

Power Music List – Supplied by Angela Sciberras – October 2009

CD's for Relaxation and Release

1. Graceful Passages – A Companion for Living and Dying (Michael Still Water and Gary Malkin)
2. The Healers Way – Calming Music for Anxiety Vol I (Stella Benson)
3. The Healers Way – Calming Music for those in Pain Vol II (Stella Benson)
4. Music for the Mozart Effect – Volume I Strengthen the Mind (Don Campbell)
5. Music for the Mozart Effect – Volume II Heal the Body: Rest and Relaxation
6. The Mozart Effect Music for Children – Volume II Relax and Daydream
7. The Mozart Effect – Music for Babies
8. Deep Peace – Featuring the Art Nova Singers (Bill Douglas)
9. Music to Quiet the Mind – Eckhart Tolle
10. The Meditation Music of Deval Premal – Into Silence
11. Shamanic Dream – Spiritual Environment (Anugama)
12. Dreamlines (Jane Roseman and Kirsten Williams)
13. White Light – Ian White Bush flower Essence Creator (Kirsten Williams)
14. Holosync Meditations – Bill Harris

Specific Pieces for Serenity and Peace

1. Part, Arvo: Cantus in Memory of Benjamin Britten
2. Part, Arvo: Tabula Rasa
3. Part, Goreki, Tavener, any of their choral pieces.
4. Rautavaara, Einojuhani: Tranquillo from Piano Concerto No.3
5. Rautavaara, Einojuhani: Symphony No 7 (Angel of Light, 1st and 3rd movements)
6. Rautavaara, Einojuhani: Three Gymnopedies
7. Siask, Urmas: Oremus from Gloria Patri
8. Sibelius, Jean: The Swan of Tuonela
9. Paulus, Stephen: Meditations of Li Po
10. Shostakovich, Dmitry: Largo from Symphony No5
11. Satoh, Somei: Homa
12. Barber, Samuel: Reincarnations
13. Bryars, Gavin: The Archangel Trip