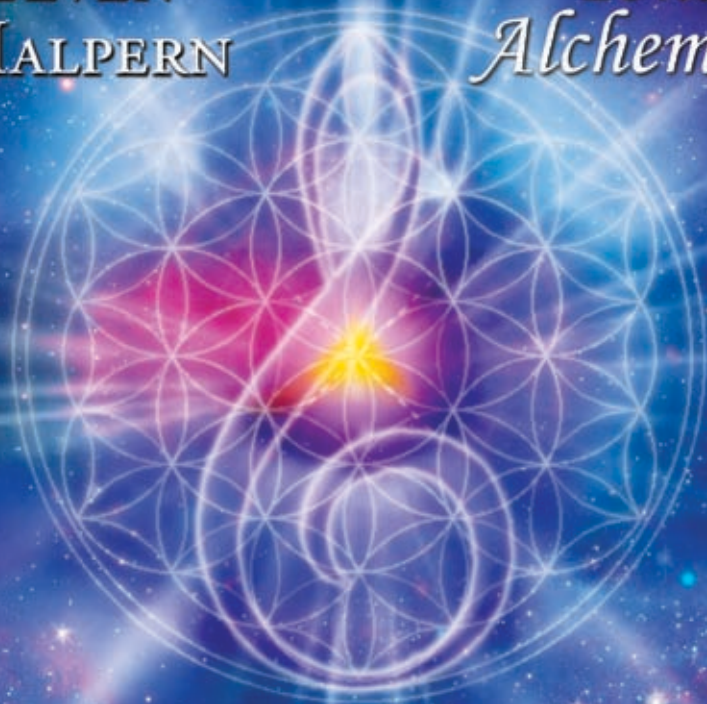


STEVEN
HALPERN

Tonal Alchemy



Music for Meditation and Healing



STEVEN HALPERN is recognized as the founding father of modern sound medicine, and internationally acclaimed composer and recording artist of music for relaxation, wellness, sound healing and inner peace.

A pioneering sound healer, he is celebrating his 30th anniversary of promoting the healing powers of music through his recordings, books, media appearances and workshops.

Halpern's unique use of musical tone, time, and space has helped millions to reconnect with the oasis of peace that lies within each of us. Halpern's music comes from a place of peace, and stimulates a similar feeling within his listeners that makes it easy to "Be Still...and Know." The luminous sound quality and warmth of his recordings evokes a heart-centered resonance that you'll enjoy for years to come.

Steven's music is used in leading health and complementary medicine centers, hospitals, hospices, destination spas, and massage schools. Many therapeutic body workers, nurses and chiropractors, as well as psychologists, hypnotists and counselors play his music to create a nurturing background ambience that supports their own work.

Steven has been a student of ancient sound healing traditions from India, China and Egypt since 1967. In 1971 he began pioneering research exploring sound, healing and consciousness.

Halpern's music is an ideal companion to yoga, massage, meditation, hospice work and healing arts practices of all kinds. His recordings are also used in homes, business offices and schools around the world.

Read more about the artist at: www.stevenhalpern.com

LISTENING WITH ATTENTION AND INTENTION

In addition to playing TONAL ALCHEMY as background music, I invite you to listen *deeply*, especially with headphones. I remember vividly attending a seminar in 1970 with renowned Zen philosopher and teacher Alan Watts, who turned many of us on to the secret of contemplative listening and the sound of one hand clapping.

“Listen to the furthest away sound” were his instructions as he struck a large Japanese temple bowl. The deep reverberations became a magic carpet of sonic vibrations, leading us inward to the Silence. Without the structure of melody or rhythm we are encouraged to “be here now,” as Ram Dass famously phrased it. As you tune in, you will hear the subtle high overtones and subharmonics that are missed with casual listening.

NOTES ON SOUND HEALING & TONAL ALCHEMY

For at least 5,000 years, long before “recorded” history, ancient yogis and mystics throughout the world have understood the connection between tone, manifestation and our three-dimensional reality. A mantra is a seed syllable, a sound or phrase that is a precise vibrational formula that has a direct connection to higher dimensions.

The most universal and ancient mantra is “OM.” Yogis say it is the sound of creation; some modern physicists say it is the sound of hydrogen atoms vibrating in space. Cymatics researcher, Dr. Hans Jenny, demonstrated that this sound creates a very distinctive shape when chanted on to a drumhead covered with sand. The evoked image is called the Sri Yantra. The series of interlacing triangles is formed as a function of the diminishing harmonics created in our vocal cavities when we chant the “OM” sound.

I felt compelled to orchestrate a peaceful recording of this mantra for my own personal use, to hold and maintain an energetic field that would simulate the vibe I’ve experienced chanting with a group. Since I usually don’t have time to travel to an ashram, this would be an easy way to bring the ashram experience to me on the wings of sound.

On this recording I therefore orchestrated an entire meditative listening experience, rather than just offering a succession of individual compositions. That’s why there are some shorter sections, in which the sound of “one hand clapping”, or the clear sound of a bell or bowl clears the mind.

On other tracks, I combined these bowls with other instruments for innovative sonic seasonings.

