

Deep Beneficial Effects of Certain Music Compositions
By Patrick Bailey IX°
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From the Study Group Report in the Minutes of May 22, 2022 -

We also discussed the effect that music can have on us when we are fully relaxed and when we can “let the music in” – “to feel the music”.

Frater Patrick promised to distribute his favorite music that he uses that can cause this effect... He said that he really likes music that begins in a soothing manner, and then gradually became sad, and then intrusive, and then more and more confronting, and Then finishes in a mighty and supportive powerful climax.

He suggests that you should think of a problem that you are having and focus on that during listening to the music.

Frater Patrick’s music pieces that he suggested – in order of increasing effectiveness and power – are:

Gladiolus Rag by Joshua Rifkin – Wonderful !

<https://www.youtube.com/watch?v=EQDg2VcgYhI>

The Good, the Bad and the Ugly - The Danish National Symphony Orchestra (Live)

<https://www.youtube.com/watch?v=enuOArEfqGo>

Kitaro – Cosmic Love - Absolutely The Best For Prayer!

<https://www.youtube.com/watch?v=qScNXjsTtgc>

Mike Oldfield – Tubular Bells (1973) – Outstanding !!!

https://www.youtube.com/watch?v=bv_4sZCLlr0

“I was locked in a room and listened... There is no other experience of music to this day...”

(Short version - start at 15:43 to 25:25)

Mike Oldfield – Ommadawn (1975) – Goddess Prayers & Very Very Powerful !!!

<https://www.youtube.com/watch?v=4mWQoB6L85c>

“Undoubtedly one of the most beautiful and complex pieces within the repertoire of the genius of Mike Oldfield”

(Short version - start at 11:58)

Kitaro - Cosmic Love (Live) – Wonderful !!!!! Very Very Powerful !

<https://www.youtube.com/watch?v=P22v3mL5kZg&list=RD0nfLxxuarso&index=10>