

Music Therapy for Being, Writing, Reading, Meditating

Music for relaxing, concentrating and “flow” your mind:

Classical (relax)

<https://www.youtube.com/watch?v=mIYzp5rcTvU>

Classical (activates the brain)

<https://www.youtube.com/watch?v=j3pdNPYRvwk&t=5086s&index=15&list=PL3fqU79J8g27WCwf0eoR-5XaSZa3bn0Jj>

Jazz lounge

<https://www.youtube.com/watch?v=FvrKFmWCv0o&t=6691s>

Jazz relaxing

https://www.youtube.com/watch?v=xHWh6G7cK-U&index=62&list=PL3fqU79J8g27BiaDeB_7KxrLSzVHiLI0A&t=4567s

Bossa Nova

https://www.youtube.com/watch?v=Y-JQ-RCyPpQ&list=PL3fqU79J8g27BiaDeB_7KxrLSzVHiLI0A&index=17&t=0s

Meditation:

Deva Premal & Miten (for singing)

<https://www.youtube.com/watch?v=GA9ZLeoywM8&t=1957s>

Deva Premal & Miten

Chanting Mantras, 21 day meditation

https://www.youtube.com/watch?v=HssZ7I9hi9A&list=OLAK5uy_n_qbBpCn713mVyUcRrnk-3F0br8oJ5c70

Yoga Nidra (meditating before the sleep to calm the mind and relax the body)

https://www.youtube.com/watch?v=vvldC6mzLvA&t=900s&list=PL3fqU79J8g27t7bBtQM_qPwVgkINZLDsX&index=2