

Mindful Music Association

presents



LC-2004

Sweet Dreams, Music for Sleep was produced with the generous help of musician members of the Mindful Music Association who donated their music for use in this collection, as well as providing financial support. These 36 tracks were chosen to help with sleep and restfulness for the listener. We hope this collection will be a useful tool for people seeking a calming influence.

OUR MISSION

Mindful Music Association is a not-for-profit 501c3 service organization created and run by volunteers, introducing the benefits of mindful music to new audiences through educational outreach, growing public and community awareness while providing a platform for members to communicate, network and share ideas.

OUR VISION

To introduce mindful music to new audiences with the following benefits:

- Help focusing for study*
- Improve physical and mental health*
- Reduce stress*
- Improve sleep*
- Mood elevation*
- Assist in meditation*
- Create an atmosphere conducive to healing*
- Create a sense of peacefulness and well-being*

Music as a tool can be used to help reduce stress, anxiety and depression. The Mindful Music Association introduces people to music that may assist with these goals.

Learning to use this music can provide valuable breaks and opportunities to recharge which are necessary for optimal health and a sense of wellbeing in the context of a busy life.

www.mindfulmusicassociation.com



Mindful Music Records



Sweet Dreams: Music for Sleep

LC-2004

Disc 1

- 1 Katheryn Finds the Letter - Carl Weingarten (5:38)
- 2 Water Lilies- Kirsten Agresta Copely (3:32)
- 3 Far Away Dreams - Lisa Pressman (5:45)
- 4 Why and Wherefore - Al Jewer & Andy Mitran (4:49)
- 5 Drifting Through a Dream - Michele McLaughlin (3:23)
- 6 Harp Song - Joseph Akins (2:40)
- 7 Under the Setting Sun - David Nevue (4:17)
- 8 Summer Rain - Jacob Trautner (4:00)
- 9 Skip's Heavenly Round - Jerry Rockwell (2:26)
- 10 The Embrace - Ryan Judd (5:36)
- 11 You Already Have Wings - Gary Schmidt (4:31)
- 12 Northern Lights - Juliet Lyons and John McLean Allan (4:37)

Disc 2

- 1 Source of Enduring Light - Meg Bowles (8:57)
- 2 Meanwhile - Tom Eaton (5:00)
- 3 From My Heart to Yours - Liquid Mind (Chuck Wild) (8:09)
- 4 Sopor - Cheryl B. Engelhardt (4:01)
- 5 Beneath the Cloudless Sky - Robert Linton (5:47)
- 6 Wood - Yuvol Ron (5:19)
- 7 Desert Dreams - Ryan Stewart (4:18)
- 8 Time and Space- Al Jewer with Joseph L. Young (3:26)
- 9 Friday Rain - Michael Whalen (3:43)
- 10 Walk with Me - Ed Bazel (3:45)
- 11 Talk to Maria - Christian Nadeau (4:42)

Disc 3

- 1 Evening Star, Morning Star - Brad Jacobsen (3:18)
- 2 Far Away- Melany Thompson (4:30)
- 3 Journey with the Moon - Lisa Downing (5:30)
- 4 Solace - Christine Brown (3:40)
- 5 Siren Song - Seay (1:31)
- 6 Fantaisie Berceuse - Hans Christian (5:32)
- 7 Missing You - Neil Tatar (5:12)
- 8 Prayer for Peace - Dana Cunningham (4:47)
- 9 Spellbound - Robin Spielberg (4:35)
- 10 Softly in My Dreams (To My Love) - Karen Biehl (1:48)
- 11 Essence of Grace - Bob Yonker (4:18)
- 12 Slipping into Dreams - Lisa Swerdlow (3:34)
- 13 Enchanted - Joseph L. Young (4:35)

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