

# How to create & implement your own music program for transformation

Thank you for joining us for "The Quantum Soundtrack Pt. 3"! with Barry Goldstein & Rose Caiola. We hope you found inspiration and insight into how music can powerfully enhance your emotional, psychological, and spiritual growth.

To help you carry forward the momentum from our event, we've put together a step-by-step guide on creating and implementing your own personal music program for transformation. Whether you're looking to set the tone for your day, rejuvenate midday, or unwind in the evening, this guide is designed to help you integrate the power of music into your daily routine for a more fulfilling life.

# Morning: Setting Intentions and Finding Coherence

*Use music to set a positive tone for the day, helping align your mind and emotions for what lies ahead.*

## **Gratitude Playlist for Morning:**

1. Create a Playlist: Select three songs that evoke feelings of gratitude and joy. Think of tunes that make you feel thankful and uplifted as you start your day.

## **BARRY GOLDSTEIN'S GRATITUDE PLAYLIST**

Barry Goldstein - The Heart Codes  
Louis Armstrong - What a Wonderful World  
Sly and the Family Stone - Thank You

## **Heart Song Breathing Process:**

1. Spend five minutes engaging in a three-part breathing technique where you connect sequentially with the earth (grounding), the field (surrounding environment), and your heart (center of emotion).

*Implementation: Choose a specific song that resonates with this meditative process. Use this track to guide your breathing and help establish a spiritual and emotional connection as you start your day.*

## **Uplifting Song as a Baseline:**

**Selection:** Choose a go-to uplifting song that you can play when time is limited.

*Quick Boost: Even if you're running late, make it a habit to at least play this song as you prepare to leave the house, ensuring you start your day on a high note.*

# Mid-day: Rejuvenation and Energy Restoration

*Midday is about breaking the monotony and refreshing your mind and body to sustain energy throughout the day.*

## **5-Minute Musical Vacation:**

1. Select a song or a live performance that feels like an escape or transports you to a different place.

**Pro-tip: Listen to the track Barry played live: #7 Sensuality: Mi amor.**

*Implementation: Dedicate at least 5 minutes around your lunch break to close your eyes and let the music take you away. This mental break can significantly boost your mood and productivity.*

## **Getting Up and Dancing:**

1. Keep an energetic, upbeat playlist ready.

*Implementation: Hit play on this playlist during a break and allow yourself a few minutes to dance freely. This can be an excellent way to release stress and invigorate your spirit.*

## **Mantra or Drumming Session:**

1. If possible, have a small drum or a recorded drumming track ready.

*Implementation: Engage in a short drumming session or chant a mantra with music to help refocus and reenergize your mind.*

# Evening: Transitioning from a Busy Day to a Peaceful Night

*The evening is for calming down, processing the day's events, and preparing for restful sleep. Develop a modern nighttime ritual infused with ancient wisdom to unwind and relax.*

## Protocol for Winding Down Before Sleep

1. Turn off devices one hour before bed
2. Put on a piece of music that will move you into relaxation.
3. Make it a nightly habit to listen to this music as you perform your wind-down activities, like reading a book or preparing for bed.

## Music Selection to Facilitate Slowing Down Brainwaves:

Barry Goldstein suggests choosing a piece of music that plays at 60 beats per minutes. Opt for genres known for their calming effects, such as classical, ambient, or soft jazz.

**Barry's 60 BPM recommendations include Ambiology 6: Genesis, Ambiology 1: The Heart, and Lunar Lullabies.**

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## **Barry's Gratitude Playlist**

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*Sly and the Family Stone - Thank You*

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