

# Applied music-based relaxation to alleviate anxiety

ANDREA BRYK

---

## LIST OF SUGGESTED MUSIC RELAXATION TRACKS

---

### INDUCTION/INTRODUCTION

Arvo Part: Spiegel Im Spiegel

Anuvida & Nik Tyndall: Reiki Healing Hands, Pt 1 Point of Departure

Aeolia: Devotion

Janalea Hoffman: Musical Massage

The Ambient Zone Just Music Cafe: Weightless

Healing Music for Reiki: Hearts of the Future / Souls in Ecstasy (PPCA free)

---

### MUSIC TO ENCOURAGE SLEEP

Einstein Baby Lullaby Academy: Baby Sleep music (yes, it works for big people too!)

Music for Dreaming: preselected tracks based on familiarity or taste

Cello Lullaby: preselected tracks based on familiarity or taste

Secret Garden: Papillon

---

### MUSIC TO STIMULATE IMAGERY

Debussy for Daydreaming: selected tracks

Andrew Weil & Kimba Arem: Self-Healing with sound and music (has water sounds & unorthodox sounds interspersed)

Secret Garden: In Our tears, Illumination, Ode to Simplicity

Michael Johnson: Dancing in the Garden and other selected tracks

Deuter: Pure Reiki

Llewellyn: Pure Relaxation

Liadov: About Olden Times

Bach: Sheep may Safely Graze

Liszt: Un Sospiro

Grigoryan Brothers: selected tracks

Vassilis Tsabropoulos: The Promise track and other selected tracks from the album The Promise

---

### NATURAL SOUNDS

Ken Davis: Rainforest sounds of Australia

I use my own recorded sounds of waves, rivers, streams, birds, etc...

---

### MUSIC TO BECOME AWAKE AND AWARE

Parijat: Return to Yourself

I have recorded the chime of a singing bowl to signal the end.

**\*Using your own pre-recorded relaxation music is something creative and unique that you can add to your relaxation program**