

# The Secret Language *of the* Heart

How to Use Music, Sound,  
and Vibration as Tools for **HEALING**  
and **PERSONAL TRANSFORMATION**



**BARRY GOLDSTEIN**

Foreword by Dr. Joe Dispenza

## Praise for *The Secret Language of the Heart*

“Powerful, wisdom-filled, and practical! *The Secret Language of the Heart* is the go-to manual for awakening the power of the heart in love, healing, and everyday life!”

—**Gregg Braden**,  
New York Times best-selling author  
of *The Divine Matrix* and *Deep Truth*

“*The Secret Language of the Heart* is a very special gift on how to use music, sound, and vibrational tools to optimize your mind and body. Barry Goldstein is not only a talented musician, he's also a great communicator who gives you step-by-step instructions on how to use sound to feel more focused, relaxed, creative, and happier overall. I highly recommend it.”

—**Daniel G. Amen, MD**,  
founder of Amen Clinics and New York Times  
best-selling author of *Change Your Brain, Change Your Life*

“A wonderful book that cannot help but be a joy to all who have the good fortune to read it.”

—**Neale Donald Walsch**,  
New York Times best-selling author of *Conversations with God*

“In this powerful yet user-friendly guide, Barry Goldstein maps out and defines the important role of music, sound, and vibration in creating heart and brain coherence. *The Secret Language of the Heart* provides innovative tools, solid research, and compassionate insight to fuel the creation of your own daily music program and is

a reminder that the intersection where science and spirituality meet lays at the crossroads of your heart.”

—**Deborah Rozman, PhD,**  
president and co-CEO of HeartMath

“*The Secret Language of the Heart* unveils the true blueprint of music beyond art and entertainment as a vehicle for coming home to the heart and optimal health. Barry and his work are both passionate and filled with love.”

—**Don Miguel Ruiz,**  
author of *New York Times* best seller *The Four Agreements*

“After twenty-seven years of experiencing great music through vibration, I know that music is the language of the soul and can assist the mind in reaching inner divinity. In *The Secret Language of the Heart*, Goldstein creates that great meaning of great music.”

—**C. Norman Shealy, MD, PhD,**  
founder and CEO of the National Institute of Holistic Medicine  
and editor of the *Journal of Comprehensive Integrative Medicine*

“In *The Secret Language of the Heart*, Barry Goldstein creates a road-map with music as a vehicle for journeying back to and grounding into our authentic self. I love his music and would highly recommend his work to anyone seeking to go deeper into the realms of his or her own heart, mind, and soul!”

—**Anita Moorjani,**  
*New York Times* best-selling author of *Dying To Be Me*

“The employment of pharmaceuticals, nutraceuticals, and electroceuticals are instrumental in healing the heart. The brilliant work of Barry Goldstein has now created “acousticeuticals,” an entirely new field to open the heart. The many forms of music, sound, vibration, and acoustics that Barry Goldstein recommends support heart rate variability (HRV), which in essence reveals the truth of the heart-brain connection. *The Secret Language of the*

*Heart* is a must read to learn how to access musical gateways for cardiac rejuvenation and renewal.”

—**Dr. Stephen Sinatra,**  
board-certified cardiologist and author

“Barry Goldstein's new book takes the healing power of music, sound, and vibration to a whole new level of transformation for your body, mind, and spirit!”

—**John Holland,**  
spiritual medium

“Seldom does one find so much life-changing wisdom in such a small and readable volume. Now I know that as I explore the scientific basis of sound and music healing I can fine-tune my creativity and enjoyment with well-chosen music. And what a difference it makes! This book is a masterpiece and will make a big difference in the lives of many people. Thank you, Barry!”

—**James L. Oschman, PhD,**  
author of *Energy Medicine*

“*The Secret Language of the Heart* provides a significant new approach to creating harmony and balance within by using the power of the heart's song. Barry Goldstein blends modern and ancient sound techniques with holistic counseling to completely transform stress and heal the body. This book empowers readers to experience the compassion so necessary for the evolution of our consciousness in today's world.”

