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Subject: Listening To Nature's Music

Posted by [Jethro](#) on Wed, 20 Mar 2019 02:06:00 GMT

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I woke up very early this morning, and I noticed the sound of the chirping birds and rustling leaves due to the soft wind breeze. I tried listening to it, and to my surprise, it actually helped me to get in a calm mood. I'm usually tensed in the morning because I need to rush things before going to work. Have you ever tried this?

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