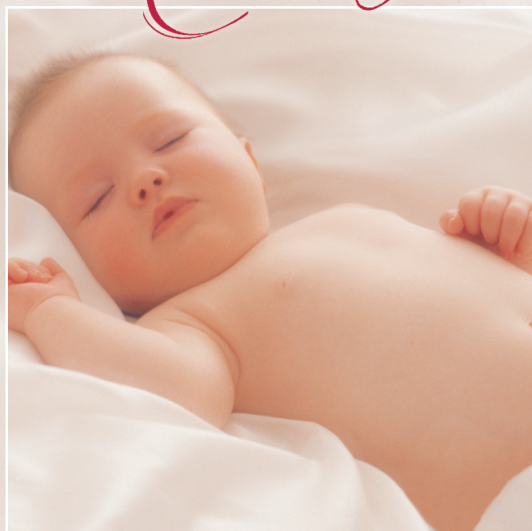


music for
dreaming
Christmas



Features much loved Christmas carols like Silent Night, First Noel and Away In A Manger

Music for Dreaming Christmas conveys in a unique, simple language, a message so personal that it nurtures the delicate relationship between parent and child.

Carols are based upon the rhythmical elements of dance. In the womb a baby experiences the first dance, the dance of life, surrounded by the rhythm of the human body.

The resting rhythm of the heart has been reproduced in this recording. Research confirms the calming effects of this natural rhythm for your baby.

The pure sound of this music is created from traditional instruments rather than synthesised sounds to protect your baby's delicate ears and sensitive nervous system.

Gentle and smooth, this continuous music follows you and your baby when moving from the lighter to deeper stages of sleep.

This instrumental composition supports evidence that babies are soothed by the familiar sound of their parents' voice. Share these carols with your baby.

Enjoy this special gift of music. I wish you a silent night...



Cherie A Ross

1 Silent Night

Silent night Holy night
All is calm all is bright
Round yon virgin mother and child
Holy Infant so tender and mild
Sleep in heavenly peace
Sleep in heavenly peace

Silent night Holy night
Shepherds quake at the sight
Glories stream from heaven afar
Heavenly hosts sing Alleluia
Christ the saviour is born
Christ the saviour is born

Silent night Holy night
Son of God love's pure light
Radiant beams from your holy face
With the dawn of redeeming grace
Jesus Lord at your birth
Jesus Lord at your birth

2

First Noel

The first Noel the angels did say
Was to certain poor shepherds
In fields as they lay
In fields where they
Lay keeping their sheep
On a cold winter's night
that was so deep

Noel Noel Noel Noel
Born is the King of Israel

Drawn by the radiance of a star
Three wise men came from
country far
It guided them by night and day
To Bethlehem where Jesus lay

Noel Noel Noel Noel
Born is the King of Israel

Those wise men three then entered in
On bended knee they worshipped him
And offered there in his presence
Their gold and myrrh and
frankincense

Noel Noel Noel Noel
Born is the King of Israel

Then let us all with one accord
Sing praises to our heavenly Lord
Who to the earth salvation brought
And by his blood redemption wrought

Noel Noel Noel Noel
Born is the King of Israel

3

Away In A Manger

Away in a manger
No crib for his bed
The little Lord Jesus
Laid down his sweet head
The stars in the bright sky
Looked down where he lay
The little Lord Jesus
Asleep on the hay

The cattle are lowing
The baby awakes
But little Lord Jesus
No crying he makes
I love you Lord Jesus
Look down from the sky
And stay by my side
Until morning is nigh

Be near me Lord Jesus
I ask you to stay
Close by me forever
And love me I pray
Bless all the dear children
In your tender care
And fit us for heaven
To live with you there



Christmas Sky

We have selected this beautiful Christmas melody, composed without words, to be both reflective and uplifting.

Let the music embrace you, in your imagination dance and soar with the angels.

Open your heart to these angelic hosts that fill the Christmas sky.

Let their love and joy flow into you as the stars twinkle from angels' kisses.