—**Dr. Darren R. Weissman,**  
developer of the LifeLine Technique and best-selling author of  
*The Power of Infinite Love & Gratitude*

“*The Secret Language of the Heart* awakens and activates the unsung song of the heart and brings us to coherence between mind, heart, and nature. Barry Goldstein has done an amazing job



of capturing the tools to begin this magnificent journey of becoming the music that we are.”

—**Dr. Sue Morter**,  
founder of the Morter Institute for Bioenergetics

“In *The Secret Language of the Heart*, Barry Goldstein provides easy yet profound steps in creating a heart-centered program to improve your health and quality of life. Whether you are a musician or not, now you can lead a life filled with harmony!”

—**Colette Baron-Reid**,  
author, intuitive, medium, musician, and artist

“For thousands of years, music has been a language that speaks to the heart. In *The Secret Language of the Heart*, Barry Goldstein gives us a sound program to fine-tune our heart awareness and listen to music in a new way—from the inside out. A modern program incorporating ancient wisdom!”

—**Don Miguel Ruiz Jr.**,  
author of *The Five Levels of Attachment*

“This book is genius! A brilliant resource and dynamic hands-on guide to crafting your own harmony of living, with vibrant health and the wisdom from within our own hearts.”

—**Heather McCloskey Beck**,  
author of *Take the Leap*

“I love this book. Barry has composed a symphony of stories and scientific research explaining how the vibrations of music can heal your life and transform your heart.”

—**Andy Dooley**,  
creator of Vibration Activation

“This jewel of a book is extraordinary in its simplicity and depth. I stress simplicity because a true master has the ability to take something complex and make it seem simple. Barry Goldstein is

truly a master musician, and by spending time with this book you will come to appreciate and embrace music in ways you've never imagined.”

—**Blaine Bartlett,**  
speaker, author, consultant, executive, and leadership coach

“Barry Goldstein is one of the most innovative musical minds to surface in the area of transformation and healing. Understanding the creative process, he has discovered new ways to release the blocks that we experience and create the flow that should be part of our nature. I am a huge fan and have employed many of his techniques to create a harmonious balance for both healing and creating joy.”

—**Robert Cutarella,**  
two-time Grammy Award–winning producer

“A timely and compelling read. I wondered what the next revealing, unique, and purposeful book would be that was in alignment and harmony with the new world in which we live. *The Secret Language of the Heart* is it.”

—**Maureen Moss,**  
author, consciousness teacher, and catalyst for change

“Barry's exploration of sound and vibration and their uses to create more vibrancy and healing in everyday life is exceptional!”

—**Sarah McLean,**  
director of the McLean Meditation Institute

“The healing that occurs when you open up to the vibration of music is something I have experienced firsthand. I love that Barry Goldstein has bridged the gap between science and spirituality through the one language we all can understand . . . music! *The Secret Language of the Heart* provides musical prescriptions for a more healthy and joy-filled life and is a must read.”

—**Sunny Dawn Johnston,**  
author of *The Love Never Ends* and *Invoking the Archangels*

# The Secret Language *of the* Heart

How to Use Music, Sound, and Vibration  
as Tools for Healing and Personal Transformation

BARRY GOLDSTEIN

Hier<sup>o</sup>phantpublishing



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To Donese, the song of my heart

# Contents

[Foreword by Dr. Joe Dispenza](#)

[Preface](#)

[Introduction](#)

[Part One:](#)

[Music as a Healing Tool](#)

[1: The Music Within](#)

[2: Activating Your Heart's Intelligence with Music](#)

[3: Engaging Your Brain with Music](#)

[4: Song as a Vehicle for Transformation](#)

[Part Two:](#)

[Creating and Implementing a Daily Music Practice](#)

[5: Music: The Bridge to Re-tuning Emotions](#)

[6: Creating Playlists for Transformation](#)

[7: Balancing Your Energy Centers](#)

