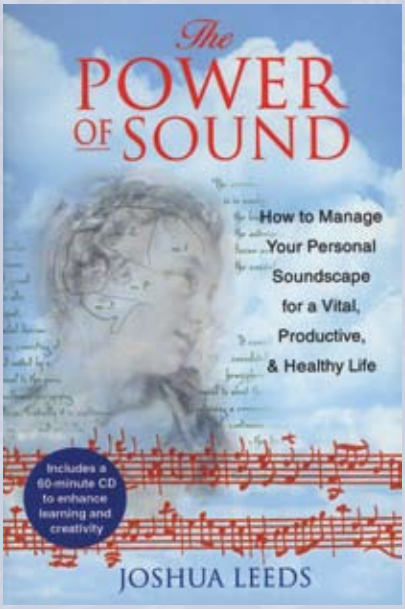
INNER TRADITIONS
BEAR & COMPANY

Sound Healing Books & CDs



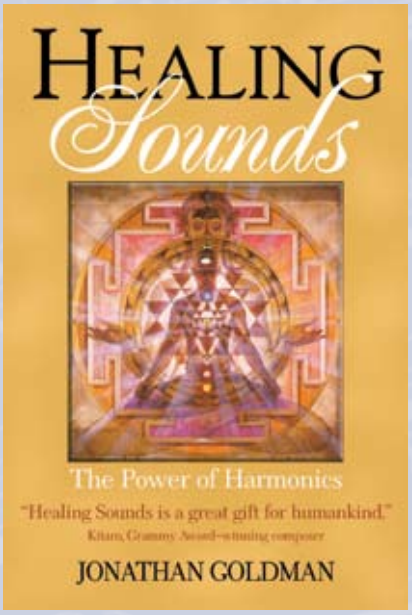
The Power of Sound

How to Manage Your Personal Soundscape for a Vital, Productive, and Healthy Life

JOSHUA LEEDS
★ Featured presenter

Joshua Leeds investigates how noise- or stress-induced auditory dysfunction may result in difficulties in learning and communication, and explains new techniques to invigorate auditory skills. The accompanying CD of psychoacoustically refined classical music provides examples of the benefits of music explained in the book.

$25.00, paper, 336 pages, 6 x 9
Includes a 60-minute CD
ISBN 0-89281-768-2



New Edition

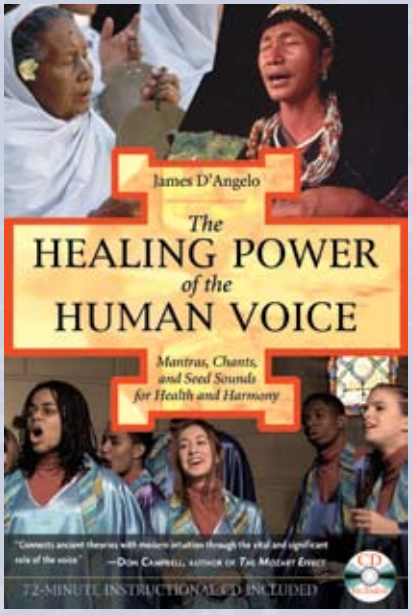
Healing Sounds

The Power of Harmonics

JONATHAN GOLDMAN
★ Featured presenter

With many easy-to-follow exercises, *Healing Sounds* is the first book to show from both the scientific and spiritual viewpoints how to use the transformative power of sound for healing on physical, emotional, mental, and spiritual levels.

$16.95, paper, 192 pages, 6 x 9
8 b&w illustrations, ISBN 0-89281-993-6



New Edition of *Healing with the Voice*

The Healing Power of the Human Voice

Mantras, Chants, and Seed Sounds for Health and Harmony

JAMES D'ANGELO
★ Featured presenter

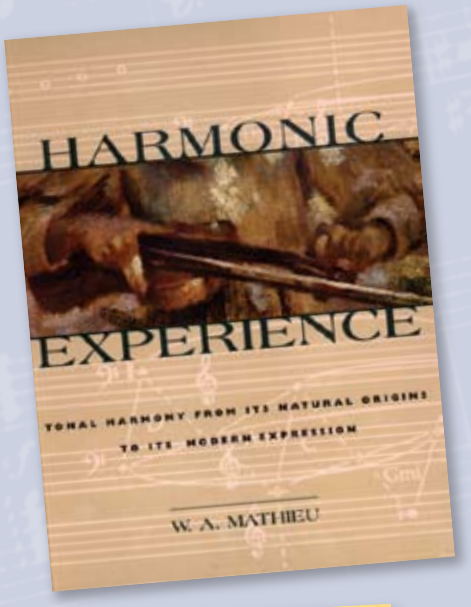
James D'Angelo introduces the concepts behind sound healing and the ways in which group singing can contribute to physical and mental health. Authentic chants and mantras from around the world, techniques for producing overtones, and simple movements disposing the body to inner harmony, health, and peace are included.

