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Subject: Re: Focusing on One Sound

Posted by [Cole](#) on Sat, 16 May 2026 03:54:49 GMT

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Phonetic Ear wrote on Fri, 29 October 2021 09:58 Following sounds intently has helped me silence my overthinking. Although there is music for guided meditation, listening and finding the most subtle sounds has perks, such as bringing you into the moment. What songs would you recommend for guided meditation? I've been trying to look for songs that fits into that at the moment, but can't grab any yet.

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