[8: Expansion and Connection Through Chanting, Sound, and Vibration](#)

[9: The Vibration of Words and Intention](#)

[10: Ignite Your Creativity with Music](#)

[11: Create Your Ultimate Day Every Day with Music](#)

[12: Conclusion](#)

[Part Three: Musical Prescriptions for Health](#)

[Musical Prescriptions for Health Index](#)

[Afterword: Chopin's Nocturnes](#)

[Acknowledgments](#)

[Sample Playlists](#)

[Notes](#)

[References](#)

# Foreword

**I GREW UP PLAYING THE PIANO.** As part of my daily routine between homework and sports activities, it was a very firm requirement that I practice piano for at least one hour after school. I'd start each session by running my fingers up and down the keys, playing all of the scales—both sharps and flats. Then I would hammer out all of the chords that I knew in every key—major, minor, dominant, half diminished, and fully diminished. And if I made a mistake, I'd hear a stomp thundering from the ceiling, as if God was listening to me from above. Of course, I knew that I had to start all over again from the beginning and not rush through the sequences. Once my fingers were totally connected to my brain, I would do my best to master a classical piece composed by Chopin, Bach, Beethoven, or Brahms.

Upon reflection, I think those eight years of my childhood were more of a prison sentence than a sign of creative ambition. It was only in the last few years that I was allowed to play jazz, blues, pop, or rock and roll. As you can imagine, being a young kid, playing anything other than classical music was liberating. For hours I'd watch in awe as Elton John and Billy Joel played the ivories with such command, such passion, and such grace—and they never made a mistake or needed to look at the keys. As a result, I wanted only one thing: to play without ever looking at my hands, and, at the same time, to possess the ability to improvise into some creative, altered state of mind.

It never happened. My interests changed. I became more involved in academia, a social life, and high school sports. After all, there are only so many hours in a day. My father was disappointed I didn't continue studying piano, and he would always say the same thing when I fought him with the resistance of any male adolescent with elevated testosterone levels: “One day you will wish you never stopped.” He was right.

When I met Barry Goldstein many years ago, I fell in love with him and his music. He is an award-winning musician with a unique talent and skill for making music, sound, vibration, and coherence all come together for us. He is a true composer, a modern-day classical artist with sensitivity for moving the hearts and souls of all who have the ears to hear. He has touched my mind, my heart, and my soul in so many ways with his various masterpieces. Meeting him and listening to his tunes has rekindled my enthusiasm for music. Plus, he's cool.

I have had the privilege of leading large workshops around the world teaching people how to use meditation to change their internal states, to heal themselves of various maladies, and to create better lives for themselves. The model of transformation that I use combines the principles of quantum physics, neuroscience, neuroendocrinology, psychoneuroimmunology, and epigenetics. I believe that science has become the contemporary language of mysticism.

These are big words, but don't be intimidated. Each of these fields points the finger at possibility and suggests that we are not doomed by our genes or hardwired to be a certain way for the rest of our lives. They propose that we have control of our destiny, that we are marvels of adaptability, and that we can change at any age. I have witnessed true miracles in people's lives when they apply and personalize these theories into practical experience.

This is where Barry Goldstein comes in. He is a major orchestrator of those conditions in our seminars. Barry and I have been working together for over three years. He has played live music during the meditations in our five-day advanced workshops. We have over five hundred people attending these events from all over the world and have completed a total of nine events to date. The type of meditations we do vary depending on what we are intending to accomplish. Some last one hour, some two hours, and some even three hours—and we do three meditations per day. Each one is always different, and so is the music our participants hear.

You have to imagine this. The lights are very low and hundreds of people are sitting, eyes closed, in a large ballroom. Barry is on stage with me, sitting at his keyboard. He is watching me (not looking down at his



keys) and we are improvising. It's my childhood dream, but I'm not playing. Barry is, because he's a master of his craft.

