

ACCELERATING LEARNING

Reduce stress, improve concentration,
and stay in “the zone” for optimal learning!

Subliminal suggestions harness the
power of your subconscious mind.

STEVEN HALPERN



STEVEN HALPERN is the #1 bestselling composer, recording artist and researcher whose music helps millions of individuals worldwide to relieve stress and enhance feelings of well-being and inner peace.

Keyboard magazine recognized Steven as “One of the most influential artists of the past 35 years who changed the way we listen to and market music.”

His atmospheric compositions are significantly more effective at reducing stress than most traditional classical music, as proven by biofeedback research.

Steven has appeared on hundreds of TV and radio programs, including: *48 Hours* (CBS-TV), *The Tomorrow Show with Tom Snyder*, *AM Los Angeles*, and *America’s Talking*. He’s been covered in *The New York Times*, *USA TODAY*, *Yoga Journal* and many other media outlets.

Steven’s music is heard in leading health and healing centers, corporate wellness programs, spas, hospitals, schools and homes. His albums enhance yoga, meditation, tai chi and massage.

Visit Steven at: www.StevenHalpern.com for
exclusive podcasts, insightful newsletters and more.



See videos at: www.YouTube.com/StevenHalpernMusic

It's now widely known that music can play a positive role in assisting individuals to learn more effectively. What is **not** widely known is that some music is much more effective than other music.

There has been a great deal of mis-information and dis-information in the field, as a result of the hype surrounding the now-disproved “Mozart effect.” When it comes to getting demonstrable, positive and significant benefits, you’ve got to make informed, educated choices.

Expanding upon the pioneering research of Dr. Lozanov in Bulgaria, I developed a contemporary approach to “sound education.” My specially composed music supports the learning process by decreasing stress and fine-tuning the mind into the “window” frequencies of *alpha* and *theta* brainwave activity. These states are associated with higher levels of performance and creativity.

The unique nature of my Non-Predictive Music helps you focus and concentrate. It often becomes “transparent” and seems to disappear—but it continues to function even if you are not aware of it. The free-floating ambient structure and gentle flow of these compositions promote a relaxed yet alert state.

3 KEYS TO ACCELERATING THE LEARNING CURVE

Here are three key concepts that underlie the use of music to accelerate concentration, absorption and retention:

1. Most individuals learn better when they are relaxed.
2. Most classical music is not composed with the goal of relaxing the listener.
(In fact, most classical compositions are based on formula of tension and resolution.

Thus, the inherent nature of the music unwittingly instills stress into the listener.)

3. Using inappropriate music in educational contexts undermines the way the brain learns; using appropriate music works in harmony with how we learn.

RELAXATION AND RHYTHM ENTRAINMENT

Most music, from Bach to rock, is intended to stimulate rather than relax. It literally makes your nervous system ‘more nervous.’ The music of Mozart and most other composers was never intended to be relaxing in the first place.

By definition, relaxation implies a slower, regular heartbeat. You simply cannot achieve a meaningful level of relaxation when your heart is beating fast (Herbert Benson, MD, *The Relaxation Response*). Due to the physical law of entrainment, any external rhythm will automatically override one’s internal rhythm (heartbeat). This means that music with a fast beat inevitably causes the heart to beat faster, which is inherently non-relaxing.

CLASSICAL MUSIC, PREDICTABILITY AND UNCONSCIOUS ANALYSIS

We have been culturally conditioned to respond to melodic, harmonic and rhythmic patterns in music, whether we are aware of it or not. When we listen to traditional classical selections, we are unconsciously hooked into following the structure—and projecting that structure into the future.

This expectation can be pleasurable when you listen to music with your full attention. However, you may find that you get distracted when trying to study or read with such music. The reason is simple: your attention is split—between following the music and following the material.

PROVEN IN CLINICAL AND CLASSROOM TESTING

Independent research revealed that INNER PEACE MUSIC® often out-performs other well-known recordings. This music assisted over 85% of test subjects to effortlessly enter *alpha* and *theta* brainwave states and experience hemispheric synchronization (balancing both halves of the brain).

With this recording, you have ‘sound support’ to harness the hidden powers of the mind. We know you will be delighted with the results.

TESTIMONIALS FROM LEADING EDUCATORS

“Your ‘non-predictive’ music works so much better than classical music in the classroom, it’s truly amazing. I can see the effects immediately in the student’s faces, and in their behavior.

As a workshop leader who conducts training programs for teachers, I have recommended your music for years. These teachers are now experiencing the brain-balancing benefits with their own students.

One of my students told me that he had ADD and had never read more than one sentence of a book in his life. He said he played your music and home, and for the first time, he read an entire chapter!

Your music also works wonders on the teachers themselves. It helps us maintain our own balance and center amidst the daily challenges of the classroom.”

