



Lesson 5: The Spirit Playlist – Raising Your Vibration Through Music

In this lesson, we're diving into something that seems so simple... but is actually one of the most powerful spiritual tools you have: **music**.

That's right... the Spirit Playlist in your kit isn't just for background noise. It's a frequency tool. A heart opener. A soul activator.

Why Music Is Spiritual

Music is vibration.

And Spirit communicates through **vibration**.

Your guides, your loved ones, and your own intuition all exist in a frequency range. And when your energy is too low, it's like trying to hear a whisper during a storm. But when you shift your vibration? The messages come in louder. Clearer. Stronger.

That's where your playlist comes in.

Music helps you:

- Elevate your energy
- Drop into your heart space
- Move stuck emotions
- Open your intuitive channel

What Happens in the Energy Field

When you listen to music with intention, your energy body... your aura, your chakras, begin to shift.

Certain songs might make you cry.

Others will give you goosebumps.

Some will bring memories you haven't thought about in years.

That's not random. That's resonance.

It means the song is activating something in your soul — or it's being used by Spirit to reach you.



How to Use the Spirit Playlist

This playlist was curated to work with the other tools in your Ritual Kit — like a sound bridge between you and Spirit.

Here's how to use it:

1. **Before your rituals** — to get centered and open
2. **During journaling** — to tap into your feelings and flow
3. **When receiving signs** — to help anchor what's coming through
4. **On tough days** — to shift out of fear, sadness, or stuck energy
5. **During movement** — even dancing or walking while listening can release blocks

You don't need headphones or candles or a fancy setup.

You just need to be present with the music.

Create a Personal Spirit Song List

Start adding songs to your own Spirit Playlist, here's how to know what belongs:

- It makes you *feel something* — emotionally, physically, spiritually
- It brings comfort, clarity, or even cathartic tears
- You've randomly heard it during significant moments in your life
- It reminds you of someone in Spirit
- It showed up right when you needed a sign

Spirit often uses music to send messages, and they'll keep bringing a certain song back until you finally stop and say:

"Okay... what are you trying to tell me?"

A Few Examples of Songs

Here are a few that often come up in sessions and rituals:

- "Somewhere Over the Rainbow" — reminders of Heaven
- "Let It Be" — surrender and spiritual support
- "You Say" — to remind you of your worth and connection
- "The Dance" — reflecting on the bittersweet beauty of life
- "I Will Always Love You" — messages from Spirit
- Instrumentals and sound bowls — to soothe and align energy centers

But your playlist doesn't have to be soft or slow, sometimes Spirit will give you a rock anthem or a country song that holds a powerful message. Trust it.



Final Tip: Let It Be a Dialogue

Next time a song grabs you, pause. Ask:

- *Why this song?*
- *What memory does it awaken?*
- *What message am I meant to receive here?*

Then journal what comes through. That's how you turn music into a message.

Final Thoughts


Music is medicine.

It doesn't just shift your mood...it **realigns your spirit.**

So, whether you're in grief, in healing, in celebration, or just in search of something deeper, your playlist is always ready to hold you.

Let the music guide you back to yourself.

Let Spirit sing to your soul.

Carmel, Xx 

 **Carmel** 
Joy Baird
Spiritual Medium and Everyday Witch



Carmel Joy Baird's Spirit Playlist

A little Stevie, a little magic, and a whole lot of soul.

1. **"Rhiannon" – Stevie Nicks**
The ultimate witchy anthem. Spirit, freedom, and mystery.
2. **"Scarborough Fair" – Simon & Garfunkel**
Haunting and ethereal — like a spell woven through song.
3. **"Dreams" – Fleetwood Mac**
For tuning into intuition, visions, and your emotional landscape.
4. **"The Sound of Silence" – Simon & Garfunkel**
Stillness. Insight. The veil between worlds.
5. **"Edge of Seventeen" – Stevie Nicks**
For calling in power, grief, and the spirit world all in one.
6. **"Both Sides Now" – Joni Mitchell**
Wisdom through experience. Seeing life from the soul's eye.
7. **"Songbird" – Fleetwood Mac**
A gentle reminder of Spirit's presence and eternal love.
8. **"A Case of You" – Joni Mitchell**
For those deep soul connections that cross lifetimes.
9. **"Landslide" – Stevie Nicks**
Change, growth, surrender. Spirit walks with you through it all.
10. **"Heaven" – Brandi Carlile (or Bryan Adams)**
Simple, beautiful. A nod to Spirit waiting beyond the veil.
11. **"Into the Mystic" – Van Morrison**
This one speaks for itself. Pure magic.
12. **"Fire and Rain" – James Taylor**
Grief, memory, and the healing ache of loss.
13. **"Witchy Woman" – Eagles**
Embrace the mystery. Stand in your knowing.
14. **"Breathe" – Faith Hill**
Drop into your body, into your breath, into presence.
15. **"River" – Joni Mitchell**
Emotionally cleansing. Like journaling through song.
16. **"Vincent (Starry, Starry Night)" – Don McLean**
Gentle, soulful, and deeply intuitive.
17. **"Hallelujah" – Jeff Buckley version**
Sacred, raw, and angelic. A portal to Spirit.
18. **"Leather and Lace" – Stevie Nicks & Don Henley**
Balancing strength and softness. Divine duality.
19. **"Come Away with Me" – Norah Jones**
Slow, mystical invitation to drift between worlds.
20. **"This Woman's Work" – Kate Bush or Maxwell**
Soft, quiet inspiration, strength.