

## **A SAMPLING OF MUSIC FOR WORKSHOPS**

### **I. EMOTIONAL/DRAMATIC**

Morricone: The Mission

City of Joy

Moses

Gabriel: Passion

Barry: Dances with Wolves

Vangelis: Antartica

Chariots of Fire

Themes from Vangelis

Heaven and Hell

1492

### **II. GENTLER, LESS DIRECTIVE**

Lynch: Sky of Mind

Enya: Watermark

Shamanic Dream

Kater: Compassion

Essence

Winds of Devotion

Dance of Innocents

Natives

Migration

Song for Humanity

Lisa Gerard: Duality

Immortal Memory

In the Garden of Souls

Sieber: Hidden Sky

Lush Mechanique  
Second Sight  
Queen of the Sun  
Timeless

Ludivico Einaudi  
Nightbook  
Islands  
Eden Roc

Mícheál Ó Súilleabháin  
Elver Gleams: Ah, Sweet Dancer

### **III. MUSIC FOR MEDITATION OR STILLNESS**

11,000 Virgins –Gregorian chant

Samuel Barber – Barber's Adagio (cd of many versions of this piece)

Chandra: Abonecronedrone

Faure: Requiem and Pavanne

Nawang Khechog: Karuna

Gyurme: The Lama's Chant

Harold Moses: Drone

Berezan: Returning  
Praises for the World  
In These Arms

Kater: all CDs listed above

Gasparian: Moon Shines at Night  
I will not be Sad in this World

Malkin:

Unspeakable Grace, also known as Graceful Passages: The Music  
Autumn  
Wintersong

Various Kirtan CDs

Favorites singers: Sri, Snatam Kaur, Shantala, Deva Premal

#### **IV. MUSIC FOR WARM-UPS and DANCE**

Lost at Last

Premal: The Essence

Tosca: Suzuki

One Giant Leap

Afro Celt Sound System, Vol. II

Blue Man Group: Audio

All of Gabriel Roth

Tri Atma: Yearning and Harmony

Cavalia soundtrack

Cirque de Soleil

Lynch: No Blue Thing

Deep Breakfast

Deep Forest I and II

Wicked Beat Sound System: Be Humble

Faithless: God is a DJ

Stickybuds and Mr.Savona: Clean Air

## **POETRY RESOURCES**

Aliki Barnstone, editor: *The Shambala Anthology of Women's  
Spiritual Poetry*

Jane Hirshfield, editor: *Women in Praise of the Sacred*

Roger Housden, editor: *Risking Everything: 110 Poems of Love and  
Revelation, Dancing with Joy: 99 Poems*

Garrison Keillor, editor: *Good Poems*

Betsy Small, editor: *Poems of Awakening*

Rita Dove, editor: *The Penguin Book of 20<sup>th</sup> Century American Poetry*

### **Some of my Favorite Poets**

Rumi (in translations by Coleman Barks), Rilke (in translations by Robert Bly or Stephen Mitchell), Kabir (*The Kabir Book*, versions by Robert Bly), Mary Oliver, Marie Howe, Dorianne Laux, Ellen Bass, Pablo Neruda, Derek Walcott (the short poems!), William Stafford, D. H. Lawrence, Naomi Shihab Nye, Emily Dickinson, Walt Whitman, W. S. Merwin, Stanley Kunitz, Lucille Clifton, Galway Kinnell, Juan Ramon Jiminez, Gerard Manley Hopkins, T. S. Eliot, Leonard Cohen, Margaret Atwood

### ***About Poetry***

Kim Rosen: *Saved by a Poem*

Jane Hirshfield: *Nine Gates*

Roger Housden: The Ten Poems series

Mary Oliver: *A Poetry Handbook*

Robert Pinsky: *The Sounds of Poetry*

Muriel Rukeyser: *The Life of Poetry*