Music for Relaxation & Meditation

Background music can facilitate a relation response and help keep the mind focused during meditation. Choose instrumental compositions that have:

1) A slow, steady tempo (between 50 and 80 beats per minute)
2) A smooth melody
3) Consonant harmonies
4) Simple orchestrations

It is important to choose music that you find relaxing and does not create a strong emotional reaction. Do not trust that CD compilations with the words such as “Relaxing,” “Peaceful,” or “Quiet” will bring about a sense of peace and relaxation. Experiment with different types of instrumental music until you find 15-20 minutes of music that brings about a state of calmness and relaxation.

Some ideas to get you started

Classical

Canon            Pachelbel
Air on a G String Bach
Arabasque #1     Debussy
Gymnopédie #1    Satie
Morning          Grieg

New Age

Autumn           Kater
Gifts of the Heart Janis
Cristifori’s Dream Lanz
Fairytale        Enya
Shadow Dancer    Tingstad & Rumpel