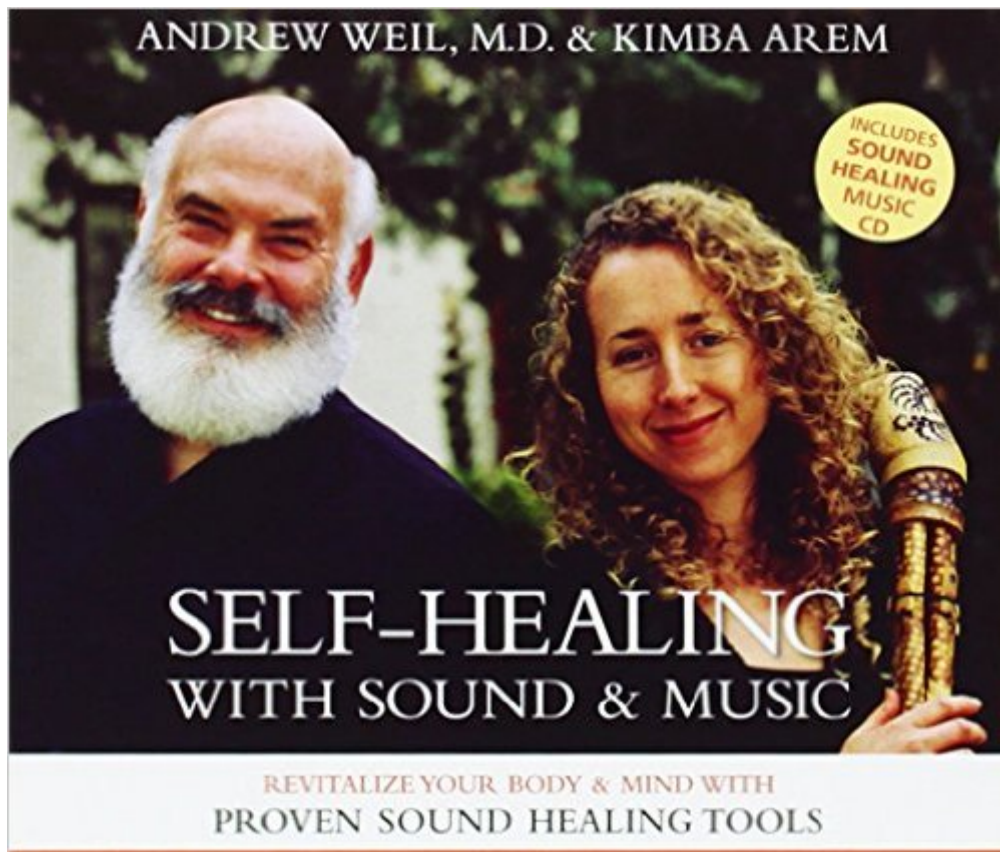


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# Self-Healing With Sound And Music: Revitalize Your Body And Mind With Proven Sound-Healing Tools



## Synopsis

Sound therapy has been found effective in treating a surprising range of health challenges including heart disease, arthritis, stress, emphysema, and more. On *Self-Healing with Sound and Music*, bestselling author and physician Dr. Andrew Weil teams up with sound therapist Kimba Arem to offer listeners a powerful new tool for healing in two sessions. In Session One, Dr. Weil discusses the latest in medical research that demonstrates how music heals the body and mind, while Kimba Arem teaches breathing and vocalization techniques for harnessing this potential. Session Two gives listeners just the music: a complete sound journey into expanded states of consciousness optimized for healing. Through an integration of ambient beats, natural sounds, indigenous and classical instruments, and a state-of-the-art recording process called Holophonic® technology that creates a three-dimensional healing space, listeners experience prescription-strength music with the power to influence every system of the body. Useful for relaxation, meditation, bodywork, or creative endeavors, *Self-Healing with Sound and Music* features didgeridoo, Native American and Celtic flutes, Tibetan and crystal bowls, keyboards, and voice.

