

Welcome

We live in a resonant Universe, with frequency and sound vibrating through all the dimensions. As we discuss within "You Too Can Bloom" and in "HUMAN 5.0" as well as through the other PlaySheets there are an abundance of Humans, Studies, and extensive bodies of work that are exploring this principle of everything being vibration. And one of the BEST ways we can play with those vibrations is through sound. Here are some Playlists I have put together, as well as a link to Power Thoughts Meditation Club, who I think are just doing brilliant work with different frequencies and infusing sound with inspiration and motivation, so I share with pleasure. Enjoy! There is something in there for all moods and do your own exploration. Find new artists and create your own playlists you love. If you don't have Spotify, I'm sorry about that. I do know PowerThoughts are on YouTube and searching Medicine Music on any platform will open up a whole world of magic for you. Should you have any questions or comments, or if there are any artists, tracks, or channels you would love to share with me, reach out to me HERE



Music is Medicine

Click HERE to LISTEN

Power Thoughts Meditation Club

Click HERE to LISTEN





Music to Bliss

Click HERE to LISTEN

Music to Move

Click HERE to LISTEN



With love,

Kristina

Last updated February 2024