

Playlist

Read the quote below. Then listen to the songs on your playlist. Sing *HU* and contemplate how each song affects you.

In each song track write or draw an image of how that song makes you feel.

Title of Song

We all have our favorite music. The lyrics and melodies of songs can uplift, inspire, soothe, and invigorate us. Everything we surround ourselves with can lower or raise our vibration. Here is a tip:

“If, at some point, you need an edge for health or for peace of mind, look to what’s coming into your world. Look to your form of music, or your form of news. Be aware of whatever ways you let the external world into your internal world. . . .

“This influence can be for either beneficial things or harmful things. So the choice is yours.”

—Harold Klemp, *The Sound of Soul*, p. 22