— KIM BEVILL, Classroom teacher, consultant, and
Director, Brain Basics Convention
www.brainconvention.com, www.kimbevill.com

“Your music was immediately effective. Of anything I ever used in teaching, YOUR ACCELERATED LEARNING was the only music which produced immediate results. I play it when my students walk in and throughout the day.”

— DAVID SKINNER, 5th grade teacher, Encinitas, California

“With the help of your music, our students achieve effortless psycho-physical relaxation. They become so receptive to learning that they now learn to speak Spanish four times faster than before.”

— DIANE DAVALOS, past President, International Society for Accelerated Learning and Director, Foreign Language Institute, Denver, Colorado

“I have been using your albums for almost ten years, since I attended one of your workshops. I continue to be impressed at how consistent the results are—especially with my current students, whose favorite music is rap!”

— ROSALYN KALMAR, computer instructor, Beverly Hills High School, CA

“I have had the greatest successes with ADD/ADHD children with Steven Halpern’s music, including SPECTRUM SUITE (now CHAKRA SUITE) and COMFORT ZONE.”

— DR. JESSIE LANDBERG, author of *Interdisciplinary Management of ADD/ADHD*

“Your music is an integral part of our work. We use it in specific contexts and always are delighted with its consistent, positive results.”

— IVAN BARZAKOV, Founder/Director, The Barzak Educational Institute

“Your music is an inspiration to me and my work. I always use and recommend it in my workshops.”

— CHARLES SCHMID, Founder, *Learning in New Directions (LIND)*
Producer of the first Baroque (Adagio) compilations

SUBLIMINAL SUGGESTIONS

These subliminal suggestions are usually inaudible but may occasionally sound like a choir whispering, especially during the softer musical passages.

Learning is now enjoyable and easy for you.
You stay focussed on the task at hand.
You stay highly motivated in the classroom and at home.
You enjoy learning.
You absorb and retain all the information that you need.
You have a powerful and accurate memory.
Remembering what you study is effortless for you.
You enjoy having a good memory.
You feel good about yourself.
You enjoy being successful in school.
It is easy for you to be your 'personal best.'
Listening to this music helps you learn more easily and effectively.
Listening to this music makes it easier to work at higher levels of efficiency.
You are alert and relaxed while studying and when taking tests.
You stay in the zone of whole brain learning.
You maintain your positive attitude in school and at home.
You are pleased with yourself.

1. Accelerating Learning I	2:52	7. Accelerating Learning VII	3:42
2. Accelerating Learning II	3:57	8. Accelerating Learning VIII	4:30
3. Accelerating Learning III	7:57	9. Accelerating Learning IX	12:57
4. Accelerating Learning IV	6:38	10. Accelerating Learning X	4:49
5. Accelerating Learning V	5:57	11. Accelerating Learning XI	12:41
6. Accelerating Learning VI	5:10	12. Accelerating Learning XII	4:05

STEVEN HALPERN

Yamaha Grand Piano • Electric Piano

All other keyboards, including string ensemble and choir

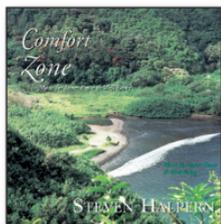
DANIEL KOBIALKA: Violin • KAT EPEL & BOB STOHL: Silver flutes

PRODUCED by STEVEN HALPERN

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COMFORT ZONE



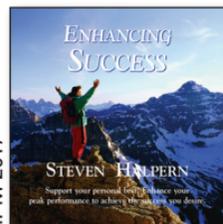
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ENHANCING SUCCESS



IPM 2024

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IPM 2017

Recorded at The Music Annex, Menlo Park, California

Recording Engineers: Roger Wiersema, Robert Iriartborde

CD Mastering: Warren Dennis Kahn • Banquet Studios, Sebastopol, CA

“Halpern’s Non-Predictive Music™ creates breakthroughs for my students. It enables them to concentrate and focus far better than other music I’ve tried. I recommend it highly.”

— Kim Bevill, classroom teacher and educational consultant

ACCELERATING LEARNING is composed to put you in the proper state to learn most easily and effectively. It combines the latest research in neuroscience with Steven Halpern’s unique approach to composition.

The structure, rhythm and tonality of this music helps you shift into the *alpha* brainwave state, which is associated with reduced stress and increased hemispheric balance for whole brain learning.

Simply play this CD softly in the background during classroom activities or while doing homework. It literally ‘tunes up your brain’ for peak performance!

To enhance the effectiveness of this program, a series of short suggestions are recorded *subliminally* (below the threshold of conscious awareness). You don’t actually hear them, but *your subconscious mind does and responds accordingly*.



STEVEN HALPERN is the world’s leading composer of music for relaxation, wellness and whole brain learning. His recordings have been used in learning centers (elementary through university levels) for over 25 years, and are recommended by best-selling authors Jeanette Vos, *The Learning Revolution* and Eric Jensen, *Brain-Based Learning*.



www.innerpeacemusic.com

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File in: Audio Self-Help