

# 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.

