

## MUSIC SUGGESTIONS FOR IMAGING

These are suggestions for music listening and imagining related to accessing your inner wisdom or intuition and stimulating imagery. As you listen with awareness of how each piece affects your mind, emotions, and body, you will be able to adjust the list to your needs. Strive to find high quality recordings and high quality performances; this will enhance your experience.

The suggestions are listed in this manner: Composer, Title of musical piece, Movement

- Bach, Cello Suites
- Barber, Adagio for Strings
- Brahms, Symphony #3, Poco Allegretto
- Debussy, Afternoon of a Faun
- Debussy, Claire de Lune
- Holst, The Planets, Venus
- Holst, The Planets, Neptune
- Massenet, Meditation from Thais
- Ravel, Daphnis and Cloe
- Respighi, The Pines of Rome
- Vaughan Williams, Fantasia on Greensleeves
- Vaughan Williams, Symphony No. 5