
MUSIC FOR HEALING SAMPLER

These are suggestions for music listening and imaging related to self-care. As you listen with awareness of how each piece affects your mind, emotions, and body, you will be able to adjust the lists 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

Calming

Albinoni, Adagio
Bach, Concerto for Two Violins in D
minor, 2nd Movement
Brahms, Symphony #3, 2nd Movement
Grieg, Holberg Suite, Air
Mozart, Concerto for Flute and Harp,
2nd Movement
Telemann, Flute Sonatas

Energizing

Bach, Brandenburg Concertos
Haydn, Symphonies #92-104
Holst, The Planets, Jupiter
Mozart, Symphonies #35, 39, 40, 41
Vivaldi, The Four Seasons

Celebration

Clarke, The Trumpet Voluntary
Copland, Billy the Kid
Handel, Royal Fireworks Music
Handel, Messiah, "Hallelujah Chorus"
Haydn, Trumpet Concerto
Mussorgsky, Pictures at an Exhibition,
The Great Gate of Kiev

Spiritual and Uplifting

Bach, B minor Mass
Beethoven, Symphony #9
Beethoven, Piano Concerto #5
Dvorak, Symphony #9, 2nd Movement
Faure, Requiem
Gregorian Chants
Schubert, Ave Maria

Introspection

Bach, Jesu, Joy of Man's Desiring
Bach, Cello Suites
Barber, Adagio for Strings
Debussy, Claire de Lune
Massenet, Meditation from Thais

Reminiscing

Beethoven, Symphony #9, 3rd
Movement
Brahms, Symphony #3, Poco Allegretto
Debussy, The Girl with the Flaxen Hair
Delius, The Walk to the Paradise
Garden
Delius, On Hearing the First Cuckoo in
Spring
Vaughan Williams, Fantasia on
Greensleeves