



Chakra Frequencies: Tantra of Sound

By Jonathan Goldman, Andi Goldman

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Using the science of sound healing for higher consciousness, stronger relationships, planetary oneness, and physical and emotional healing

- Offers exercises with breath, tone, sacred vowel sounds, and the chanted Bija Mantras to activate and balance the chakras for greater health and harmony
- Shows how to practice sound healing individually or with a partner to enhance communication, reduce stress, and create inner balance and peace
- Includes a 60-minute CD of the sounds, mantras, and vocal exercises in the book for beginning a personal or partnered healing sound practice
- Previous edition won the Best Book in Alternative Health Award from the Coalition of Visionary Resources

As both ancient spiritual masters and modern quantum physicists acknowledge, the universe is vibration. Through sound and its ability to communicate with our chakras and subtle body, we can tap into the vibration of the universe for greater harmony and stronger relationships; physical, emotional, and spiritual healing; expanded consciousness; and planetary oneness.

In this step-by-step guide, sound healing pioneer Jonathan Goldman and his wife, holistic psychotherapist Andi Goldman, reveal specific ways the voice can resonate the physical and subtle bodies, including 7 powerful chanted Bija Mantras and sacred vowel sounds to balance and align the chakras. Providing exercises with breath, tone, mantras, and seed sounds, the authors show how to practice sound healing either individually or with a partner to strengthen relationships, reach deeper emotional levels, enhance communication, reduce stress, achieve inner balance, and create harmony with those around you as well as the whole planet. The accompanying 60-minute CD offers correct pronunciation and examples of the Bija Mantras, sacred vowels, seed sounds, and vocal exercises in the book as well as recordings of Pythagorean tuning forks, crystal bowls, Tibetan singing bowls, and Tibetan bells, providing the perfect backdrop for beginning a personal or partnered healing sound practice.

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Editorial Review

Review

“Chakra Frequencies provides a significant new approach to creating harmony and balance within us by using the power of sound. Blending ancient sound techniques with holistic counseling approaches, the book enables readers to experience the compassion so necessary for the evolution of our consciousness in today’s world.” (*Deepak Chopra, author of The Book of Secrets and Peace Is the Way*)

“Jonathan and Andi Goldman have written an intriguing book that focuses on the use of energy and vibration to shift consciousness and how these elements can bring greater harmony and creativity to ourselves and our relationships.” (*Gay and Kathlyn Hendricks, coauthors of Conscious Loving and Lasting Love*)

“Powerful! . . . Timely! *Chakra Frequencies* leads us on a journey to the core of our most basic needs and deepest beliefs. Through a rare fusion of timeless wisdom and spirituality, Jonathan and Andi Goldman describe how the healing power of sound unlocks the mystery of our interconnectedness with all that is. In doing so they open the door to a new genre of conscious awareness and spiritual mastery. *Chakra Frequencies* is essential to the library of anyone on the ‘Path!’” (*Gregg Braden, author of The God Code and The Divine Matrix*)

“The information presented in *Chakra Frequencies* is concise, reader-friendly, and simple enough for a beginner to understand. For those that already understand healing sounds, this book is a great resource to add to current knowledge.” (*Irene Watson, Reader Views, June 2011*)

“The accompanying CD is invaluable since it guides the listener through the exercises in the book. Don’t plan on reading this book. Plan, instead, on experiencing and working with the material to get the most out of it.” (*New Spirit Journal, August 2011*)

“New age collections will find this both specific and key.” (*Midwest Book Review, August 2011*)

“It is a potent and positive contribution to the urgently needed array of spiritual teachings for these transformational times.” (*Robert Simmons, MetaGuides Magazine, September 2011*)

“Using ancient sound techniques and modern counseling, the Goldmans allow the reader to experience expanded consciousness and planetary oneness through the gift of sound.” (*Jelina Vance, New Connexion, June 2012*)

From the Back Cover

SPIRITUALITY / PERSONAL GROWTH

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--Deepak Chopra, author of *The Book of Secrets* and *Peace Is the Way*

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In this step-by-step guide, sound-healing pioneer Jonathan Goldman and his wife, holistic psychotherapist Andi Goldman, reveal specific ways the voice can resonate the physical and subtle bodies, including 7 sacred vowel sounds and 7 powerful *bija* mantras that can balance and align the chakras. Providing exercises using breath, tone, mantras, and seed sounds, the authors show how to practice sound healing both individually and with a partner to strengthen relationships, reach deeper emotional levels, enhance communication, reduce stress, achieve inner balance, and create harmony with those around you as well as the whole planet. The accompanying 60-minute CD offers correct pronunciation and examples of the *bija* mantras, sacred vowels, seed sounds, and vocal exercises in the book as well as recordings of Pythagorean tuning forks, crystal bowls, Tibetan singing bowls, and Tibetan bells, providing the perfect backdrop for beginning a personal or partnered healing sound practice.

JONATHAN GOLDMAN, M.A., is an award-winning musician, composer, writer, teacher, and chant master. An authority on sound healing and a pioneer in the field of harmonics, he is the author of several books, including *Healing Sounds*, and the founder and director of the Sound Healers Association. ANDI GOLDMAN, M.A., L.P.C., is a licensed psychotherapist specializing in holistic counseling and sound therapy, the director of the Healing Sounds Seminars, and codirector of the Sound Healers Association. The authors live in Boulder, Colorado.

About the Author

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Users Review

From reader reviews:

Deborah Green:

The book untitled Chakra Frequencies: Tantra of Sound contain a lot of information on the item. The writer explains your ex idea with easy way. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read that. The book was published by famous author. The author provides you in the new time of literary works. You can actually read this book because you can keep reading your smart phone, or gadget, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site as well as order it. Have a nice examine.

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