BACKGROUND MUSIC

Purpose:

- Helps relax the body and soothes the active mind.
- Creates a peaceful atmosphere.
- Inspires our innermost emotions.
- Transports us to a higher awareness.
- OR creates an ‘alive’ atmosphere if this is the desired outcome.

Requirements:

- Stereo system (tape & CD) capable of producing good quality sound
- Suitable CDs and tapes (see suggestions below)
- Person to operate stereo system

Format:

- Play as background music before sessions commence and during breaks (if appropriate).
- Play as background music when facilitating meditation or creative visualisation exercises.
- Play as background music when children are doing creative exercises (eg. drawing).
- Play purely for listening and relaxation.
- Best to have music without words and without familiar tunes.

Suggested Music:

- Music from the Ken Davis Relaxation Collection, eg.
  "Inspiration"
  "Love"
  "Crystal Clear"
  "Early Morning In The Rainforest"
  "Pan Flutes By The Ocean"
  "Call Of The Dolphin"
  "Pan Flutes With Nature"
  "Quest For Utopia"
  "Daintree Dreamtime"
  "Atmospheres"

- Music from Jack Lim's Qi Energy Collection, eg.
  "River Of Love"
  "Inner Peace"
  "Sublime Happiness"
  "Positive Thinking & Confidence"
  "Clearing Fear & Depression"
  "Relaxation" (music with voice in a guided meditation)
  "Clearing Anger" (music with a passage of voice)

- Kenny G Breathless

As Ken Davis writes, "relaxation music soothes and touches the heart and soul of the listener. Soothing sounds and beautifully orchestrated melodies heal and harmonise and release stress and anxiety, as well as creating a feeling of well-being. The music will inspire your innermost feelings."