**QUADRANTS a GIM Programme which takes the listener through each stage of the Great Round:** [**https://open.spotify.com/playlist/6qD4m07SNeW4F8acPmEh66?si=AfsW7IUjRFu6ETTffNxRhA**](https://open.spotify.com/playlist/6qD4m07SNeW4F8acPmEh66?si=AfsW7IUjRFu6ETTffNxRhA)

**Below are further individual suggestions for each stage:**

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| **QUADRANT ONE:**  |  |
| **STAGE 1:** | **Jane Winther:** [**https://www.youtube.com/watch?v=3YwUtXzAL\_E**](https://www.youtube.com/watch?v=3YwUtXzAL_E)**Solar: Music De Los Elementos Bovedas:** [**https://open.spotify.com/playlist/0s6mJ7BNFjRMBBRI7Y5NTa?si=61LvjZcoRDuVYdplAoEgng**](https://open.spotify.com/playlist/0s6mJ7BNFjRMBBRI7Y5NTa?si=61LvjZcoRDuVYdplAoEgng)**Gong Bath: Tibetan Wisdom:**[**https://open.spotify.com/track/0ZE5vsH1fCJuJSDe7h1XpF?si=aP2Q9uANQii5al68MIpupg**](https://open.spotify.com/track/0ZE5vsH1fCJuJSDe7h1XpF?si=aP2Q9uANQii5al68MIpupg) |
| **Stage 2:**  | **Deva Premal:** [**https://www.youtube.com/watch?v=60FH24ucmsg**](https://www.youtube.com/watch?v=60FH24ucmsg)**Simon Reece, God is All:** [**https://soundcloud.com/moonlake/gregorian-chant**](https://soundcloud.com/moonlake/gregorian-chant)**Part Uusberg: Othu Illu:** [**https://www.youtube.com/watch?v=QOQK0inm9KQ**](https://www.youtube.com/watch?v=QOQK0inm9KQ) |
| **STAGE 3:**  | **Rebecca Clarke Morpheus:** [**https://open.spotify.com/track/6BSOV42AJ524Q2rbFYE7ce?si=wnR7d05fSCKz1lVq\_WUDdw**](https://open.spotify.com/track/6BSOV42AJ524Q2rbFYE7ce?si=wnR7d05fSCKz1lVq_WUDdw)**Hurdy Gurdy:** [**https://www.youtube.com/watch?v=7RThiD7kM6A**](https://www.youtube.com/watch?v=7RThiD7kM6A)[**https://www.youtube.com/watch?v=wwyznoWJDHI**](https://www.youtube.com/watch?v=wwyznoWJDHI)**Duduk:** [**https://www.youtube.com/watch?v=y5tcbD5in7k**](https://www.youtube.com/watch?v=y5tcbD5in7k)**Shigeru Umebayashi, In the Mood for Love:** [**https://www.youtube.com/watch?v=gw9fKuymA0**](https://www.youtube.com/watch?v=gw9fKuymA0I) |

