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Subject: Re: Listening To Nature's Music

Posted by [KalebTheAudioGuy](#) on Fri, 15 Jan 2021 16:01:34 GMT

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Acacia wrote on Fri, 15 January 2021 07:24It eased me too when I chose to sit still in the sun and just listened to the background. My mind also got cleared from overthinking, which has been happening a lot because of lockdown.

I agree! The lovely sounds of nature are so effective for helping me relax and clear my mind. I also find walking outside and listening to nature's music meditative. Some of my best ideas I dream up while walking.

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