I actually don't know how all of this unfolds, but I can tell you all I am doing is making hand signals while staring into Barry's eyes. And he is intuitively playing music and making the right sounds that quickly change our students' brain waves from a state of wakefulness into a state of transcendence; that alter the type of brain waves they produce to become more coherent and synchronized; that sustain those brain states for extended periods of time; that quiet the analytical mind and lower the volume to intrusive thoughts; that help open their hearts so they can embrace more elevated emotions, causing their hearts to beat in a more orderly and coherent manner, which then begins to produce a strong magnetic signal from that part of the body; that inspire them to transform some aspect of their limited beliefs; and, most importantly, that enable them to get beyond themselves.

I bet you are wondering how I know that all of these phenomena are occurring. It's simple. I have a team of researchers and scientists who measure our students' biological changes during our advanced events. We do regular quantitative studies on the brain (EEG), the heart (HRV and EKG), the energy of the room (GDV), and the energy emitted around people's bodies (GDV). So I know that Barry's music makes our students' brains work better, enhances the energy fields surrounding their bodies, and enriches the ambient energy field of the ballroom. And his recipes of sounds and tones have created more measureable heart coherence, as you will learn in this book.

Our research has shown that a clear intention (which is an act of a focused and coherent mind), coupled with an elevated emotion like joy, gratitude, care, wholeness, freedom, and compassion (which is a function of the heart) changes people's states of being. Barry's music is the necessary component for the process.

Barry has taken my audiences into elegant and deep states of mind. He has regularly composed music to transcend this reality. His original music helps our students get beyond their bodies, disconnect from their environment, and forget about time. That's when the magic happens. By artfully filling the space of the room with rhythmic vibrations, tones,

sounds, and energetic waves, Barry helps everyone forget that their outer world exists. Only when the inner world is more real than the outer world can the brain and body change form. Barry's music seduces us into those transcendent, blissful realms.

So take your time. Maybe turn on some of his music. And read this book with an open mind and heart. Barry's certainly done his homework to educate you about the world of sound and vibration. He has also given you ways to let go of anything that stands in the way of you and your true potential. I hope you enjoy this book as much as I have.

—Dr. Joe Dispenza

*New York Times* best-selling author of *You Are the Placebo* and *Breaking the Habit of Being Yourself*

# **Note to Readers**

This book is not intended as a substitute for medical advice of your physician. The reader should consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

# Preface

**MUSIC IS A LANGUAGE** that has spoken to me my entire life. From the time I picked up the guitar and learned three chords, I've been passionate about writing songs. I remember sitting on the edge of my bed creating vocal melodies over chord progressions. It was official: I was in love! Music was always a vehicle for me to share my heart, and at the same time it touched mine. Although I did not know it at the time, it was within my musical process that my spiritual practice evolved. Music set the foundation for a harmonious love affair that provided the perfect balance of giving and receiving with something beyond myself.

As my aspirations to become a professional musician manifested, something changed. Somewhere along the way, as music became my livelihood, it also became a job. In 1997, I came to the realization that I needed to make a change. I'd been working as a musician and record producer in New York City for ten years, and the process of creating a four-minute song was taking an average of fifty to a hundred hours. Between composing, producing, and dealing with record company executives and recording artists, my love for music was getting lost in the process. Something was missing.

I longed to reconnect with my love for music and take it into a new realm, but I didn't know where to start. How could I reconnect with that twelve-year-old boy within, the one who sat on the edge of his bed writing songs in pure bliss? I was at a crossroads, at the intersection where it all started: my heart. This is where my love for music was birthed, and I knew this was where it needed to be rebirthed.

I began seeking answers on the Internet, and I remember typing *music* and *heart* into a search engine. I'm not sure exactly what I was looking for in that moment, but I learned that a human heart in a relaxed state beats about 60 times per minute. I knew that the measurement of beats per

minute was used in music to designate how fast or slow a piece of music moved (tempo). This prompted me to incorporate the tempo of 60 beats per minute into some of my compositions with the intention that the pulse of the music would take me to a more relaxed, present state where I could reconnect with my heart, my passion, and my love for music. In addition, I was curious what would happen if I just allowed the music to move through me and speak to me as opposed to formally composing it. This process of listening and trusting my musical intuition at a new level excited me! This was the beginning of allowing music, the secret language of the heart, to speak to me once again. This time, it went beyond listening with “all ears”; it was with “all heart!”