$19.95, paper, 192 pages, 6 x 9
71 b&w illustrations, Includes 72-minute CD
ISBN 1-59477-050-6

Available from your Sales Representative or wholesaler, or from

Inner Traditions • Bear & Company

P.O. Box 388, Rochester, VT 05767 • sales@InnerTraditions.com
1-800-246-8648 • www.InnerTraditions.com • fax 802-767-3726



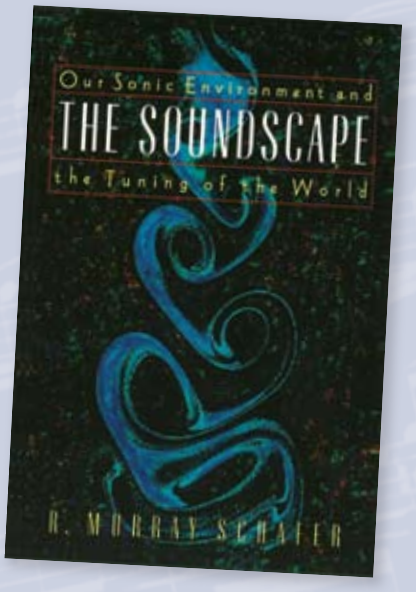
Harmonic Experience

Tonal Harmony from Its Natural Origins to Its Modern Expression

W. A. MATHIEU

An exploration of musical harmony from its ancient fundamentals to its most complex modern progressions, addressing how and why it resonates emotionally and spiritually in the individual. W. A. Mathieu reconnects modern-day musicians with the source from which music was originally generated. Many musical examples allow readers to discover their own musical responses.

$50.00, hardcover, 576 pages, 8½ x 11
100 musical examples, ISBN 0-89281-560-4



The Soundscape

Our Sonic Environment and the Tuning of the World

R. MURRAY SCHAFER

Schafer contends that we suffer from an overabundance of acoustic information and explores ways to restore our ability to hear the nuances of sounds around us.

$14.95, paper, 320 pages, 6 x 9
ISBN 0-89281-455-1

Harmonies of Heaven and Earth

Mysticism in Music from Antiquity to the Avant-Garde

JOSCELYN GODWIN

Joscelyn Godwin explores music's effects on matter, living things, and human behavior. Turning to metaphysical accounts of the higher worlds and theories of celestial harmony, the author follows the path of musical inspiration on its descent to Earth, illuminating the archetypal currents that lie beneath Western musical history.

$14.95, paper, 208 pages, 6 x 9, ISBN 0-89281-500-0

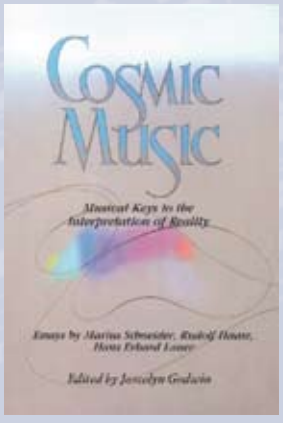
The Harmony of the Spheres

The Pythagorean Tradition in Music

JOSCELYN GODWIN

Godwin traces the idea, held since ancient times, that the whole cosmos is in some way a musical or harmonious entity.

$29.95, hardcover, 512 pages, 6 x 9
ISBN 0-89281-265-6



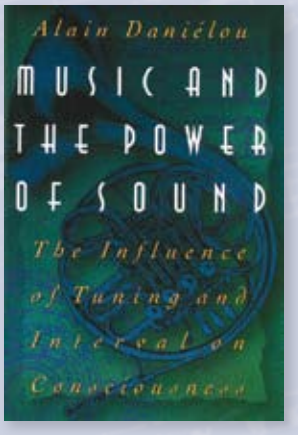
Cosmic Music

Musical Keys to the Interpretation of Reality

JOSCELYN GODWIN

While every music lover senses the power and truth that reside in music, very few actually approach music as a path to cosmic knowledge. Joscelyn Godwin brings together three contemporary German thinkers who exemplify this tradition.