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| **QUADRANT TWO:**  |  |
| **STAGE 4:**  | **Stanley Myers Cavatina:** [**https://open.spotify.com/track/3Ivf7gyRe76ob9VW45ilJj?si=5yXc\_qFoSOuQATTFktAuhQ**](https://open.spotify.com/track/3Ivf7gyRe76ob9VW45ilJj?si=5yXc_qFoSOuQATTFktAuhQ)**Ravel Cinq Melodies Populaire Greques 2 (Cello version)**[**https://open.spotify.com/track/6kguhBG92gKtQol8oCUA4j?si=7\_pA7N4sT0yOOAZZSr1nlQ**](https://open.spotify.com/track/6kguhBG92gKtQol8oCUA4j?si=7_pA7N4sT0yOOAZZSr1nlQ)**Chuck Mangione: Lullaby:** [**https://www.youtube.com/watch?v=VaFz7InxUi0**](https://www.youtube.com/watch?v=VaFz7InxUi0) |
| **STAGE 5:** | **Astor Piazzola Libertango, Die 12,** [**https://open.spotify.com/artist/3YZqGxNBOlhhAETu2LrNB7?si=ZI4IWghYQFaQ8CgOecy7qg**](https://open.spotify.com/artist/3YZqGxNBOlhhAETu2LrNB7?si=ZI4IWghYQFaQ8CgOecy7qg)**Elena Kats Chernin: Blue Rose** [**https://open.spotify.com/track/4OToDDdi5fI96i5tMwtYKK?si=TH4wpp\_ORFS3hsU0XeiJlg**](https://open.spotify.com/track/4OToDDdi5fI96i5tMwtYKK?si=TH4wpp_ORFS3hsU0XeiJlg)**Anna Meredith: Bubble Gun:** [**https://www.youtube.com/watch?v=TdpXRXx5-0U&list=OLAK5uy\_nEb6dI4bcCYBddC8IXs4bm47p-kU2x1Tk&index=6**](https://www.youtube.com/watch?v=TdpXRXx5-0U&list=OLAK5uy_nEb6dI4bcCYBddC8IXs4bm47p-kU2x1Tk&index=6) |
| **Stage 6:**  | **Shostakovich Symphony Number 5 Movements 1 & 4:** [**https://open.spotify.com/artist/2LmyJyCF5V1eQyvHgJNbTn?si=5e-TOs6sQyKH1gtNtHQ8jA**](https://open.spotify.com/artist/2LmyJyCF5V1eQyvHgJNbTn?si=5e-TOs6sQyKH1gtNtHQ8jA)**Ennio Morricone, The Good, The Bad and the Ugly:** [**https://www.youtube.com/watch?v=enuOArEfqGo**](https://www.youtube.com/watch?v=enuOArEfqGo)**Nico Muhly: Drones & Viola: Part I Material in D:** [**https://www.youtube.com/watch?v=viy1U1sOrzw**](https://www.youtube.com/watch?v=viy1U1sOrzw)**Ryuchi Sakamoto, Riot in Lagos:** [**https://open.spotify.com/track/4zgLmg0MucCgb74OETaao6?si=6-l4EAZMSA6-QT1-kcK5fw**](https://open.spotify.com/track/4zgLmg0MucCgb74OETaao6?si=6-l4EAZMSA6-QT1-kcK5fw) |

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| **QUADRANT THREE:**  |  |
| **STAGE 7:**  | **Mozart Violin Concerto NO 5. Rondeau:** [**https://www.youtube.com/watch?v=a57Apa4TCfU**](https://www.youtube.com/watch?v=a57Apa4TCfU)**Tito Robbie & Faiz Ali Faiz, Ya Ali: https://open.spotify.com/track/0WYKWl9pEBAjvh6pqEJRJ7?si=GFxMwtT2TBu0zzoWQKopDg****Brahms: Hungarian Dance No 6 (Joshua Bell)** [**https://www.youtube.com/watch?v=-cr39My8GgA**](https://www.youtube.com/watch?v=-cr39My8GgA) |
| **STAGE 8:** | **Bach: Brandenburg Concerto No.3** [**https://open.spotify.com/track/4tXktBBrKGTebkYjvzFA3i?si=i7qmFMSmSVO9YcfQx-FQxA**](https://open.spotify.com/track/4tXktBBrKGTebkYjvzFA3i?si=i7qmFMSmSVO9YcfQx-FQxA)**Beethoven Ode to Joy: (9th Symphony):** [**https://open.spotify.com/track/5G2RyS5wHOHh8JjLg13AnJ?si=5VBdc\_HOSyCi1uh\_d2W5wQ**](https://open.spotify.com/track/5G2RyS5wHOHh8JjLg13AnJ?si=5VBdc_HOSyCi1uh_d2W5wQ)**The Kamkars, Khosha Hawraman** [**https://www.youtube.com/watch?v=t6INzQCvqC8&list=RDEMaue-ZRpMkGtEObxrnRznxA&index=2**](https://www.youtube.com/watch?v=t6INzQCvqC8&list=RDEMaue-ZRpMkGtEObxrnRznxA&index=2) |
| **Stage 9:**  | **Piazzola: Milonga del Angel:** [**https://www.youtube.com/watch?v=V\_X-1AQcp\_8**](https://www.youtube.com/watch?v=V_X-1AQcp_8)**Caccini: Ave Maria (cello version):**[**https://open.spotify.com/artist/0MvSBMGRQJY3mRwIbJsqF1?si=469ML-YpSUyCusjnFTV18g**](https://open.spotify.com/artist/0MvSBMGRQJY3mRwIbJsqF1?si=469ML-YpSUyCusjnFTV18g)**Elgar: Nimrod:** [**https://open.spotify.com/track/5t9UkwkrumEmOpnz3SRdbm?si=1ZBPM8ujRwGQPPKWWvK9iw**](https://open.spotify.com/track/5t9UkwkrumEmOpnz3SRdbm?si=1ZBPM8ujRwGQPPKWWvK9iw)**Luke Howard: Dappled Light:** [**https://www.youtube.com/watch?v=oUElwOOuBhk**](https://www.youtube.com/watch?v=oUElwOOuBhk) |

