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.

Subject: Re: Music for Relaxation and Meditation
Posted by cogent on Fri, 24 Jun 2011 20:18:02 GMT
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One of my all time favorites is a CD called Medicine Woman by Medwyn Goodall. It transforms me every time I play it! I hope you enjoy it.

Subject: Re: Music for Relaxation and Meditation
Posted by falloutgirl on Mon, 27 Jun 2011 23:24:03 GMT
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For meditating I usually avoid songs with words because it's distracting and I tend to sing along so I usually go with the classics like Beethoven and Bach. But if it's for chill, I go for easy listening music and acoustic singer songwriters like Ingrid Michaelson, Sara Bareilles, Laura Izibor etc

Subject: Re: Music for Relaxation and Meditation
Posted by piccMu51c on Tue, 28 Jun 2011 05:36:47 GMT
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I enjoy anything by David Lanz, and the cd An Ancient Muse by Loreena McKinnett. It's a Celtic style that may be grating to some, but that I find organic and peaceful.

Subject: Re: Music for Relaxation and Meditation
Posted by Doppler on Tue, 28 Jun 2011 17:15:16 GMT
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Thanks for the suggestions. Will check out the CD's! And yes, I've heard some of Ingrid Michaelson's songs while watching certain episodes of Grey's Anatomy. The show has used some of her music for its background music. I'd say her songs are very pleasant to the ears.