Deep Alpha
Brainwave Entrainment Music
for Meditation and Healing

Steven Halpern
About the Music and the Celestial Rhodes Keyboard

Over 40 years ago, I discovered the secrets of composing music that promotes mindful meditative awareness much more effectively than most traditional music.

Most music hooks you into unconsciously analyzing and predicting where the music is going. This keeps you in a constant state of stress, anticipating the future.

Mindfulness, meditation and relaxation can only occur in the present moment.

The unique sound of the Rhodes electric piano rates highest in healing effects, and no other artist’s instrument matches our proprietary combination of tone, and reverb you experience on DEEP ALPHA.

Virtuoso bassist Michael Manring adds flowing melodic lines and heavenly harmonic overtones. On other tracks, I add tambura, the traditional acoustic entrainment instrument of classic Indian music, other tracks add the natural entrainment of the ocean. (Tracks 13 & 14 create an ideal ambient soundfield that becomes transparent, suitable for continuous play.)

Read more at: StevenHalpern.com/DeepAlpha

Benefits of Accessing the Alpha Zone

When we get deeply relaxed, our body becomes a harmonically tuned oscillating system pulsing between 7.83 and 8 cycles per second, characterized by a natural attunement between our brain, heart and the Earth. Itzhak Bentov and Dr. Andrijah Puharich, two legendary scientists and personal mentors, measured the energy coming out of a healer’s hands at 8 Hz as well.

That’s why when we access and spend time resonating at this precise frequency, it’s naturally relaxing and rejuvenating. Being in this state empowers and supports our innate healing energies.

(Read more at StevenHalpern.com/DeepAlpha)

Listening to even one song can shift your state any time you want. Listening to the entire album, especially with headphones, delivers even greater benefits.

“Steven Halpern is a musical magician, a healer with sound. His music has helped millions experience transformative moments that lead to greater wholeness and happiness.

— Larry Dossey, MD, Re-inventing Medicine

Landmark brainwave biofeedback and aura photography research in 1973 documented that Halpern’s Non-Predictive™ mindful compositions were significantly more effective at evoking the listener’s relaxation response and alpha and theta brain states than most traditional classical music.

Steven’s relaxing and healing music is used worldwide in leading health and healing centers, corporate wellness programs, destination spas, schools and homes.

Visit Steven at: www.StevenHalpern.com to hear samples of his music, read his free monthly newsletter and much more.

See videos at: www.YouTube.com/StevenHalpernMusic

Friend him at: www.Facebook.com/StevenHalpernFanPage

Follow him on Twitter at: www.Twitter.com/StevenHalpern

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STEVEN HALPERN is a Grammy® nominated, Billboard charting, multi-platinum selling recording artist, composer, producer, researcher, sound healer, and author.

Halpern is currently celebrating his 41st anniversary (1975-2016) as a founding father of New Age music, and his DEEP ALPHA was a 2012 Grammy® nominee.

His atmospheric compositions pioneered a new genre of mindful meditation music with his first recording, CHAKRA SUITE.

“One of the 12 most influential artists of the past 20 years... Steven Halpern is the first and definitive New Age keyboardist.”

— Keyboard magazine, 1995 profile

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About Aural-Sync™ Brainwave Entrainment Music

This series includes DEEP THETA (4-7 Hz), DEEP ALPHA (8 Hz), DEEP THETA 2.0 (4 Hz), DEEP ALPHA 2.0 (8 Hz), and SLEEPSCAPE DELTA (1-3 Hz). Each album creates a sound matrix that provides precise experiences in the target brainwave frequencies.

1. Deep Alpha 8 Hz (Pt 1) 4:45  8. Deep Alpha 8 Hz (Pt 8) 7:25
2. Deep Alpha 8 Hz (Pt 2) 5:14  9. Deep Alpha 8 Hz (Pt 9) 3:07
3. Deep Alpha 8 Hz (Pt 3) 5:39 10. Deep Alpha 8 Hz (Pt 10) 4:37
4. Deep Alpha 8 Hz (Pt 4) 3:57 11. Deep Alpha 8 Hz (Pt 11) 5:17
5. Deep Alpha 8 Hz (Pt 5) 5:14 12. Deep Alpha 8 Hz (Pt 12) 3:00
6. Deep Alpha 8 Hz (Pt 6) 6:12 13. Deep Alpha 8 Hz (Pt 13) 5:18
7. Deep Alpha 8 Hz (Pt 7) 4:08

Composed and Produced by Steven Halpern

Steven Halpern: Rhodes Mark 7 electric piano, additional keyboards
Paul McCandless: Oboe  •  Michael Manring: Fretless Electric Bass
Recording Engineer: Warren Dennis Kahn
Banquet Studios, Sebastopol, CA
Recorded: 8.08.11, 11.11.11, 12.12.11, 1.04.12, 2.22.12
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Special thanks to Harold Rhodes for inventing this healing instrument, and Joseph Brandstetter for rebirthing it (Rhodespiano.com).


Listen to audio samples at www.StevenHalpern.com
“Halpern’s ‘Next-Gen Music for Mindfulness’™ makes it easy to shift gears into the Alpha Zone and to be at peace in the present moment.” — Leading Edge Review

Using music to get into deeper meditation states is a tradition that goes back at least 25,000 years. Over 40 years ago, Steven Halpern pioneered the modern genre of mindful meditation music with atmospheric soundscapes that were more in harmony with the needs of today.

To amplify the meditative and healing effects of the music itself, DEEP ALPHA adds Aural-Sync™ sonic technology to gently entrain your brain to the alpha frequency (8 Hz) associated with meditation, oneness consciousness and inner peace. All you have to do is listen™!

The healing tones of the Rhodes electric piano combine with other keyboards and special guests Paul McCandless (oboe) and Michael Manring (bass) to create a modern masterpiece that’s already become a New Age classic.

★ 2012 GRAMMY® Nominee: Best New Age Album ★

Steven Halpern is a Grammy® nominated bestselling recording artist, composer, producer and researcher. He is recognized as “the founding father of New Age music.”

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