

Mp3 David Gordon - Healing With Tone And Spirit

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70 relaxing minutes with a light-hearted master of voice and toning. Nurture yourself with the sound of your own voice - no "singing" allowed, just healing and transformation. 24 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Healing Details: "Psychologically, your CD gave me such a huge uplift - it's just incredible. It's hard for me to describe the feeling I have, it's almost euphoric. I just thank you so much for how you've helped me." The human voice is the ultimate healing instrument. Ancient teachings tell us that vocal sounds are a bridge transporting us from the outer to inner realms and back again. This can best be experienced when we get past our judgmental thoughts about our voice. Letting go of expectations, we feel free to use our voice to create a peaceful and meditative state of mind, and balance and harmonize our energy, emotions, and thoughts. Leading oncologist Mitchell Gaynor, MD, in his book "The Sounds of Healing", advocates toning to compliment the treatment of cancer patients. Gaynor is just one of many medical specialists now using toning as part of their own healing protocols. He also practices toning therapies himself. This CD is not about "performing" or "voice lessons." It is not just another vocal instruction CD that gives you a one-size-fits-all series of "la-la-la" exercises that just make you aware of what you CAN'T do. Instead, it shows you how to nurture yourself with the sound of your own voice - no words, no melody, and no "singing." It's meditation in sound. This technique is easy and accessible to anyone who can make a vocal sound. If you have the voice to say "I can't do it," then you can do it!

===== Healing with Tone and Spirit - The Gentle Art of Meditative Toning A 70-minute workshop session with singer, teacher, and toning master David Gordon ===== In this actual workshop session, David leads the participants on a light-hearted journey of voice and breath, interwoven with brief periods of silent, relaxing meditation. Please Note: This is NOT a "singing" or vocal instruction CD. No singing skills are needed! If you have the voice to say "I can't do it," then you can do it! ===== Here are the Liner Notes from the CD booklet: Meditative Toning: The Healing Voice Your voice is a powerful tool for meditation, transformation, and healing. Pure vocal sounds can be used as meditative tools by themselves, or combined with yoga, tai chi, chi gong, or any other type of contemplative movement. But before you can use your voice for these inner purposes, you need to get beyond your everyday outer

view of your voice: too often we are limited by our expectations, preconceptions, or negative thoughts. We must "listen" to our own voice without aesthetic judgement, simply feeling the vibrations and noticing their effects on our body, mind, emotions, and spirit. And that is the purpose of this CD. In this actual 70-minute workshop session, David explains and demonstrates the principles of Meditative Toning - the creation of vocal sounds in order to experience the results in other parts of the body. It is a remarkably simple technique, and it does not require any vocal or singing skill. (This isn't a "singing" workshop.) In fact, if you have the voice to say "I can't do it," then you can do it! To best enjoy this CD, find a comfortable location where you can sit quietly and allow yourself to focus on the recording without interruption. As you listen, add your own tones to those of the workshop participants, and follow along actively in the entire session. Then you can begin to practice toning by yourself, and listen over again to your favorite tracks from the CD. =====

About David Gordon David Gordon has forged an astounding and versatile career as singer, teacher, vocal coach, lecturer, and recording artist. He began his professional musical life at the age of 13 as a folk guitarist and banjo player, sharing the stage with Doc Watson, Judy Collins, Phil Ochs, Bill Monroe, and other luminaries. After classical conservatory training, David established a distinguished international reputation as an operatic and concert tenor. He has portrayed a wide array of 59 leading roles with the San Francisco Opera, Metropolitan Opera, Washington Opera (Kennedy Center), Chicago Lyric Opera, Hamburg State Opera (Germany), and other opera companies around the world. David has been featured guest soloist with virtually every major North American symphony orchestra and with other great orchestras and music festivals on four continents. He appears on 15 classical CDs for RCA, BMG, Telarc, Decca, and other major labels. Throughout his classical singing career, David has enhanced his singing and teaching through the study and practice of Nada Yoga, the esoteric branch of classic Kriya Yoga that uses breath and sound as powerful meditative tools. In the 1990s, while maintaining his active singing career, David became increasingly aware of the limitations of conventional classical vocal concepts. He began a collaboration with sound/health pioneer Don Campbell (author of "The Mozart Effect") to explore the transformational and therapeutic uses of sound, voice, and music. This CD is one of the many results of that partnership: a workshop session from a week-long mind/body music retreat co-led by David and Don in Boulder, Colorado. David lives and teaches in Carmel, California. His private clients include amateur singers, meditation students, professional opera stars, Emmy-award-winning actors and actresses, and lots of timid adults who used to

think they couldn't use their voice for anything! Be sure to visit his website at WWW.SPIRITSOUND.COM

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