

# ANANDA MUSIC ANTIDOTES

The following table summarizes the songs assigned to the negative emotions in  
*Secrets of Emotional Healing* by Swami Kriyananda.

Day	Song	Negative Emotion	Positive Quality
1	Go On Alone (Truth Can Never Die)	Anger	Centeredness, courage, moral vigor
2	Peace	Anxiety	Peacefulness, calmness, relaxation, assurance
3	The Secret of Laughter	Depression	Lightness of heart, joy, happiness for others, contentment
4	Desdemona's Song	Depression	Acceptance, thoughtfulness
5	Deirdre's Sorrows	Depression	Acceptance, calmness, hopefulness
6	Walk Like a Man	Discouragement	Courage, confidence, fulfillment
7	Dare to be Different	Discouragement	Courage, boldness, freedom
8	What Is It For?	Loneliness	Divine presence, trust, hope
9	Life Is a Dream	Loneliness	Acceptance of change, lightness, calmness, companionship
10	Have You Seen Sorrento?	Unkind thoughts	Kindness, generosity, humbleness, gladness
11	Parade (instrumental)	Hurt feelings	Having a larger/wider perspective
12	I Live Without Fear	Hurt feelings	Confidence, calm feelings, divine companionship, sense of immortality
13	Irish Lullaby	Cynicism	Wisdom, contentment, embracing, guilelessness

14	Invocation	Bitterness	Sweetness, gladness, calmness, faith
15	Cloisters	Dependence on others	Reliance on God, assurance, adaptability, spiritual inspiration
16	There's Joy in the Heavens	Discontentment	Contentment, lightness, letting go (of comforts, attachments, etc.)
17	Jenny Will Love Me	Doubt	Practicality, Universal Love, confidence
18	I Wander with Thee When You Come from Napoli	Mental Dullness	Trust, enthusiasm
19	The Hill That Was Tara	Fearfulness	Confidence, Courage, non-attachment
20	Lift Your Heart in Strength Little Kathy	Feelings of Guilt	Determination, courage, positive thinking, companionship
21	Cherry Blossoms in Kyoto	Greed	Contentment, simplicity, clarity
22	Sailing the Blue Sea	Irritation	Smoothness, soothing
23	Song of the Nightingale	Negativity	Positive thinking, enthusiasm, optimism, adaptability, happiness
24	Home is a Green Hill	Insecurity	Security, calmness, being supported, positive thinking
25	The Secret of Laughter Freedom Is Acting in Friendship (instrumental)	Jealousy	Lightness of heart, joy, happiness for others, contentment, benevolence
26	Little Kathy	Conceit	Humbleness, confidence, self-acceptance
27	If You're Seeking Freedom	Resentment	Acceptance, generosity, expanded sympathies
28	Go On Alone (Truth Can Never Die)	Low self-esteem	Centeredness, courage, moral vigor
29	There's Joy in the Heavens	Self-pity	Contentment, lightness, letting go (of comforts, attachments, etc.)
30	A New Tomorrow	Fear of failure	Acceptance, fearlessness, inner power, vigilance, overcoming habits & fate
31	I Live Without Fear	Fear of death	Confidence, calm feelings, divine companionship, sense of immortality