

- 1 All Through The Night 5.39
- 2 Irish Lullaby 9.29
- 3 Golden Slumbers 5.59
- 4 Scarborough Fair 7.15
- 5 Amazing Grace 6.29
- 6 Greensleeves 5.59
- 7 Beautiful Dreamer 7.17
- 8 Latvian Melody 7.01
- 9 Brahms Lullaby 7.26

Total Time 62.33 minutes

This calm, continuous recording restores inner harmony and balance.

As a result of the overwhelming success of Music for Dreaming for babies, Cherie Ross has again integrated the unique combination of music and medical research in the development of Music for Dreaming II, so you too can relax and sleep like a baby.

This instrumental music creates quiet and calm. Pure acoustic sound replicates the rhythm of the resting heartbeat and natural sleep cycles are easily realised.

The Music for Dreaming ensemble brings together the finest musicians courtesy of the Melbourne Symphony Orchestra. These timeless, familiar melodies, will help you unwind from the hectic pace of modern life.

Close your eyes and let yourself dream again...

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