

MUSIC

People often ask me about music for the rhythms, so they can practice at home. Several things to say that may be useful:

- I would suggest try practicing with no music. You'll learn a LOT about yourself. Check out the article '[Just Do It](#)' for suggestions about this.
 - Find some long track, or use any track on repeat, and dance all the rhythms to it. You'll probably be surprised how fruitful and fascinating that can be.
 - Exploring your own music collection for tracks that work for specific rhythms is a rich and rewarding journey, a deep meditation in itself. You could start to label good dance tracks you have according to the rhythms they seem to catalyse in your movement, or tracks that you like using to go through the bodyparts meditation*, and then it becomes simpler to create a playlist in your media player. As you get more skilled you can even select tracks that all have a similar feel to them, so that you you begin to create themed waves to suit different moods, like all light and playful music, or all gentle music, or all angry music. Have fun!
 - My dear friend and colleague Christian de Sousa has waves you can [download here](#).
 - Gabrielle has produced a lot of great music for this purpose. You can get it from [ravenrecording.com](#), from Amazon, or iTunes.
 - Also on Raven Recording, there are other albums inspired by the 5Rhythms, including [two albums co-created with myself and Swedish musician Peter Almqvist](#).
- * If you don't know what that is, ask your local teacher. I'm sure they'd be pleased to show you.



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