## Book Information

Audio CD

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## Customer Reviews

I hate New Age music if it uses a lot of synthesized sounds and tries to sound like it's coming from outer space. I like music that is played on real instruments, and I don't mind if it incorporates sounds from nature, along with it. This music is very relaxing and very natural and real sounding. That is because it IS real. It uses various acoustic instruments which are played in a way that creates a very soft, relaxing environment which is conducive to meditation and

relaxation. Unfortunately the music is only on Disc TWO. The first disc consists of Dr. Andrew Weil and the musician here (Kimba Alem) talking about sound therapy and the physics of sound, and meditation with Om type sounds, and so on. It's interesting, but not terribly enlightening and you've probably heard it all before if you've read much new age therapy material. To me, this should only have been a single cd, the music cd. I think it was a way of Alem getting herself introduced to a wider audience, and Dr. Weil lending his "seal of approval" to this music and musician. Either way, at least they did come up with one really great music album, (which Weil has nothing to do with, other than to introduce it and endorse it), and this makes me want to hear more of Kimba Alem's music.

I've borrowed many "relaxation" CDs from the public library to combat stress. This is one of the very few that I decided to buy. The first CD is mostly talk by the two authors, but I often play the second all-music CD at bedtime, at naptime, or to help me go back to sleep when I awaken too early or in the middle of the night.

I like the fact it's a 2-part CD- one explaining the vibrations of musical tones and their relationship to the chakras and how binaural music works on the brain. The second CD/the music is excellent as well and I found it extremely relaxing, not distracting as other CD's that proclaim their ability to relax you when in fact your attention is too much on what you're hearing. You find yourself easing in to a deeper state of relaxation because of the music-not in spite of it.

The relaxing music on this CD is pretty unique. It utilizes exotic instruments and it seems to me it is being played very much from the heart. I often use this CD when doing yoga or meditating. The first CD which contains a lecture is not nearly as interesting. It is somewhat entertaining, but after you have heard it one or two times you probably won't want to listen to it again. Although Dr. Weil is a physician, a lot of what he says in this CD is speculative and some of the conclusions he draws are a real stretch for me. Pat

I have had this cd set for a while and use the music cd in the whole house intercom when family members are sick or facing stress. Recently I have been playing it on the computer in the hospital 24/7 while my family member was recuperating from surgery and later complications. I definitely notice a difference in everything from blood pressure to O2 sats/rbc's when I've been playing this v. the nights I have not. Who knows, but I'm not questioning it. I highly recommend this cd even as a relaxation cd, it can play for days on end and keep the energy in the room calm and healthy. Thanks

Dr. Weil!

I have used this CD many times for relaxation and healing while recovering from recent surgery. It never fails to put me into a deep sleep.

When you play this CD you first notice that it speaks to your mind. Then you notice that it speaks to your soul and while soothing both mind and spirit. But what comes next is the real treat; it opens your heart and you expand to ride the vibrations of sound that Kimba has created for you. And it does feel like she composes and plays just for you. This is a must-have CD crafted by two very gifted teachers.SG

This is a 2 cd pack. The first cd was an interesting lecture by Andrew Weil and Kimba Arens about the theory of healing with sound, with a bit of physics thrown in. They mention how we live surrounded by sound pollutants (car alarms, drilling, cell phone shouters) and how we should be more careful what sounds/vibrations we let in. The second CD has very lovely music by Kimba, with bells and water and subtle chants, which I find soothing. I find quite a lot of new age music really irritating, so the fact that this one works for me, makes this a very nice find. Edited to add that I've had this CD for over a year and have listened to it endlessly. It has become my preferred music for a restless night, and it's both soothing and uplifting. I really like it and recommend it to lots of friends. I would use it every time I get a massage, it's perfect for there too, and finding that one deep breath to take and let go...

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