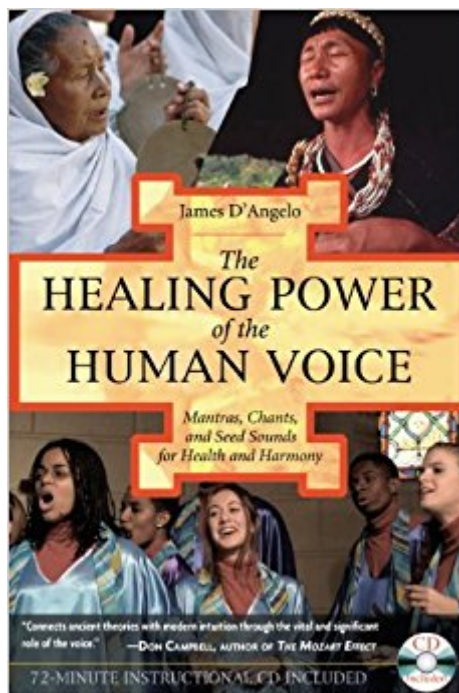




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# The Healing Power Of The Human Voice: Mantras, Chants, And Seed Sounds For Health And Harmony



## Synopsis

A complete introduction to using the sounds of the voice to promote healing • Explains the emotional meanings and healing attributes of human vocal expression, from vowels and consonants to natural sounds such as laughter or sighs • Includes easy-to-follow vocal and breathing exercises • Contains chants and mantras from cultures around the world

As infants and children we use our vocalizations to express our needs and emotions. As we grow older these vocalizations become confined to language. The suppression of emotional sounds because they may be considered childish or undignified is quite commonplace in Western cultures. Yet when done with vigor, the sounds made by laughing, groaning, humming, keening, and sighing hold within them great power for healing.

In *The Healing Power of the Human Voice* James D'Angelo introduces the concepts behind sound healing and provides simple, practical exercises for beginners. He explains in detail the meanings and healing attributes of the whole range of human vocal expression, from vowels and consonants to the natural sounds of laughter or sighs. He praises the power of singing and reveals the ways in which group singing can contribute to physical and mental health. He also presents authentic classical chants and mantras from cultures around the world and shows how we can combine various vocal sounds to form our own mantra to help clear chakra blockages. All of the sounds discussed, as well as the techniques for producing overtones, are placed in a ritualized context and are accompanied by simple movements to enhance tuning the body toward inner harmony, health, and peace.

## Book Information

Paperback: 192 pages

Publisher: Healing Arts Press; First Edition edition (May 27, 2005)

Language: English

ISBN-10: 1594770506

ISBN-13: 978-1594770500

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #686,326 in Books (See Top 100 in Books) #40 in Books > Arts &

Photography > Music > Musical Genres > New Age #825 in Books > Reference > Words,

Language & Grammar > Speech #1069 in Books > Arts & Photography > Music > Instruments >

Voice

## Customer Reviews

• An excellent book full of pertinent information and practical exercises on the uses of the voice as a healing instrument. I highly recommend it! • (Jonathan Goldman, author of *Healing Sounds*)

• Humans have a unique, dual relationship with sound--we can both hear it as well as make it. James D'Angelo is an engaging and insightful guide to the sounds we produce. The information and exercises in *The Healing Power of the Human Voice* provide great value for anyone seeking equanimity and wellness in their lives. • (Joshua Leeds, psychoacoustic music producer and author of *The Power of Sound and Sonic Alchemy*)

"Connects ancient theories with modern intuition through the vital and significant role of the voice." (Don Campbell, author of *The Mozart Effect*)

"This is an excellent starting point for beginners and also holds useful ideas and practices for those who have been involved in working with the voice for some time." (Russell Stone, *The Music and Psyche Journal*, Oct 2005)

"... [this book] is a profound reminder that the voice is both a resonator of the immanence of spirit as well as a pathway to transcendence." (Katherine Firth, *Caduceus*, April 2007)

"James D'Angelo's joy in sound and silence, and his reverence for the sacred, burst through every sentence." (*Caduceus Magazine*)

