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Subject: Music for Relaxation and Meditation

Posted by [Doppler](#) on Mon, 06 Jun 2011 16:47:03 GMT

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What music or CDs are perfect to play to enhance meditation or to increase relaxation? Once in a while, I lie in bed and shut out all my thoughts and listen to soothing sounds I've been playing my classical music CDs for this purpose for a long time now, and I want to try something different.

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