Meditation with music (pros vs cons)

**Pros**

- Listening to music while meditating can help to create a more relaxed environment, especially if you're in a noisy place.
- Music may help you get in the proper frame of mind for your meditation practice.
- There are some types of music that attempt to create science-backed sounds (like neural phase locking) to help you enhance your meditation environment.

**Cons**

- Music can potentially be a distraction, even if it's intended to be relaxing, calm meditation music.
- Adding music into the mix may make it harder to notice when we're getting lost in thought.
- Meditating with music may give you fewer opportunities to apply your attention skills in a real-world environment. Meditating in a noisy place builds resilience.