

## Music helps us keep calm and in balance.

What we listen to affects how we perceive our life. Finding the right music for you makes for a more centered, enjoyable day.

- Choose gentle instrumentals, played quietly that don't attract your attention. They will nurture and uplift you.
- *Spectrum Suite* by Steve Halpern. This instrumental assists our system to be at ease while working. It was specifically designed to balance spirit, soul and body and can be played so softly as not to draw attention, yet is calming to all who enter the area.
- *Reiki Hands of Light* by Deuter: instrumental, very calming
- An excellent sound player is worth the money!

## Flowering Plant

- Choose one requiring easy care with little watering.
- A fragrant plant is preferable.
- Simply having only one plant can be pleasurable, plus plants purify the air.
- A bright-colored mum indoors can delight the soul.
- It is energizing to have bright colors near our doorway.
- A plant reminds us that it is often the simple things that are important in life.

## Fresh Scents

- At home, keep open a liquid bottle of cloves (inedible).... Ahhh!
- Run your fingers along a rosemary or basil plant or twigs near your desk.
- Store an essential oil nearby to breathe deeply of its scent.
  - Lavender is a favorite for relaxation and even deep sleep.
  - Try the essential oil sniff test at a health food store to identify those you like.

- Scents can help clear energy and reenergize a room positively. Be aware that some folks are sensitive/allergic to scents in your office and sanctuary. They may be unable to attend services/meetings because of this.