

Meditation Music Can Help You Relax

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Meditation is a practice known to have many benefits on your mental and emotional health. It not only makes you more mindful and self-aware, but also makes you conscious of your surroundings, aiding you to live a positive, meaningful and purposeful life. Interestingly, there are some forms of music that further enhance the pleasurable experience of meditation and guide the mind to deeper states of relaxation and bliss.

Meditation music is ambient tunes that often alter brainwave frequency, characteristic in eliciting certain responses and entering a desired state. Scientists term it as Brainwave Entrainment.

How To Integrate It Into Your Practice

Meditation music supports your meditation process, aids relaxed breathing, alters brain waves, slows your heartbeat and quiets mental noise. An experience of drifting away to the soothing tunes is what breaks down concentration and brings the goal of relaxation to the foreground. This is because, the sounds and musical elements used in meditation music are naturally associated with feelings of well-being and peace.

Most meditation music consists of the sounds of nature, water flowing, rain,

whispering trees, chirping birds and squirrels, crickets, the sound of the sea when it meets the shore and more. Many others include *stotras*, instrumental music like the flute, Tibetan singing bowls, the didgeridoo, hang drums and sometimes even the piano!

These are the moments where we are truly reminded of the reality of

Nature and a split second later, you - an exquisite evolution of nature sinks into the lap of creation and being. The use of meditation music in one's daily routine has been known to add many benefits to enhancing a person's life, like increased relaxation, deeper sleep patterns, increased positivity and reduced anxiety.

You can find the musical notes most pleasing to your ears, depending on your mood and time of the day. So try to spend a few minutes in guided musical meditation seated in the lotus pose or in *shavasana*. Meditation music is a fresh change for modern-day meditators and *yogis*.

Individuals who have explored the benefits of integrating meditation music into their *yoga* and meditation practice report using it in various situations to relax. In fact, many rely on these calming tunes to even put them to sleep!

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