

MIRE Playlist on Display

We would like to share a selection of music pieces that we have found to be effective for relaxation, creativity, and inspiration, based on our work with diverse populations and on feedback from MIRE's participants.

You may discover that some of these pieces resonate with you more than others—this often depends on many factors. Feel free to pick the ones that match your taste and mood for the day. You could even make a little playlist, or just put your favorite on repeat! There are no certain rules And...remember! This is just an indicative list, since music choices are unlimited!

There are no certain strict rules on how to use the music and the playlists.. Just allow yourself to take a few moments in a comfortable position, close your eyes if you wish so, and let the music come to you....

Relaxing

Goldberg Variations, BWV 988, Aria – J.S.Bach

<https://open.spotify.com/track/4GFuyvrYOQYDS497hffJXT?si=a3406afe923d4d5b>

Heartstrings – Secret Garden

<https://open.spotify.com/track/7dLZTaXiHHeCb5KSklCIY?si=e9b951bf6d114183>

2 cellos Benedictus – Karl Jenkins

<https://open.spotify.com/track/6wXWzOlf6gOnyqJMT3VZah?si=66a0ed096dd0455b>

Max Richter – Dream 3

<https://open.spotify.com/track/09FsMQX7MLByvseP8jI8BJ?si=4729c256e55b4606>

Dansing on My Own – Robin Miriam Carlsson

<https://open.spotify.com/track/122XrAD5sOasFPY1eKUfCt?si=3afeaf331f7f4eef>

Julia's Theme – Geoffrey Burgon

<https://open.spotify.com/track/6Cedf1Avuf8QWeWjF6j8eV?si=804bffe5ca1b408a>

Gymnopedie – Eric Satie (cello, guitar)

<https://open.spotify.com/track/4TQkbVFdFyt19rmpVodoGr?si=d44efd2a3ce24e05>

The Garden-Doug Kaufman

<https://open.spotify.com/track/1QwnjxsFzruTTCbuuKQdnH?si=edc85c9a39044e0a>

Dappled Light

<https://open.spotify.com/track/5bhbv1xIbk0SbfQ2MEXe8F?si=e9493c97cc6d4ee7>

Wilmas Tema-Stefan Nilsson

<https://open.spotify.com/track/3ua8xqTZ2Ma0KXH08XYmrM?si=999672252bcd4597>

Reflections-Ola Gjeilo

<https://open.spotify.com/track/1I8lmInbu9IhrySAwVpdJu?si=5b9acc4c64cb40c4>

Energising/resourceful

Every Breath You Take

<https://open.spotify.com/track/0TnPoPPc3AQ0KbPrPTrdE6?si=0f7dfc3ec2074441>

Sagittarius "The Optimist" – Tony Ann

<https://open.spotify.com/track/3Jiec1qjtSXiY1Q2Hku7NV?si=b23af1a2a6e14d26>

Prelude in B min – J.S.Bach

<https://open.spotify.com/track/6KZg0Q0mBb3q8lGjN1wO4q?si=011f614ddddd84395>

Bilder aus Osten, op.66 – Robert Schumann

<https://open.spotify.com/track/2b5HZSQ6KSDN7EMKJVYlcj?si=c2d8081f0f914000>

Canal Grande – Gian Piero Reverberi

<https://open.spotify.com/track/6YBdlDLJ9Hhg81NiTpiuTR?si=029d22a170cd4774>

Arrival of the Birds-Cinematic Orchestra

<https://open.spotify.com/track/0Gr2XQOIMaaUH86iOrWGur?si=1e8dface39a648a5>

Yuri on Ice-Taro Umebayashi

<https://open.spotify.com/track/6mhtjlydbceFnMIRfkbsQu?si=a365847578e14f1d>

Hopopono-GoGo Penguin

<https://open.spotify.com/track/3Z3wyUUPcKyw4nJkW2PgBA?si=590cd0a078a14bda>

The walth of the eyes -Stavros Lantsias



<https://open.spotify.com/track/7dlYTHgcctFvY4QGA1Znrz?si=99162d3ecf524e52>

Summer Nursery Rhyme no 3-Yann Tiersen

<https://open.spotify.com/track/5glbhcsRKpQpx6jT3QKst2?si=0311caee5a494ba8>