$16.95, paper, 256 pages, 6 x 9ISBN 0-89281-070-X



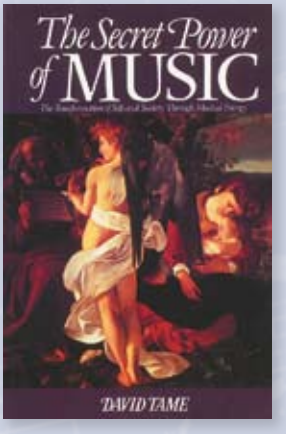
Music and the Power of Sound

The Influence of Tuning and Interval on Consciousness

ALAIN DANIÉLOU

An accomplished musician and Hindu scholar looks to the harmonic ratios of ancient China, India, and Greece as he explores the power of music to speak to our higher consciousness.

$24.95, hardcover, 192 pages
6¼ x 9¼, ISBN 0-89281-336-9



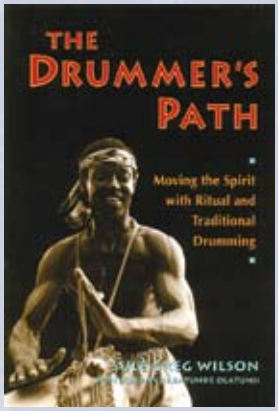
The Secret Power of Music

The Transformation of Self and Society through Musical Energy

DAVID TAME

This study of the hidden side of music and its subtle effects is one of the most detailed books ever written on the subject.

$14.95, paper, 304 pages, 5⅜ x 8¼
ISBN 0-89281-056-4



The Drummer's Path

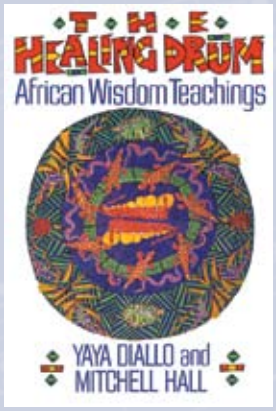
Moving the Spirit with Ritual and Traditional Drumming

SULE GREG WILSON

Foreword by Babatunde Olatunji

Drummer, dancer, and folklorist Sule Greg Wilson introduces the principles behind African and Diaspora music, including breath, posture, and orchestration.

$12.95, paper, 160 pages, 6 x 9
ISBN 0-89281-359-8



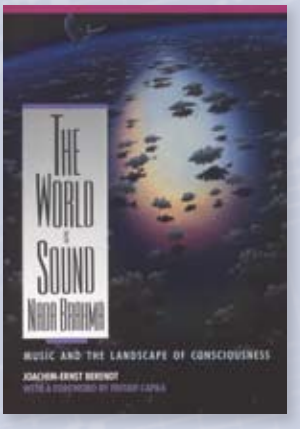
The Healing Drum

African Wisdom Teachings

YAYA DIALLO and MITCHELL HALL

In the personal story of internationally acclaimed drummer Yaya Diallo we see the power of music as a sacred, healing force in West African culture.

$14.95, paper, 224 pages, 6 x 9
ISBN 0-89281-256-7



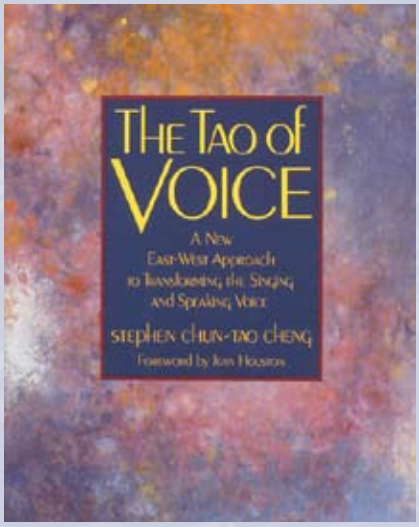
The World Is Sound: Nada Brahma

Music and the Landscape of Consciousness

JOACHIM-ERNST BERENDT

One of Europe's foremost jazz producers takes us through a world of musical traditions and explores the effects of sound on consciousness.

$16.95, paper, 272 pages, 6 x 9
ISBN 0-89281-318-0



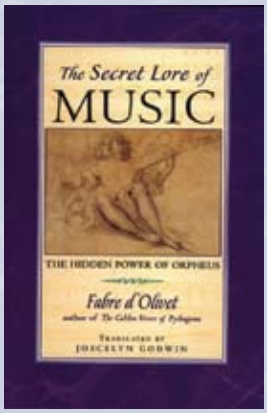
The Tao of Voice

A New East-West Approach to Transforming the Singing and Speaking Voice

STEPHEN CHUN-TAO CHENG

The Tao of Voice is the first book to combine the best of Western vocal technique and modern psychophysical exercises with ancient Chinese practices. This simple but powerful vocal method will help you to develop your vocal identity and increase vocal range and power, while improving memorization and overcoming stage fright.

