



## Music for Relaxation & Meditation

Background music can facilitate a relaxation response and help keep the mind focused during meditation. Choose instrumental compositions that have:

- 1) A slow, steady tempo (between 50 and 80 beats per minute)
- 2) A smooth melody
- 3) Consonant harmonies
- 4) Simple orchestrations

It is important to choose music that you find relaxing and does not create a strong emotional reaction. Do not trust that CD compilations with the words such as "Relaxing," "Peaceful," or "Quiet" will bring about a sense of peace and relaxation. Experiment with different types of instrumental music until you find 15-20 minutes of music that brings about a state of calmness and relaxation.

### Some ideas to get you started

#### *Classical*

Canon	Pachelbel
Air on a G String	Bach
Arabesque #1	Debussy
Gymnopédie #1	Satie
Morning	Grieg

#### *New Age*

Autumn	Kater
Gifts of the Heart	Janis
Cristifori's Dream	Lanz
Fairytale	Enya
Shadow Dancer	Tingstad & Rumpel