



The Humming Effect: Sound Healing for Health and Happiness (Paperback)

By Jonathan Goldman, Andi Goldman

Inner Traditions Bear and Company, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. In this guide to conscious humming, Jonathan and Andi Goldman show that you do not need to be a musician or singer to benefit from sound healing practices - all you need to do is hum. They provide conscious humming and breathing exercises from simple to advanced, complete with online examples, allowing you to experience the powerful vibratory resonance that humming can create and harness its healing benefits for body, mind, and spirit. They explore the science behind sound healing, revealing how self-created sounds can literally rearrange molecular structure and how humming not only helps with stress levels, sleep, and blood pressure but also increases lymphatic circulation and melatonin production, releases endorphins, creates new neural pathways in the brain, and releases nitric oxide, a neurotransmitter fundamental to health and well-being. The authors show how sound can act as a triggering mechanism for the manifestation of your conscious intentions. They also examine the spiritual use of humming, including its use as a sonic yoga technique and its role in many world traditions, such as the Om, Aum, or Hum of Hindu and Tibetan traditions.



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The book is great and fantastic. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i advised this ebook to find out.

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