

**Musical selections suggested by
Hal A. Lingerian in his book,
"The Healing Energies of Music".**

For Clear Thinking or Studying

J.S. Bach • Brandenburg Concertos
Tellemann • Concerto for Three Violins
& Orchestra
Brahms • Violin Concerto
Handel • Water Music Suite

To Relax & Relieve Stress

J.S. Bach • Air on a G String
Pachelbel • Canon in D
Mozart • Concerto for Flute & Harp
Vivaldi • Flute Concertos
Beethoven • Symphony #6

To Air Anger

Beethoven • Egmont Overture
Brahms • Piano Concerto #1

To Relieve Depression

Beethoven • Emperor Piano Concerto #5
Mozart • Hoffner Symphony #35
Rachmaninoff • Piano Concerto #2
(final movement)

For Meditation & Prayer

Vaughn-Williams • Fantasy On A Theme
by Thomas Tallis
Paul Horn • Inside the Taj Mahal
Humperdink • Children's Prayer from
Hansel & Gretel
Handel • Largo (Xerxes)
J.S. Bach • Come Sweet Death
J.S. Bach • Toccata & Fugue
Bruckner • Symphony #8, Third Movement
Wagner • Lohengrin, Prelude to Act I

To Quiet Your Home

Pachelbel • Canon in D
Mozart • Concerto for Flute & Harp
James Galway (soloist) • The Magic Flute
Mendelssohn • A Midsummer Night's
Dream
Tchaikovsky • Waltzes from The Sleeping
Beauty, The Nutcracker & Swan Lake

**Selections suggested by Dr. Georgi Lazanov
for clearing and opening the mind, increasing
Alpha Waves, enhancing learning activities:**

Vivaldi • The Four Seasons

J.S. Bach • Fantasy for Organ in G Minor

J.S. Bach • Fantasy in C Minor

J.S. Bach • Prelude & Fugue in G Major

J.S. Bach • Organ Fugue in E Flat Major

Beethoven • Emperor Piano Concerto #5

Beethoven • Violin Concerto

Brahms • Concerto for Violin in D Major, op.77

Corelli • Concerto Grossi, op. 6,

#2,4,5,8,9,10,11,12

Couperin, Le Parnesse & L'Astree, Sonali

Handel • Water Music Suite

Handel • Concerto for Organ,
B Flat Major, op.7, #6

Haydn • Concerto #1 for Violin

Haydn • Concerto #2 for Violin

Haydn • Symphony #101, The Clock

Haydn • Symphony # 94 in G Major

Mozart • Concerto for Piano #18 in B Flat Major

Mozart • Concerto for Piano #23 in A Major

Mozart • Concerto #5 for Violin in A Major

Mozart • Symphony in A Major

Mozart • Symphony #40 in G Minor

Mozart • Symphony #35 in D Major, Haffner

Mozart • Symphony in D Major, Prague

Rameau • Pieces de Clavecin #1, 5

Tchaikovsky • Concerto for Violin, op. 35

Tchaikovsky • Concerto for Piano #1

FOR YOGA, RELAXATION, AND MEDITATION

Gail Barber (harp)	Prayer
Don Campbell	Music for the Mozart Effect
Scott Fitzgerald	Sojourn
Stephen Halpern	Ancient Echoes
	Eastern Peace
	Saturn's Wings
	Whisper on the Wind
Max Highstein	Healer's Touch
	Stars
Linda Hill (harp)	Lift up Your Heart
Paul Horn	In the Great Pyramid
Ariel Kalma	Serenity
Georgia Kelly	Seapeace
	Tarashanti
	Rainbow Butterfly
	w/ Chakra Balancing
Daniel Kobiaka	Afternoon of a Fawn
	Moonglow
Larkin	O'cean
Riley Lee	Sanctuary
Annie Lock	Portraits
David Naegele	Temple in the Forest
Coyote Oldman	Tear of the Moon
Deva Premal	The Essence
Marina Raye	Liquid Silk
Mike Rowland	Fairey Ring
Tony Scott	Music for Zen
	Meditation
Jim Scott	Reflections
Rohani Shardad	Beauty of Love
	Dream Images
Hillary Stagg	Feather Light
Ron Whitesides-Woo	Miracles
	Mountain Light
	From Heart to Crown
Paul Winter	Spring
Danny Wright	Shadow

FOR HEALING AND LEARNING

Dick Sutphen

www.dicksutphen.com
Valley of the Sun Publishing
A Strong Immune System
Relaxation Self Hypnosis
Chakra Balancing
Intensifying Creative Ability

The Love Tapes

www.thelovetapes.com
Effective Learning Systems, Inc.
3461 Bonita Bay Blvd., Ste. 212
Bonita Springs, FL 34134

Lectures by

Norman Cousins
Norman Shealy M.D.
Lawrence Shehan Ph. D
Bernard Seigel M.D.
Carl Simonton M.D.

Stress Busters

A Rodale tape on Autogenic Training:
Using the Mind to Relax the Body and
Using the Body to Relax the Mind

Phyllis Pilgrim

Yoga: Meditation in Motion (VHS Video)
for sale in El Mercado \$25

Inner Journey

An audio tape available upon request
from Phyllis Pilgrim
Side 1 • Meditation
Side 2 • Relaxation