$14.95, paper, 144 pages, 8 x 10, ISBN 0-89281-260-5



The Secret Lore of Music

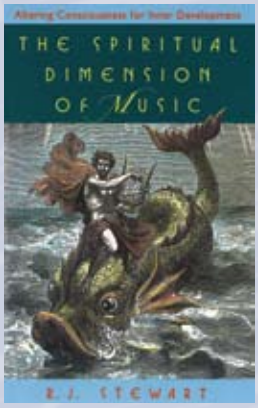
The Hidden Power of Orpheus

FABRE d'OLIVET

Translated by Joscelyn Godwin

Written by Fabre d'Olivet (1767-1825), this classic study of music was the first to revive Pythagoras' ideas of the sacred nature of music and its profound effect on the soul. Godwin also provides a fascinating biography of d'Olivet.

$12.95, paper, 184 pages
5⅜ x 8¼, ISBN 0-89281-660-0



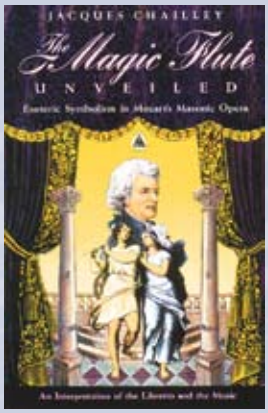
The Spiritual Dimensions of Music

Altering Consciousness for Inner Development

R. J. STEWART

This handbook of musical alchemy emphasizes the role of music in raising consciousness to benefit body and mind.

$14.95, paper, 160 pages
5¼ x 8½, ISBN 0-89281-312-1



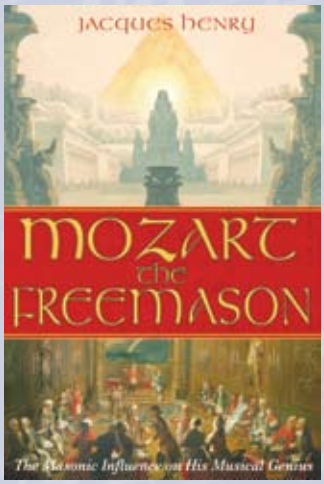
The Magic Flute Unveiled

Esoteric Symbolism in Mozart's Masonic Opera

JACQUES CHAILLEY

A professor of music history at the Sorbonne reveals the hidden significance of this popular opera, relating it to esoteric traditions and to Mozart's own Masonic involvement.

$18.95, paper, 368 pages
5⅜ x 8¼, ISBN 0-89281-358-X



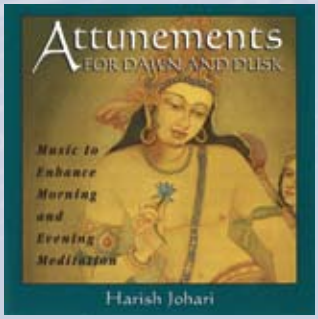
Mozart the Freemason

The Masonic Influence on His Musical Genius

JACQUES HENRY

Mozart's understanding of the use of symbol allowed him to create music that would lead the listener into a harmony that transcended earthly existence. Jacques Henry provides a rigorous and original analysis of Mozart's works that reveals their inner meaning as shaped by the composer's profound embrace of the spiritual principles of Freemasonry.

$14.95, paper, 160 pages, 6 x 9, 8 b&w illustrations
ISBN 1-59477-128-6



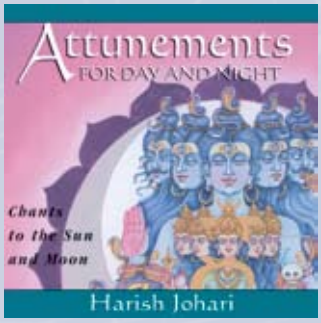
Attunements for Dawn and Dusk

Music to Enhance Morning and Evening Meditation

HARISH JOHARI

Drawing on ancient Indian *ragas* that are inspired by the sounds of nature, Harish Johari has created meditation music especially for the morning and evening hours, played on flute and tambura.

$24.95, two 60-minute CDs
ISBN 0-89281-853-0



New Edition of *Chants to the Sun and Moon*

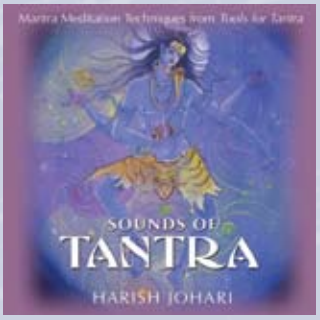
Attunements for Day and Night

Chants to the Sun and Moon

HARISH JOHARI

Japa—the repeated chanting of a mantra—is an age-old Hindu technique to help you become attuned with the planets and their ruling deities and thereby create peace and prosperity in your life. Noted Tantric scholar Harish Johari chants the mantras associated with the Sun and the Moon.

