



### **Category One: Music composed for VAT**

Example from Regina Rose Murphy:

<https://www.youtube.com/watch?v=3TloylfU240&list=PL4FluWmsoTL43nUfcZU3MwsiB4IKuhU8P>

Because this has VAT frequencies built in, you can use it on the lounge. But just listening to the music in headphones while still using the frequency programs from this course, you have the same effect and have control over which frequencies you are using.

Here is the website with more products: <http://adailydoseofsoundtherapy.com/> and you can find many free programs from Regina on YouTube.

Thomas J. Dawson has done a few tracks for Regina – you can find them on [Amazon.com](https://www.amazon.com)

### **Category Two: Relaxation Music:**

<https://www.youtube.com/watch?v=YOaGDkcpWyM> This is also from Regina Murphy, but does NOT have VAT built in. This is for PTSD. You could use this with 68 hz or 40 hz

You could also use something like Sri Yantra by Dr. Jeffrey Thompson:

<https://www.allmusic.com/album/sri-yantra-mw0000936450>

This is a relaxation/meditation CD which, while it has something of a beat, the melodies are completely random and unrecognizable. It is an excellent recording:

<https://www.amazon.com/Mystical-America-Meditation-Instrumental->

[Background/dp/B000K983BO/ref=sr\\_1\\_2?s=music&ie=UTF8&qid=1550695726&sr=1-2&keywords=meditation+music+instrumental](https://www.amazon.com/dp/B000K983BO/ref=sr_1_2?s=music&ie=UTF8&qid=1550695726&sr=1-2&keywords=meditation+music+instrumental)

Depending on the client, they may also enjoy more esoteric music such as a singing bowl, etc. Example here:

[https://www.amazon.com/gp/product/B009JNQLCU/ref=as\\_li\\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B009JNQLCU&linkCode=as2&tag=gongsunli m0a-20&linkId=RH6GK2CKPF7EM5LM](https://www.amazon.com/gp/product/B009JNQLCU/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B009JNQLCU&linkCode=as2&tag=gongsunli m0a-20&linkId=RH6GK2CKPF7EM5LM)

And here:

[https://www.amazon.com/Tibetan-Singing-Bowls-Relaxation-Meditation/dp/B003E7ENJ0/ref=sr\\_1\\_3?s=music&ie=UTF8&qid=1550695631&sr=1-3&keywords=singing+bowls](https://www.amazon.com/Tibetan-Singing-Bowls-Relaxation-Meditation/dp/B003E7ENJ0/ref=sr_1_3?s=music&ie=UTF8&qid=1550695631&sr=1-3&keywords=singing+bowls)

The idea is to avoid definite beats and recognizable melodies. Sound effects like ocean waves, rain, etc., are also great for this.

### **Category Three: Normal listening music**

[Harp](#), cello, easy classical, pop, basically familiar music that the client feels comfortable with. For clients with dementia and autism, it's basically the only thing to use. Clients with Parkinson's also often benefit from this, but it is NOT recommended for people coming to you for help with stress. Try to go more for something esoteric.