

THE BAY AREA'S MAGAZINE FOR CONSCIOUS COMMUNITY SINCE 1974

# common ground

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## The Summer of Love Issue

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**The Humming Effect**

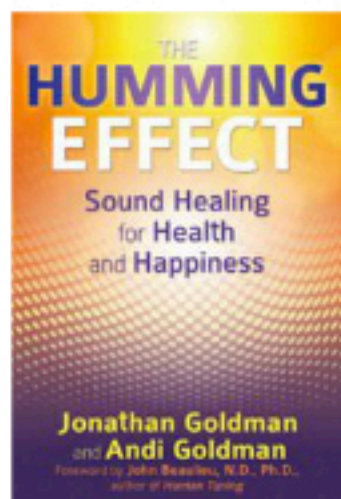
Sound Healing for Health and Happiness  
By Jonathan Goldman and Andi Goldman

*The Humming Effect: Sound Healing for Health and Happiness* is a conscious guide to humming. Jonathan and Andi Goldman show that you don't need to be a musician or singer to benefit from sound healing practices — all you need to do is hum. You don't need to pay for a fancy tuning fork to experience the benefits of sound healing; instead, you can simply hum for free.

They provide conscious humming and breathing exercises from simple to advanced, complete with online examples. There is also an audio download that accompanies this book that is extremely helpful and informative for those of us who have not practiced this technique before.

Jonathan and Andi explore the science behind sound healing, revealing how self-created sounds can literally rearrange molecular structure. They demonstrate how humming not only helps with stress levels, sleep, and blood pressure but also increases lymphatic circulation and melatonin production. Humming also releases endorphins, creates new neural pathways in the brain, and releases nitric oxide, a neurotransmitter fundamental to health and well-being. As they research the science behind sound healing, they convey their research in a way that anyone can understand.

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.



Double-Click or Drag to Zoom

Who knew that humming could be so beneficial to our health and happiness? In *The Humming Effect*, the Goldmans prove that humming is free, easy, available to all, and beneficial for your health and happiness.

—SARAH CIRILLO

MUSIC

**Sydney Leigh**

Falling In

Sydney Leigh has dedicated her life to the medicine of sacred music. Traveling far and wide to connect with wisdom keepers and community to cocreate and share her musical soundscapes, Sydney is living the intention of healing through spirit and prayer to



awaken the heart. *Falling In* encompasses all of these aspects of her artistry, from sacred folk to expansive *kirtan*. My current favorite is "You Move Me," which I find reminiscent of the great Santa Cruz singer Kirtana.

Sydney is already an accomplished vocalist of sacred music, incorporating her California Institute of the Arts studies in classical voice, opera, and acting, as well as studies at the Ali Akbar College of Music. As a ceremonialist for healing of the lands and waters, she has found her path through sonic expression, vocal alchemy, and ceremony. *Falling In* was recorded in Maui, offering sacred songs of Indian lineage crossed with soulful vocals.

As a songwriter, she believes there is a beauty in telling stories that spark a relating to all people and empowers an emotional experience. She finds that music holds an essential key to digesting the unrest and injustices of our world and allows a deeper space for healing.

Her songs stream from deep pools of her own healing journey infused with elements of blues, folk, and Indian influences. Superb musicianship by K. Alan Roth, Jared May, Prem Vida, Ankush Vimawala, and others supports her expansive songs. Her CD release tour begins this fall. For Sydney, life is a prayer, a ceremony, and a practice every day in calling ourselves home and witnessing the divine grace of life itself. Falling into *Falling In* is a gentle, inspired invitation.

emony, and a practice every day in calling ourselves home and witnessing the divine grace of life itself. Falling into *Falling In* is a gentle, inspired invitation.

[SydneyLeighMusic.net](http://SydneyLeighMusic.net)

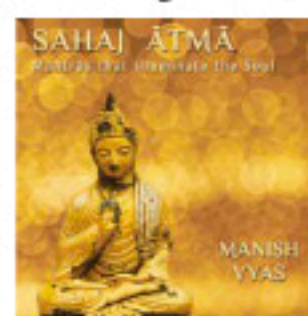
—LLOYD BARDE (LLOYDBARDE.COM)

**Manish Vyas**

Sahaj Atma: Mantras That Illuminate the Soul

*Sahaj Atma* is a new release from India's Manish Vyas, who has toured the world supporting Snam Kaur, Deva Premal and Miten, Prem Joshua, and with his own band. Over the course of more than a dozen releases, Manish has offered some of the most gently beautiful and devotional music on the planet! This latest music travels through a simple but delightful landscape of ancient, powerful mantras.

As always, each piece is supported by the finest Indian musicians on sitar, bansuri flute, violin, tabla, harmonium, *tanpura*, *swarmandal*. This is a compilation of sacred songs that can be played during Sadhana, meditation, relaxation, yoga . . . or just gently devotional listening to create good energy and a loving atmosphere. *Sahaj Atma* is an invitation to come closer to one's natural self—into the space of devotion, grace, oneness, love, and silence.



*Sahaj Atma* is a collection of mantras, composed and arranged by Manish over the past four years, during a period of much personal learning, a time of changes and realizations. What Manish discovered is that although one can be inspired by outside sources, ultimately the real teacher is inside. *Sahaj atma* refers to the natural state of a being, the innocent state uncontaminated by conditionings and rules imposed by the society through our lives.

*Sahaja* is that nature that, when established in oneself, brings the state of absolute freedom and peace. This exquisite, truly sacred music serves as a guiding light toward this inner destination. Simply listen—the music will subtly do its own work.

[ManishVyas.com](http://ManishVyas.com)

—L. B.