IN SEARCH OF THE PERFECT BOWL

Although I am best known for my work on piano and other keyboards, I have been an avid collector of Tibetan and Japanese bowls ever since that seminar with Alan Watts. In 1983, I made a pilgrimage to a factory in Kyoto, Japan that makes bowls for temples, in search of the best bowls available.

In 1994, I returned to Japan to perform concerts and workshops. In Tokyo, during the workshop lunch break, I visited a store that supplied bowls and altars for home and public temples. As I was auditioning the bowls in their showroom, I suddenly felt a strong urge to go up the stairs, to a roped off area that was closed to the public (luckily the salesman was busy with another customer).

As if in a trance, I was magnetically attracted to one particular bowl. As soon as I struck it, I was in “the zone.” The sound was incredible! When the

salesman discovered where I was, he ran upstairs. Through my translator, I was informed that this bowl was made exclusively for use by temple priest's, and was not available for private purchase, and certainly not by a Westerner. I responded by describing my work as a sound healer, and my vision of creating a Temple of Sound on a CD. I knew that this bowl belonged on that CD. I gifted the manager with several of my albums and asked him to reconsider my offer after listening to my music.

Six months later, much to my surprise and delight, a very large wooden crate arrived at my home. Inside was the same bowl that had triggered my Samadhi experience in Tokyo.

By 2003, breakthroughs in recording technology made it possible to record this and the other bowls with a new level of sonic realism. As I got deeper into the recording process, however, I was in store for several surprises. I knew that the pulsing vibrato of these instruments effectively entrains our brain to a deep alpha / theta meditative state.

What I was *not* prepared for was the reality that these ostensibly “one-note instruments” changed their harmonic overtones every time we recorded them! It was as if they were alive. As the album evolved, the bowls would visit me in dreams and in meditation, sometimes even suggesting how they wanted to be combined with each other.

When you listen with headphones, you can actually feel the sound moving through the inside of your head. It's like a sonic cellular massage.

On various tracks, you'll hear 18th century, 19th century, and 20th century Tibetan bowls as well as those large temple bowls I bought in Japan. You will also hear the extraordinary 11th century golden Tibetan bowl that is featured on our album *THE SINGING BOWLS OF SHANGRI LA*.

ABOUT THE “OM” CHOIR

To deepen the overall effect of this album, I wanted to include an extended, inner-peaceful version of the “OM” mantra. Like many of you, I discovered how challenging it is to sing one note and keep it in tune. If you are just singing by yourself, it doesn't really matter that much, but if you're singing with others, or wanting to overdub your own voice to add additional layers of the harmonic fifths and octaves, it is essential.



When you get it right, the power of the tuned resonances exponentially increase the power of the solo voice.

“OM Suite OM”, parts I – IV, orchestrates the mantra in a variety of innovative arrangements. Listen as they are sequenced on the album, or program your CD player to play only “OM” tracks. By so doing, it's like having your own back-up choir to chant along with anytime you desire.

Namaste, Steven Halpern

ABOUT THE COVER ART

The front cover is based on the sacred geometry of the Flower of Life. The CD itself features the Sri Yantra, which is the 2-dimensional, geometric representation of the sound that is created when OM is chanted. Learn more about Cymatics and the physical effects of sound by clicking on *TONAL ALCHEMY* on my website: www.stevenhalpern.com

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|------------------------------------|---|
| 1. Pyramid Power Invocation** 3:44 | 10. Tonal Alchemy III 7:19 |
| 2. OM Suite OM I 4:45 | 11. Tonal Alchemy IV 2:25 |
| 3. Shakuhachi Alchemy 5:49 | 12. Tibetan Gold 2:54 |
| 4. 18th Century Tibetan Bowl 0:30 | 13. Shambhalla 6:47 |
| 5. Tonal Alchemy I 5:52 | 14. OM Suite OM III 3:10 |
| 6. Vowel Power 3:25 | 15. Kyoto Temple Bowl 0:36 |
| 7. Tonal Alchemy II 6:10 | 16. OM Suite OM IV 4:45 |
| 8. OM Suite OM II 3:43 | 17. Inside the Great Pyramid:
Meditation in the Silence 7:05 |
| 9. Heavy Metal 0:41 | |

PRODUCED by STEVEN HALPERN
CO-PRODUCED with WARREN DENNIS KAHN

STEVEN HALPERN: OM chant & vowel mantra, Japanese temple bowls,
Tibetan singing bowls, Rhodes electric piano, additional keyboards, crystal bowl*

JORGE ALFANO: Shakuhachi (Japanese bamboo flute)

THEA SURASU: 11th century Tibetan healing bowl

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Recording Engineer & CD Mastering: Warren Dennis Kahn

Recorded at Banquet Sound Studio, Santa Rosa, CA

On location pyramid recording: Rodger Wiersema



Cover illustration: Daniel G. Holeman ©2004

Visit him at www.AwakenVisions.com to enjoy his other visionary artwork

*Rose handled practitioner's bowl courtesy of The Crystal Company, Houston, TX

**Egyptian blue crystal bowl, courtesy, Crystal Tones, Salt Lake City, UT

You'll also enjoy these and other STEVEN HALPERN recordings:



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