This was a journey of moving back into harmonic alignment with my heart, and within it I discovered a new process of creating. Instead of composing, as I'd done for so many years, I was now de-composing music. From a state of relaxation, both mental and physical, I rediscovered my love for music. I began each new piece with the intention that it would serve the highest capacity of healing for each individual listening, starting with myself. And it did. I found myself moving to deep meditative states, and at the same time it was very rejuvenating. The stressed-out, type-A New Yorker who'd lost his passion for music began to disappear, and in this healing a new way of creating music evolved. I began to build layers within the music based solely on my intuition, never knowing what chords or melodies would come next. This painted some unique harmonics, combining layers of notes and frequencies that felt otherworldly. While I was used to being “in the zone” while composing in the past, this was different from anything I had ever created.

As I composed these pieces, it felt like my heartbeat and the music I was producing in the studio were perfectly in sync. This is the very definition of entrainment; an internal rhythm (my heartbeat) syncing with an external rhythm (the music). When this occurs, it can create an orderly heart rhythm (coherence) that has many health benefits. In addition, this new process took the pressures that occurred in my mind out of the picture and allowed me to become a vehicle for a unique synergy with a greater power to manifest a sacred co-creation. In this unique process of reaching a relaxed state through creating music, my body, mind, and spirit moved back into balance.

I believe this music achieved success so effortlessly because listeners felt the intention that was embedded within. It also assisted my healing process and overall health on many levels: my stress levels decreased significantly, my body was less tense, and I was sleeping more soundly. The pieces I created while in this state went on to become my CD series *Ambiology*, and the music, sound, and vibration of this series are assisting people with sleep disorders, anxiety, stress, brain harmony, focus, and clarity, as well as shifting the environment.

It was these successes that created a thirst for understanding why my music was working from a scientific basis. At the time, Dr. Donese Worden (who is now my fiancée) was using my music to treat insomnia in her patients. She encouraged and assisted me in researching the benefits of how music can be used to treat specific medical conditions. It became a unique relationship that was kind of like Reese's Peanut Butter Cups—I got my music in her medicine, and she got her medicine in my music. After researching for three years, I began to lecture at medical conferences on music's ability to benefit specific conditions, and we are now conducting research studies to determine the health benefits of my music.

In addition, implementing a musical program into my own life allowed me to reclaim my energy, clarify my purpose, and provide me with the focus to reach new levels of success, including coproducing a Grammy Award–winning track with Les Paul, the inventor of the solid body electric guitar.

The Native Americans have a saying: “The longest journey you will ever take is from your mind to your heart.” As my spiritual path has developed over the past twenty years, I have uncovered more and more information that supports my experience of how music can be used as a vehicle for healing, to ignite creative energy and to guide us back to our hearts. Whether you are creating a piece of art, writing a business plan, or redecorating your home, you can make your creative process more sacred, put your mind more at ease, and improve your physical health through the conscious and consistent use of music.

Each of our lives can be a beautiful song. The same principles that create this song can be utilized to create a magnificent life. We can bring harmony into our relationships, find rhythm in our careers, and provide



sound advice to friends and loved ones. We can orchestrate new opportunities, compose new ideas, and conduct our lives with integrity. At the same time, we can learn to remove dissonance from challenging situations, arrange our energy more effectively, and learn to listen beyond just hearing. We are meant to live a musical life.

