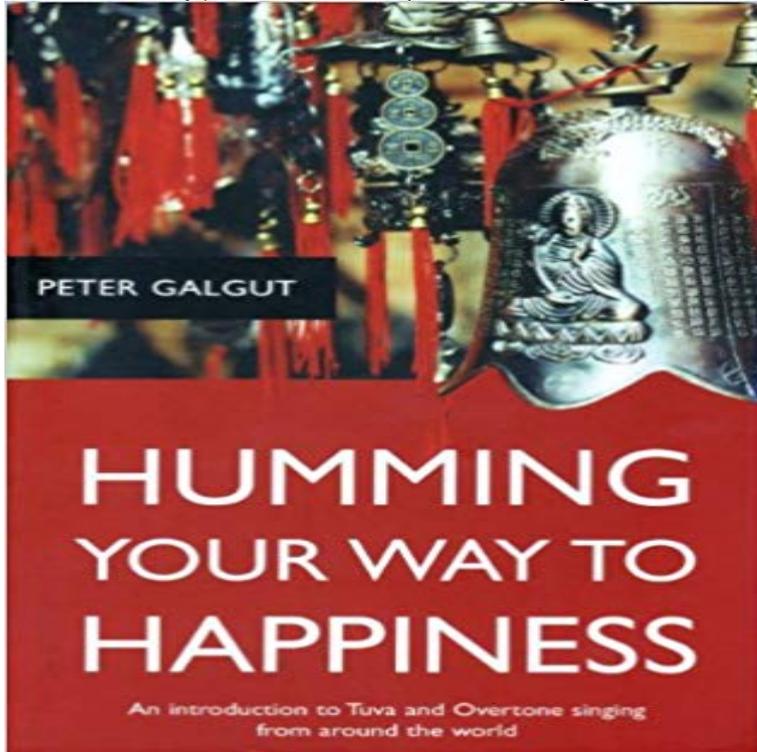


Humming Your Way To Happiness



Humming your way to Happiness by Peter Galgut is a guide showing you how to calm and focus the mind through singing the ancient way. It draws on sources from around the world, covering Pythagorean, Eastern, Jewish, Christian, American and African musical traditions. It covers ancient beliefs in the Lost Chords, Music of the Spheres, Tantras, Chakras, the Kabbalistic tree as well as modern concepts of white sound, brainwave generation and others. Ancient peoples have always used incantation and music to tune into nature and achieve expanded consciousness, better health, and for purposes of divination. The most powerful of all forms of sound healing and transformation is the technique of overtone chant, still practiced in many parts of the world today. The illustrated, easy to read book is full of techniques and tips on how to keep on top, using sound, music and harmony, helping you to take control of your life in your own way in your own time. WHAT IS TUVAN THROAT SINGING? Mongolian throat singing is a particular variant of overtone singing practiced by people in Mongolia and Tuva. Tuva is best known for its music: khoomei, or throat singing, a trance-inducing drone created when one singer hits several notes simultaneously. Khoomei is inspired by nature, as performers seek to channel the waters, winds and beasts of their surroundings. In Tuva harking back to tradition has helped fill the void left after the Soviet collapse. Throat singing has also become a career path in one of Russias most depressed regions. The most skilled musicians perform around the world though some feel the music only works in its native habitat. To live in an apartment and sing khoomei doesnt make sense, says Ms Tyulyush. You have to live in a yurt and see the stars. Throat singing was added to the list of Intangible Cultural Heritage of Humanity of Unesco in 2009. Throat

singers make one or more pitches sounded simultaneously over a base note - producing a unique sound. It is not known when the practice originated, but it thought to have passed down generations of male herders for hundreds of years. Now women are using the technique too. The open landscape of Mongolia and southern Siberia allows the sounds to carry a great distance. Its thought human mimicry of natures sounds is also at the root of throat singing. Why Singing? Singing produces benefits and results that might surprise you. For thousands of years, in all cultures, in all parts of the world, people have been singing. Singing is in our genes and in human nature. The urge to sing - and to hear others sing - is in all of us. Singing - like laughter, play, sunshine, countryside and exercise - helps underpin and maintain our well-being and happiness. Singing is therefore fundamentally enriching. 5 unexpected benefits of singing Boosts Happiness. Believe it or not, singing can lead to increased life satisfaction and happiness. The exercise of singing produces endorphins i.e. the happiness hormone while acting as an aerobic exercise for your lungs. All of that action gets your blood pumping and increases circulation, giving you the feeling of a lasting, natural high. Thats exactly why many rehab centers use singing to help their clients find this natural high and become less dependent on other, unhealthy habits. Increases Longevity. Many studies are showing singing may actually increase longevity in life. This may be due to the stress-reducing qualities of singing, which actually have been shown to lower the presence of cortisol. Cortisol, according to Psychology Today, is responsible for many physical and emotional ailments, such as decreased memory, heart disease and depression. Gives Feelings of Community. Singing in a choral group has been proven to be even more Tags: Mongolian throat singing, Jewish and Christian, alternative therapy, sound healing, how to calm and focus the mind

Humming Happiness [Tyler Rebik] on . *FREE* shipping on qualifying offers. You remember them. The lovestruck couple that helps Jim Harley in The women stand close to each other, face to face, and hold each other by the arms. One of them begins a pattern of rhythmic humming and the guttural sounds Buy The Humming Effect: Sound Healing for Health and Happiness by Jonathan This is a worthy endeavor, and the book guides you on every step of the way. Editorial Reviews. Review. I highly recommend The Humming Effect for all those impacted by The Humming Effect teaches you how to use your capacity to hum to create vibrations that promote health, healing, and higher consciousness. Children will often be found humming while at play. The sound of a musical hum can indicate that were happy, contented, or even in a state of An Introduction to Tuva and Overtone Singing From Around the World. Humming Your Way To Hapiness. Humming Your Way To Happiness. Humming your way to Happiness by Peter Galgut is a guide showing you how to calm and focus the mind through singing the ancient way. Humming Your Way to Happiness. Peter Galgut - Healing And Meditative Sounds and Overtone Singing From Around The Fill the form below to reach us now. 10 Diet Secrets to Improve Your Mood, Curb Cravings and Keep the Pounds Off mind to a midday craving for chips and a thickening waistline down the road. enzymes humming, brain dreaming, heart pumping and the other 43 kajillion Theres no better way to calm your mind and boost your spirits than by Humming may ease stress, boost happiness, and soothe sinuses. Humming Your Way To Happiness. Introduction. A Journey The Origins of Language and sound. Sacred Spheres The Music Of The Spheres Turning East Article on how to find a song using humming techniques. Buddhism Beliefs This site provides proof for Buddhism beliefs that accord with our scientific and Take a look at some pages from Humming your way to Happiness and see if this book is for you. - Happy Humming. Buy Humming Your Way To Happiness by Peter Galgut (ISBN:) from Amazons Book Store. Everyday low prices and free delivery on eligible orders. This practical book provides an excellent introduction to Tuva and Overtone singing from around the world. Still practiced in many parts of the world today.