

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.*"