# Introduction

*Musical training is a more potent instrument than any other, because rhythm and harmony find their way into the inward places of the soul, imparting grace, and making the soul of him who is rightly educated graceful.*

—Plato

**IT'S HARD TO SAY WHEN I FIRST** realized music could be a transformational tool. I remember sitting on our piano bench, feet dangling with the floor miles away, as my mother sat next to me, her feet dangling too. My mom was only four feet five inches tall, but she had the spirit of a giant. I was two or three then, but I remember how each note filled the room as my mother sang the playful Harry Belafonte song “Yellow Bird.” As she sang, her small fingers lay gently on top of mine, striking the keys in time with each note she sang. I sat in wide-eyed wonder as I felt the vibration of the piano notes matching her voice. This is what I now know to be resonance, her voice's vibration magnifying the vibration of the piano note. Even after the notes played, they hung in the air, like a beautiful hummingbird sharing its song. The notes changed the room, as did the space between the notes. Both were so beautiful, and when they stopped the room felt so empty.

I think it was then that I seeded a longing to fill the room with music and to feel the space between the notes. My mom was never formally trained in music; she played by ear, and she informally passed this gift on to me. She knew then that music is to be felt by the heart. I can still feel her tiny fingers on top of mine guiding me over the ivory keys, guiding me through my first transformational experience with music. My heart is filled

with gratitude for her gift to me: sharing the power of song to shift ordinary moments into life-altering experiences.

It is in this vibration of gratitude that I would like to begin our journey together into the secret language of the heart. I am so thankful to have the opportunity to share a beautiful gift that all of us have been given access to. We have opened this gift at many times in our lives and have been blessed to have it touch our souls on a deep level. Music has always been there, from our first lullaby and first kiss to the prom dance, sweet sixteen, breakups and makeups, weddings, anniversaries, baby showers—virtually every important moment of our lives. While friends may come and go, careers may shift, and hair may disappear over the years, music will always be here. Thank you, music!

Music is a common chord that weaves through every culture, speaking to us in a secret language, a language from and of the soul, one that speaks beyond reason, race, and religion. Music defines the indefinable and gives meaning to the tapestry of moments woven together to create our lives. These moments define our soul's path and how our unique vibration ripples outward in the world.

That is why music is here: to communicate what words cannot, and to assist in integrating the wisdom of our minds and the lessons of our hearts for the purpose of our personal and spiritual evolution. When we can see music in this light, it becomes more than just art and entertainment; it is a translator of divine thought, and a way of life. It is a powerful vehicle to transform us on the deepest level, from the inside out.

In this book, we will tap into music's known power as art and entertainment and also move beyond that to unleash its full potential to enhance and improve our health and quality of life. If your soul has been longing for something to truly touch your heart and assist you, look no further. Music is here for you. As we bring awareness to music, sound, and vibration on a daily basis, we experience it in a new way—internally to externally. There is music that exists inside your physical body. It is a precious gift never to be taken for granted, for it is your own unique sound and vibration that communicates to you beyond words, as you will soon learn.

When we talk about utilizing music to improve our health, it is not just the physical body we are talking about. To get the full picture of health, we must look at the four-body system: the physical, mental, emotional, and spiritual bodies. Each has a unique role in our total health. Throughout the book, you will hear me refer to this concept as *the four bodies*.

Music has the potential to transform, but change is not always an easy thing, for change needs to initiate from a deeper level. Change must move past the surface, past our limited emotions, beliefs, and negative patterns. It must move beyond our physicality and our programming of the mind. For true transformation to occur, change must immerse itself in our being; it must touch our heart and soul. That's what we'll work on in the course of this book, with music as a conduit.

## **What to Expect from This Book**

We'll start by discussing the music that is within each and every one of us—our heartbeat, our breath, and our sigh. From there, we'll learn how music and sound can affect the body and the brain. Armed with this knowledge, we'll implement a daily practice that has you using music strategically throughout your day to boost your mental, physical, emotional, and spiritual health. Music is a power tool that can improve, redesign, and reignite your day.

Another key thing I want you to take away from this book is the importance of having a daily music practice. To help you get started, each chapter has tips, exercises, and techniques you can incorporate into your practice to suit your needs. I encourage you to try each one at least once, and keep the ones that work best for you.