$12.95, 60-minute CD
ISBN 1-59477-073-5



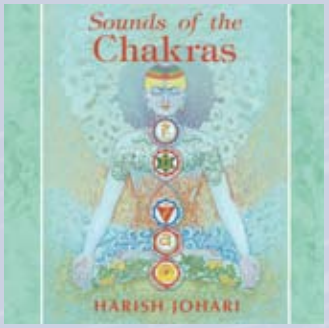
Sounds of Tantra

Mantra Meditation Techniques from Tools for Tantra

HARISH JOHARI

In *Sounds of Tantra,* Harish Johari demonstrates the correct intonation of mantras, the words of power used when meditating on the beautiful geometric paintings of yantras. Regular chanting or listening to these mantras is considered a potent means of surmounting obstacles, attaining wealth, love, health, and freedom from fear. This two-CD set is a useful companion to Johari's book *Tools for Tantra* and can also be used as a background for meditation.

$19.95, two 60-minute CDs
ISBN 1-59477-003-4



Sounds of the Chakras

HARISH JOHARI

A companion to Harish Johari's book *Chakras: Energy Centers of Transformation,* this CD provides the authentic sounds for meditation on each of the chakras. In *Sounds of the Chakras,* Johari presents the entire intonation cycle that should be practiced with each chakra meditation in a manner that students can follow with ease.

$12.95, 60-minute CD
ISBN 1-59477-001-8

Sacred Sounds of Santería

Rhythms of the Orishas

Collected by
RAUL J. CANIZARES

In Santería, powerful spirit forces—*orishas*—provide guidance and inspiration in the form of song. This CD of rare field recordings made in Cuba in the 1950's during actual Santería rituals also includes studio recordings by some of the island's most gifted musicians.

$12.95, 60-minute CD
ISBN 1-59477-002-6

New Edition of *Rhythms of the Goddess*

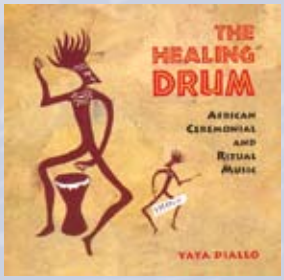
Sacred Sounds of the Female Orishas

Rhythms of the Goddess

Collected by
RAUL J. CANIZARES

Santería has always been attuned to the female aspects of the Deity. On this recording, you will hear songs, chants, and drumming that evoke the powers of the female orishas.

$12.95, 60-minute CD
ISBN 1-59477-071-9



The Healing Drum

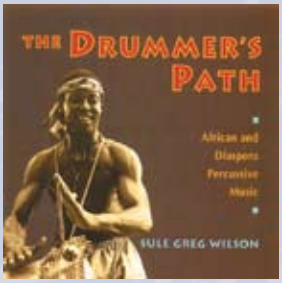
African Ceremonial and Ritual Music

YAYA DIALLO

Traces the extraordinary cultural legacy of the Minianka tribe of West Africa, for whom music serves a sacred, healing function for the individual and society. This authentic, traditional chanting and singing expresses the full potential for the sacred and the magical in music. Companion CD to the book *The Healing Drum.*

$14.95, 42-minute CD
ISBN 0-89281-505-1

60-minute audiocassette:
$9.95, ISBN 0-89281-264-8



The Drummer's Path

African and Diaspora Percussive Music

SULE GREG WILSON

Following the great diaspora out of Africa to the Caribbean and the Americas, percussionist Sule Greg Wilson draws from rhythms of the world on this eclectic recording. He brings the power of traditional drumming alive and plays classic rhythms from the diverse cultures of Puerto Rico, Brazil, Africa, and India.

$15.95, 72-minute CD
ISBN 0-89281-502-7

New Edition of *Festival and Ritual Drumming*

Ritual Drumming

Evoking the Sacred through Rhythms of the Spirit

MISHLEN LINDEN and
LOUIS MARTINIÉ

This CD presents a sampling of spiritual drumming featuring the conga, shekerai, Middle Eastern dumbekei, Ashanti talking drum (djun-djun), bodhran, trap tom, mridangam, Senegal and Ivory Coast djembes, Haitian agogo, the Chinese finger drum and other percussion instruments. Festival and ritual pieces and compositions for trance and personal meditation are included.

$12.95, 60-minute CD
ISBN 1-59477-072-7