coxon**

*The Silent Path* – amazing instrumentals which make it easy to connect to your Higher Self. Works well for meditation, especially in groups.

**David Young** – instrumentals with recorders, harp some guitar; can use for soothing background music, meditation, creative work or healing sessions. There are MANY CDs on his website at

[www.DavidYoungMusic.com](http://www.DavidYoungMusic.com). I like *Creation, Bliss and Solace*.

**Temple Sounds** – *Mystic Bowls*; this is a recording of many Tibetan Bowls, and is wonderful for meditation and healing

**Vivid Existence** – *Radiant Heart Groove*; this is a great CD for movement and ecstatic or trance dance, found on Leela Francis' website at [www.VividExistence.com](http://www.VividExistence.com)

**Rhythnotic** – *Tranquility Sea*; this is beautiful yoga, movement, meditation or healing session music created by fellow sound healer Cheryl Good-Zavagno and Jeff Kust. Contact Kay by email for this one, as the production runs are small.

**Lama Tashi** – *Tibetan Master Chants*; a CD of Tibetan deep voice chanting with the intentions of compassion, setting motivation, blessings, healing, dedications and more. Find it on Jonathan Goldman's site at [www.healingsounds.com](http://www.healingsounds.com)

**Kurt Van Sickle** – *River of Life*; a beautiful chant in English, all about letting go, relaxing into the flow of life

**Deuter; Osho** – *Kundalini and Dynamic Active Meditation*; The first CD in this set, Dynamic, is for moving meditation in the morning with 5 stages, from breathing, to release, to chant Hu, to freeze and observe, then celebrate and dance.

Kundalini is done in the afternoon or evening, and has 4 stages, explained with the CD.

**Sacred Treasures – Choral Masterworks from Russia (vol. I)** – this is the first in a series of CDs, and is so good it will make your hair stand on end. I love this one to connect to the Christ consciousness, and the love and healing power found in the mystical Christian tradition. It doesn't matter what your religious beliefs are – this music helps to open both your heart and your crown chakra.

**Dean Evenson, Soundings of the Planet** – *Ocean Dreams*; this is a favorite for emotional healing, AND a very pleasant way to start your day as background music. The music is wonderful, and there are dolphin and wave sounds as well.

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**Carlos Nakai** – *Canyon Trilogy*; my favorite CD of this Native American flute player; it transports you to the beautiful canyons of the American Southwest, and gives you a sense of being grounded and connected to earth, while you soar with the wind.

**Rebekah** – *Invocation for World Angel Day*; if you want to connect to the angelic realm, this CD will get you there as soon as you turn it on. Beautiful, soaring soprano voice invokes the presence of the angels by name.

**Deva Premal** – *The Essence*; anything she does is great – this one contains mantras with healing power – singing along with them is recommended!

**David and Steve Gordon** – *Drum Medicine and Sacred Spirit Drums*; both CDs use drums, rhythm and a tribal sound to ground and heal – an excellent choice for shamanic work or sessions where extra grounding is needed, as well as moving meditations or dance.

**Steven Halpern** – *Music For Sound Healing*; this is a good one to play when you're mildly "out of sorts" and having trouble moving back to center. Works well in the background AND in a healing session.

**Hemi-Sync Metamusic** – *Breakthrough*; this is a specialized CD which is designed for super learning and creative flow, based on brain research. I use this one when I need to get through a challenging mental task. There are many more, for other purposes, on their website at [www.Hemi-Sync.com](http://www.Hemi-Sync.com)

**Krishna Das** – *Breath of the Heart*; these are Hindu (vedic) blessing chants sung by Krishna Das, who chose to study in India and become a master at kirtan (singing sacred chants) just before his career as a famous rock musician was about to take off. It's beautiful and when you sing with it, it easily changes your state of being toward gratitude and joy.

**The Mozart Effect Vol.4** – *Focus and Clarity*; this is a 2 CD set with classical music (Mozart/baroque) chosen to either focus and activate the mind, or to give you clarity with restful attention. It's great to put on in order to stay focused without straining.

**Kay Gardner** – *Rainbow Path*; Kay was one of the first to connect healing music and sound to her audiences as she played in 1975. She wrote a number of books related to sound healing, and recorded many beautiful pieces with flute and other instruments. She passed on in 2002.

**David Hykes** - *Hearing Solar Winds*; an amazing CD with David and the Harmonic Choir showcasing vocal harmonics (overtone singing) – the ability to hold a low tone while singing higher overtones in melody from the same voice. Incredibly intense, powerful and healing. You can find it on his website at [www.harmonicworld.com](http://www.harmonicworld.com).

**Paramahansa Nithyananda (Swami Ji)** – *Nithya Dhyaan, Experience Bliss*; Daily meditation; it starts with chaotic breathing, then intense humming, then taking awareness to each chakra, then sitting in silence without telling a story about your thoughts - being "unclutched."