

# AJNA STUDIO

DELVING INTO RELAXING MUSIC

# **Terms and Conditions**

## **LEGAL NOTICE**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

# **Table Of Contents**

Foreword

Chapter 1

Using Music To Relieve Stress And  
Tension

Chapter2

How to Use Music

Wrapping Up

# **Foreword**

Utilizing music for healing and relaxation is nothing new and in the stressful times that we now live relaxing music may be a great tool to bring us joy, energy, comfort and calm.

***Delving Into Relaxing Music.***

# Chapter 1:

## *Using Music To Relieve Stress And Tension*

---

The modern world that we live in perpetually bombards us with situations that cause stress. A certain amount is good for us, but overmuch - particularly if it's day in and day out - may cause us both emotional and physical troubles.

However, there's a really simple, cheap and very effective answer - music. Music is an awesome healer. It is so powerful that relaxation music is utilized by hospitals across the world to reduce anxiousness in patients who are about to go into surgery. It has the power to comfort and relax you, to change your whole mood, and increase your energy state.

Frequently, music therapy is more cost-effective than administering medication, particularly for patients with anxiety, sleep disturbances or pain. Listening to music with a pace of 60 bpm has the most health benefits. This is the optimum rate for a resting heart, and you'll find that when you listen to music of this tempo your breathing will slow in time to the music. This successively will slow your pulse, promoting a calm, meditative state.

With all the ways music affects your body, you are able to likely already clearly see how music may be utilized as an effective relaxation and stress management tool. In addition to the many physical changes that music may bring, music is particularly helpful in relaxation and stress management as it may be used in the following ways:

**Music and Physical Relaxation:** Music may promote relaxation of tense muscles, enabling you to easily release some of the tension you bear from a stressful day (or week).

**Music as an Aid in Stress Relief actions:** Music may help you get 'into the zone' when practicing yoga, self hypnosis or guided imagery, may help you feel energized when exercising, help dissolve the stress when you're soaking in the tub, and be a helpful part of a lot of other stress relief activities. It may take an effective stress reliever and make it even more effective!

**Music and a Meditative State:** As mentioned earlier, music may help your brain get into a meditative state, which carries wonderful stress relief advantages with it. For those who find meditation intimidating, music may be an easier alternative.

**Music to Promote a Positive Focus:** Music, particularly upbeat tunes, may take your mind off what stresses you, and help you feel more optimistic and positive. This helps expel stress and may even help you keep from getting as stressed over life's little frustrations in the future.

**Music and Affirmations:** The way you see the world and the type of self-talk you routinely utilize may also have a profound effect on your stress level, which is why positive affirmations that produce more positive self talk are so helpful. Music that has affirming lyrics may bring the double benefit of music and positive affirmations, helping you to surround yourself with positive energy and more frequently look on the bright side, letting stressful events more easily roll off your back.

# **Chapter 2:**

## ***How to Use Music***

---

1. Select the suitable music - anything with a beat of around 60 bpm is ideal - this may be classical, new age or relaxation music.
2. Find a calm place where you won't be disturbed, this is a time for you to take a break from the world.
3. Make yourself comfy - loosen any tight clothing and remove your shoes. Ensure that your body is well supported.
4. Switch off your phone.
5. Ideally listen with headphones - although not vital, this will eliminate any background noise.
6. Decompress and enjoy.

Music may be use for relaxation utilizing the following activities:

- A nice bubble bath with perfumed candles.
- Music may enhance relaxation during massage, aromatherapy, spas, meditation and yoga.
- Calming relaxing music played by the bedside may help to induce sleep.

- Play quiet relaxation music in the background while you're working.
- Listening to music while driving may help to the stressful effects of dealing with snarl-ups.
- Relaxation music on long plane flights may help you to relax and get through the long hours.
- Relaxation music may likewise be used throughout the day to help deal with stress and anxiety, or depression or to calm the mind and body prior to stressful situations.

Find a comfy place to sit or lie down or have and choose some relaxing melodic music. Visualize the music as it washes over you calming your breath and taking with it any stress and tension as it plays.

# **Wrapping Up**

Center on your breathing as it deepens and becomes slower and regular while gradually synchronizing with the slow deep rhythm of the music. Attempt to listen following the melodies and imagine yourself carried away into a world all of your own as the calming relaxing melodies carry you away to a soothing place where you would rather be.