5 Holly And The Ivy

The holly and the ivy
When they are both full grown
Of all the trees that are in the wood
The holly bears the crown

The rising of the sun
And the running of the deer
The playing of the merry organ
Sweet singing in the choir

The holly bears a blossom
As white as lily flower
And Mary bore sweet Jesus Christ
To be our sweet Saviour

The rising of the sun
And the running of the deer
The playing of the merry organ
Sweet singing in the choir

The holly bears a berry
As red as any blood
And Mary bore sweet Jesus Christ
To hold us in his grace

The rising of the sun
And the running of the deer
The playing of the merry organ
Sweet singing in the choir

The holly bears a prickle
As sharp as any thorn
And Mary bore sweet Jesus Christ
On Christmas day in the morn

The rising of the sun
And the running of the deer
The playing of the merry organ
Sweet singing in the choir

Infant Holy

Infant holy infant lowly
For his bed a cattle stall
Oxen lowing little knowing
Christ the babe is Lord of all
Swift are winging angels singing
Noels ringing tidings bringing
Christ the babe is Lord of all
Christ the babe is Lord of all

Flocks are sleeping shepherds keeping
Vigil till the morning new
Saw the glory heard the story
Tidings of a gospel true
Thus rejoicing free from sorrow
Praises voicing greet the morrow
Christ the babe was born for you
Christ the babe was born for you

Midnight Clear

It came upon the midnight clear
That glorious song of old
From angels bending near the earth
To touch their harps of gold
Peace on the earth good will to all
From heaven's most gracious king
The world in solemn stillness lay
To hear the angels sing

Still through the cloven skies they come
With peaceful wings unfurled
And still their heavenly music floats
Over all the weary world
Above its sad and lowly plains
They bend on hovering wing
And ever over its Babel sounds
The blessed angels sing

Yet with the woes of sin and strife
The world has suffered long
Beneath the angel strain have rolled
Two thousand years of wrong
And those who fight and war hear not
The love song which they bring
O' hush the noise and cease your strife
And hear the angels sing

For lo the days are hastening on
By prophets seen of old
When with the ever circling years
Shall come the time fore-told
When the new heaven and earth
shall own
The prince of peace their king
And the whole world send back
the song
Which now the angels sing



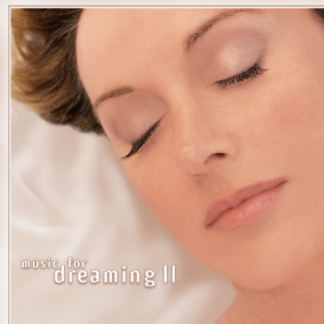
O' Christmas Tree

O' Christmas tree O' Christmas tree
How true you stand unchanging
O' Christmas tree O' Christmas tree
How true you stand unchanging
Your boughs so green in summertime
Remains so green in wintertime
O' Christmas tree O' Christmas tree
How true you stand unchanging

O' Christmas tree O' Christmas tree
Thy message is enduring
O' Christmas tree O' Christmas tree
Thy message is enduring
So long ago in Bethlehem
Was born the saviour of all men
O' Christmas tree O' Christmas tree
Thy message is enduring

O' Christmas tree O' Christmas tree
Thy faith also unchanging
O' Christmas tree O' Christmas tree
Thy faith also unchanging
A symbol sent from God above
Proclaiming Him the Lord of love
O' Christmas tree O' Christmas tree
How true you stand unchanging

Also available in this series...



to calm and settle both babies and adults alike...

Performed by the Music for Dreaming ensemble

Flute Prudence Davis

Viola Trevor Jones

Harp Julie Raines

Viola Isabel Morse

Violin Rudolf Osadnik

Cello Sarah Morse

The above musicians performed courtesy of the Melbourne Symphony Orchestra

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Conceived & Produced by Cherie A Ross

Arranged & Conducted by Peter Sullivan

Engineered & Mixed by Ern Rose, Metropolis Audio

Mastered by Don Bartley, Studio 301

Sound Impressions PO Box 37 South Yarra VIC 3141 Australia www.musicfordreaming.com

Settling Tips

Prior to birth

Hearing is the first sense a baby develops in the womb at only seven months. Start playing the music during your pregnancy, while relaxing, so that its rhythm and tone create a familiar and secure environment once your baby is born.

Once baby is born

- Introduce the music at a specific time when your baby is content and secure i.e. while feeding. This will help to reinforce a positive association.
- Routine is essential in establishing sleep patterns. Play the music during your baby's sleep times for at least ten consecutive days.
- Humming to your baby when settling is more soothing than singing.
- Close your eyes so your baby will imitate your body language.
- Use long, gentle, downward strokes from head to toe creating a calming experience.

"We are very selective in the music we choose so it is reassuring that Music for Dreaming is backed up by respected research."

Royal Children's Hospital, Melbourne, Australia

"Music for Dreaming promotes calm and enhances deep sleep in our babies."

Mercy Hospital for Women, Melbourne, Australia