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"Come Healing" Leonard Cohen

"Dust in the wind" Kansas

"Don't fear the reaper" Blue Oyster Cult

"Everywhere, everything" Noah Kahan (worms song)

"If today was your last day" Nickelback

"The lark ascending" Hilary Hahn and Vaughn Williams

"Bring me to life" Evanescence

"Life is beautiful" Sixx AM

"A good day" Brother David

"Imagine" John Lennon

"My sweet lord" George Harrison

"Tasakaal" neuroscience informed music, Callum Graham, High River, AB, any of his guitar music is magical ("Nature Song", "It Was Always You")

content supported under following legislation:

- Canadian Nurses Association code of ethics, specifically those regarding Justice and Value of Choice
- CRNA continuing competence indicators and practice standards 1.2, 1.4, 2.1, 2.2, 2.3, 2.8, 3.3, 3.5, 4.1 and 4.2
- Health Professions Act of Alberta Schedule 24 "Profession of Registered Nurses"
 Practice points 3 (a) i , ii, iv, v and vii