## **Sound Tools for Transformation**

The end of each chapter provides additional tools that allow you to integrate the topics and information into your life through an experience. Reading is much different than applying your knowledge, and I encourage you to have your own unique experiences bringing each chapter into your life.



## **Suggested Music**

One of the most challenging things about writing a book about music is that there is no actual music in it. To remedy this, I have suggested music in most of the chapters that complements the subject matter. I have handpicked this music after seeing what has assisted people on a daily basis for over fifteen years. In some cases, I have suggested my own compositions when they have had a proven beneficial track record on the specific topic at hand.

Don't just zip through the book. Utilize the suggested music as a tool to integrate the information provided in each chapter. This moves you beyond just thinking about the topic and allows you to experience it, feel it in your mind, body, and soul, and integrate it. This is one of music's wonderful gifts; it allows us to integrate wisdom and knowledge. There is also suggested music for the experiential processes that will elevate your experience.

## **Experience**

Everything I have learned about music, sound, and vibration over the last forty years has been seeded by an experience. These experiences have transformed my life, ignited my curiosity, and inspired me to form my own hypotheses that I am excited to share with you here. I believe that inspiration creates inspiration, and I hope my stories and research will inspire new creative adventures for you as well.

## **Research**

Even before the times of Pythagoras, music and the sciences have danced hand in hand. Along with my personal experience, I've also cited numerous studies to show that these assertions of music's innate power have scientific legs. There is still much more work to be done on the effects of music on our health, creativity, and peace of mind, but the research presented here will help deepen your understanding of this emerging field of study.

Of course, the suggestions you have just read are geared toward optimizing your experience. One of the major points of this book is to discover what resonates with you. The intention is that you utilize this book to become an expert on what feels sound to your instrument—your physical, mental, emotional, and spiritual bodies.

It's time to rejuvenate and replenish our souls. It's time to stop holding back our gifts on any level. It's time to share ourselves in the world, for we are so needed. It's time to tune up and tune in to create a new song of harmony, peace, love, compassion, and kindness.

Just as creating a meditative practice can change your life, so can creating a musical practice. This does not mean you have to be a musician, but it does mean you can incorporate music into your life with intention to create transformation. Incorporating the information, tools, exercises, and musical suggestions contained here will help you to manage your daily stresses, enhance your creativity, and master your emotional and physical well-being. Are you ready to create that shift? Then let's begin!



“*The Secret Language of the Heart* is a very special gift on how to use music, sound, and vibrational tools to optimize your mind and body.”

—**DANIEL G. AMEN**, MD, founder of Amen Clinics and *New York Times* best-selling author of *Change Your Brain, Change Your Life*

In *The Secret Language of the Heart*, award-winning composer and producer Barry Goldstein shares how every one of us—the musical and non-musical alike—can harness the power of music to dissolve creative blocks, reverse negative mindsets and attitudes, alleviate specific illnesses and ailments, and improve overall health. Backed up by the latest scientific research on the benefits of music, sound, and vibration, this book offers practical, concrete instructions for healing that can be tailored to suit your individual preferences and needs, including how to:

- › Nurture your creativity, mindfulness, and productivity by creating customized playlists to transform your situation and mood. (Your favorite song of the moment is more important than you realize!)
- › Balance and harmonize the energy centers using sound and vibration.
- › Find peace and serenity with the Heart Song Breathing Process.

Goldstein presents step-by-step guidance—as well as dozens of song recommendations along the way—to help you create a daily music program that will heal, energize, and inspire. He also shares vivid stories of his own transformation through music, as well as the life-changing effects music has had on his clients.

Let this book show you how to use music and sound in a way that will transform your life.

**BARRY GOLDSTEIN** is a composer, producer, and researcher on the vibrational effects of music. He brings his knowledge of frequency, resonance, entrainment, and harmonics into his recorded series *Ambiology*, which is being utilized in hospitals, hospices, medical offices, and homes worldwide. Barry is a sought-after speaker for medical and personal development conferences.

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