**MUSIC / HEALING** • An excellent book full of pertinent information and practical exercises on the uses of the voice as a healing instrument. I highly recommend it! • --Jonathan Goldman, author of *Healing Sounds*

• Humans have a unique, dual relationship with sound--we can both hear it as well as make it. James D'Angelo is an engaging and insightful guide to the sounds we produce. The information and exercises in *The Healing Power of the Human Voice* provide great value for anyone seeking equanimity and wellness in their lives. • --Joshua Leeds, psychoacoustic music producer and author of *The Power of Sound and Sonic Alchemy*

As infants and children we use our vocalizations to express our needs and emotions. As we grow older these vocalizations become confined to language. The suppression of emotional sounds because they may be considered childish or undignified is quite commonplace in Western cultures. Yet when done with vigor, the sounds made by laughing, groaning, humming, keening, and sighing hold within them great power for healing. In *The Healing Power of the Human Voice* James D'Angelo introduces the concepts behind sound healing and provides simple, practical exercises to put these concepts into practice. He explains in detail the meanings and healing attributes of the whole range of human vocal expression, from vowels and consonants to the natural sounds of laughter or sighs. He reveals the power of singing and the ways in which group singing can contribute to physical and mental health. He also presents authentic classical chants and mantras from cultures around the world and shows

how we can combine various vocal sounds to form our own mantras to help clear chakra blockages. All of the sounds discussed, as well as the techniques for producing overtones, are placed in a ritualized context and are accompanied by simple movements to enhance tuning the body toward inner harmony, health, and peace. In addition, the author demonstrates all the major vocal techniques on the accompanying CD--including mantras, chants from major religious traditions, seed sounds and syllables, and overtones--giving you all the tools necessary to create these sounds yourself. JAMES DÂ™ANGELO is an American musician, composer, educator, and workshop leader based in the United Kingdom. Since 1992 he has developed and led therapeutic sound and movement workshops in Great Britain, Europe, and the United States, and he is considered an authority on sound healing therapies.

Four events have convinced me of the power of the human voice. The first was the demonstration by Zoroastrian priests who could split a pane of glass in two simply by chanting. This is quite different from the tales of champagne glasses shattering as they resonate with the sound of a soprano's voice. This was precise and done to order. The second occurred one Sunday morning, when I was sitting with a number of friends as we were waiting to enjoy our Sunday lunch together. We were having a pleasant discussion, when I heard one of the most beautiful and ethereal sounds imaginable. The sound was emanating from Jill Purce. She is the wife of the biologist Rupert Sheldrake, who was also one of the guests, and what she was doing was demonstrating Tibetan overtone chanting. The power of the sound was quite tangible. The third was trying a series of mantras and chanting exercises and finding just how quickly each could change my state of consciousness and even produce profound physical effects. The fourth was being made aware of the effects produced by some of the subharmonics of my own voice when speaking to large audiences. I'd never been even vaguely aware of them until a sound engineer did a demonstration for me. I was therefore extremely excited to see this new book by James D'Angelo, and it exceeded all my expectations. Although not a long book, it is crammed with practical exercises and it, together with the accompanying CD, should be enough to convince the most hardened skeptic. And for the open-minded experimenter, there is a wealth of wonderful material. You will not need to spend all that long experimenting with these exercises to discover their extraordinary health-giving benefits. Highly recommended.

It really works for practical voice use, and I got exposed to samples of some enjoyable ancient chants. I would recommend this to a friend who wants to learn more about a really practical use of

his/her voice.

Bought this as a gift, and was very well received! She was very excited to get this as a gift. Better than the e-book version because it came with the CD!

Easy to appreciate and put to use although I have not read other literature on this topic. Very thorough in understanding the usefulness of sound for healing.

For singing advise , it has some value. But otherwise it's new-agey crap. Yes, singing has healing power, without question. But you don't need any other ideas , philosophy, or theories to do it. Singing is 99% actually doing it and only 1% theory about it. I do heartily recommend actually singing, just not having alot of ridiculous ideas about it.

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