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| **QUADRANT FOUR:** |  |
| **STAGE 10:**  | **Dobrinka Tabakova: Longing:** [**https://open.spotify.com/artist/0vFb3LsJFAOgLo3s8XI4B2?si=L-nI4GqBTt241eQdzyu9hQ**](https://open.spotify.com/artist/0vFb3LsJFAOgLo3s8XI4B2?si=L-nI4GqBTt241eQdzyu9hQ)**Marjan Mozetic: Postcards from the Sky:** [**https://open.spotify.com/artist/3igzfkiNlpKlJyD9la8vhf?si=45TuptSSRHKGhP1FWjwg-g**](https://open.spotify.com/artist/3igzfkiNlpKlJyD9la8vhf?si=45TuptSSRHKGhP1FWjwg-g)**Schoenberg Verklate Nacht:** [**https://www.youtube.com/watch?v=U-pVz2LTakM**](https://www.youtube.com/watch?v=U-pVz2LTakM) |
| **STAGE 11:** | **Stravinksy: The Rite of Spring:** [**https://open.spotify.com/artist/6wuudWq7XpVutoFp4bsVDo?si=xWcyvHuISgyg7Q6GE1gJEQ**](https://open.spotify.com/artist/6wuudWq7XpVutoFp4bsVDo?si=xWcyvHuISgyg7Q6GE1gJEQ)**Harrison Birtwhistle, Panic:** [**https://open.spotify.com/artist/55yNRgOKReYCobfF0JTEKQ?si=PjhpjvpHQtGXXv4x0lg5pA**](https://open.spotify.com/artist/55yNRgOKReYCobfF0JTEKQ?si=PjhpjvpHQtGXXv4x0lg5pA)**Elena Kats Chernin: Fast Village:** [**https://open.spotify.com/track/2m9M3tB7sRLN7njjBRBkJP?si=1hcmkFZVS1OEDHazGqU1ug**](https://open.spotify.com/track/2m9M3tB7sRLN7njjBRBkJP?si=1hcmkFZVS1OEDHazGqU1ug) |
| **Stage 12:**  | **R. Strauss: Death and Transfiguration (moderato approx. 17 minutes in)** [**https://www.youtube.com/watch?v=vXARAbFmp7c**](https://www.youtube.com/watch?v=vXARAbFmp7c)**Wagner Lohengrin Prelude:** [**https://www.youtube.com/watch?v=zyodILZEQFg**](https://www.youtube.com/watch?v=zyodILZEQFg)**Bizet Adagietto from L’Arlesienne Suite No 1:** [**https://www.youtube.com/watch?v=vXARAbFmp7c**](https://www.youtube.com/watch?v=vXARAbFmp7c) |
| **STAGE 0:** **SILENCE and:**  | **Monochord:** [**https://www.youtube.com/watch?v=c1aCNMIZ5lM**](https://www.youtube.com/watch?v=c1aCNMIZ5lM)**Tanpura**: [**https://www.youtube.com/watch?v=r9nVtgyZoyw**](https://www.youtube.com/watch?v=r9nVtgyZoyw)**Music of the Spheres:** [**https://www.youtube.com/watch?v=bN3lhHTf774&t=1959s**](https://www.youtube.com/watch?v=bN3lhHTf774&t=1959s)**#****Digeridoo:**  [**https://www.youtube.com/watch?v=2fKovXMsHOQ**](https://www.youtube.com/watch?v=2fKovXMsHOQ)**Undertoning** [**https://www.youtube.com/watch?v=cRMlQ2OtZlY**](https://www.youtube.com/watch?v=cRMlQ2OtZlY) |

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