

Music playlist: Psilocybin for depression

(version 1.3)

This playlist was created for a phase 1 clinical trial at imperial College London, using psychedelic therapy to treat depression. The tracks of the playlist are listed below in order of appearance.

Apart from the music selection and the structuring of this selection into a particular order, the mixing is an important aspect. The ways songs transition into each other, the fade-ins, the fade-outs, and the periods of silence, all together determine an experience of flow and continuity: The way the music *breaths* in and out of silence, and in and out of diverse emotional trajectories, is attuned to the experience. In addition, sometimes only parts of songs are used, as I found some parts unsuitable for the experience. I therefore like to kindly discourage anyone to try to re-create this list on Spotify, I-tunes, or other music platforms, because this will provide a very different experience of the music.

Finally, I also like to emphasise that this playlist is developed for therapeutic work, and that the music selection & playlist design is specifically tailored to the condition (depression) and to the use of a medium/high dose of psilocybin (25mg). For updates and more information, please visit my [website](#).

1. Pre-onset & Onset

| Time | Track |
|----------|---|
| 00:00:00 | Stars of the Lid - Dingtities (In A Major) |
| 00:05:57 | Stars of the Lid - Articulate Silences Part 1 |
| 00:11:20 | Stars of the Lid - Articulate Silences Part 2 |
| 00:16:58 | Stars of the Lid - Evil that never arrived |
| 00:22:03 | Harold Budd & John Fox - Sunlit Silhouettes |
| 00:25:05 | Harold Budd & John Fox - A Delicate Romance |
| 00:32:36 | Brain Eno & Harold Budd - Against the Sky |
| 00:37:29 | Brain Eno & Harold Budd - Lost in the Humming Air |

2. Ascent 1

00:41:43 Robert Rich & Lisa Moskow - Bija

00:52:24 Robert Rich – Sagrada Familia

00:56:15 Robert Rich – The spiral steps

Silence (3 minutes)

3. Ascent 2 & Peak 1

01:08:34 Henry Górecki - Lento - Sostenuto Tranquillo Ma Cantabile

01:33:44 Maria Bayo & Sinfonica De Tenerife - Bailero

01:39:25 David Darling – Prayer for compassion

01:43:36 David Darling – Stones start spinning

01:47:53 Carlos Cipa – The Whole Truth

01:53:25 Greg Haines – 183 Times

02:02:36 Harold Budd & John Fox – Coming into focus

Silence (30 seconds)

4. Peak 2

02:08:06 Ludovico Einaudi - The Journey

02:10:43 Arvo Pärt – Da Pacem Domine

02:16:28 Max Richter – The Young Mariner

02:20:39 Max Richter – Diner and the ship of dreams

02:26:07 Henryk Górecki - Lento e Largo Tranquillissimo

02:35:41 Greg Haines – Azure

Silence (20 seconds)

02:50:12 Otto A. Totland - Open

02:52:42 Otto A. Totland - Steps

02:54:34 Federico Albanese - Disclosed

Silence (50 seconds)

5. Peak 3

03:01:21 Dead Can Dance - Devorzhum

03:07:30 Robert Rich - Amrita (Water of Life)

03:13:56 Ólafur Arnalds & Alice Sara Ott - Verses

03:17:54 Ólafur Arnalds & Alice Sara Ott - Piano Sonata No.3 Largo

03:26:58 Ólafur Arnalds & Alice Sara Ott - Nocturne in C Sharp Minor

03:31:23 David Darling – Beautiful Life

03:33:30 David Darling – When we Forgive

03:37:35 Enya - sumiregusa

03:42:20 Jon Hassel, Ry Cooder & Ronu majumdar - Bay of Bengal

03:47:08 Jon Hassel, Ry Cooder & Ronu majumdar - River song

Silence (25 seconds)

6. Descent 1 (Mediation)

04:12:55 Silvia Nakach – Inside the Om

7. Descent 2

04:29:32 Arvo pärt - Spiegel Im Spiegel

04:40:18 Nest - Stilness

04:45:55 Arve Henriksen - Glacier descent

04:53:23 Arve Henriksen - Opening Image

04:57:39 Arve Henriksen - Hambopolskavalsen

05:03:00 Daniel Namkhay - Um Bolero Galíctico

Silence (15 seconds)

05:09:11 Dead Can Dance - Nierika

Silence (15 seconds)

05:14:55 Brian McBride – Toil Theme Part 1,2& 3

05:22:37 Nils Frahm - Ambre

05:26:25 Nils Frahm - Tristana

8. Return (Meditation)

Silence (1 minute)

05:45:02 Brian Eno – Lux 4

06:01:32 Laraaji – Be still and glow (mix of *Deep chimes meditation*)

Silence (4.5 minutes)