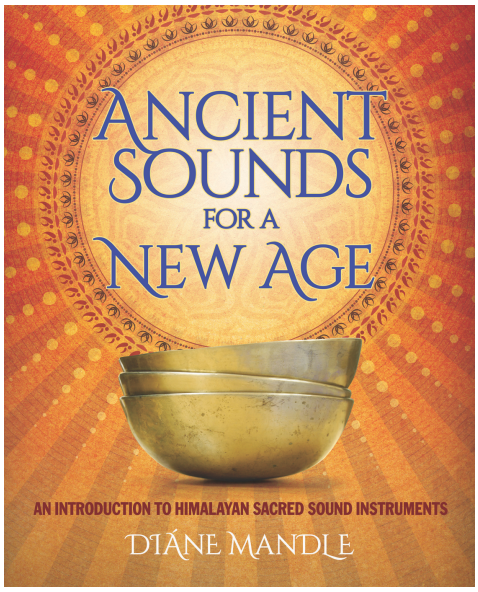
Ancient Sounds for a New Age: An Introduction to Himalayan Sacred Sound Instruments



By Diáne Mandle

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268 pages
7.5 x 9.25, perfect bound
Includes Bonus: Digital video of a sound healing demonstration

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Ancient Sounds for a New Age is an introduction to and overview of sound healing with Himalayan instruments. It offers a clear idea of what is needed to learn and practice for anyone who decides to enter the field, and serves as an instructional tool to that end. Diáne has combined techniques from other fields that have proven very effective for her clients and describe these in the book. As an extra bonus, exclusive access to a digital one-hour instructional video is included to demonstrate Diáne's methods as a practitioner.

The book is organized in five parts. The first, Part I: Fundamentals of Sound Healing, offers an orientation to the work.

Part II: The Sacred Sound Family, teaches about the sound healing instruments—the *tingshas,* the *ganta* and *dorje,* and the Himalayan bowls—and the author takes you through some basic configurations for working with multiple instruments.

Part III: Sound Healing and the Chakras, offers a breakdown of techniques and principles for working with the body's main energy centers, the *chakras.*

Part IV: Working with Challenging Emotions, offers brief orientations to working with anxiety and depression, dedicating one chapter to each.

The last main section of the book, Part V: Enhancing Your Practice, concerns ways to include other modalities in a sound healing session, and the author shares some that have worked well in her own practice. Diane explores colors and toning, power language, and visualization, reminding the reader, "In learning to practice sound healing, we are aspiring to become more than *technicians* who can play the instruments—we are developing into *healers."*

Additionally, several Appendices include: thumbnail profiles of some sound healing pioneers, an interesting case study, some client testimonials, and further resources, including information about Diane's school and some of the classes and products offered.

Advance Reviews

Diáne Mandle is the preeminent voice in the field of Tibetan bowl sound healing. Her book, *Ancient Sounds for the New Age*, offers a platform of deep understanding on which a practical skill set can be easily built upon. This is what the emerging field of sound healing has been waiting for. There is no doubt that it will soon be recognized as the go-to resource for serious vibrational practitioners.

—Richard Rudis (Karma Sonam Dorje)

Diane Mandle's Tibetan Bowels were part of the Integrative Medical Care offered at the San Diego Cancer and Research Institute. Our patients found her sounds magical, therapeutic, meditative and leading to an inner sense of peace and well-being.

—Paul Brenner M.D, PhD

In *Ancient Sounds for a New Age*, Diane reveals how to use the Tibetan bowls, *tingshas*, *ganta*, and *dorgje* to transform problems into doorways of light. I've personally experienced her ability to awaken the music of the soul and open to the blessings of harmony, and now with this indispensable book, you can too."

—Cyndi Dale, Intuitive, healer, and author of many bestselling books including The Subtle Body, The Intuition Guidebook, The Complete Book of Chakras, Energetic Boundaries*, cyndidale.com*

About the Author

Diáne Mandle is an internationally known author, recording artist with Sounds True, Tibetan bowl practitioner, and educator and the only state certified practitioner/instructor in California. Diáne has given over 250 educational concert programs in 32 states as well as in India, Costa Rica, Mexico and St. Croix. She has been a frequent guest presenter at the Museum of Making Music, California State University San Marcos, The Golden Door, The Deepak Chopra Center, Rancho la Puerta and KPBS. She is a featured expert in the upcoming video series: *Tao—Living in Balance* along with healers such as Dr. Wayne Dyer and John Gray.

Diáne maintains a private sound healing practice in southern California where she also owns and operates the Tibetan Bowl Sound Healing School. She was part of the integrative therapy team at the San Diego Cancer Center and developed a successful sound healing program for incarcerated veterans with PDSD.

For more information on Diáne Mandle, please visit: www.soundenergyhealing.com www.tibetanbowlschool.com

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