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?

Subject: Re: Listening To Nature's Music
Posted by Wayne Parham on Wed, 20 Mar 2019 14:08:59 GMT
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I like those kinds of ambient natural sounds too.

One of the things I listen for in a sound system is whether or not it can give an illusion of reality when reproducing sounds like those.

I love it when I hear those kinds of sounds on a movie soundtrack and can't tell if it was the movie or reality. I wonder if the birds or the crickets are nearby, or if they were in the soundtrack. If I can't tell, the sound system has done its job.

Subject: Re: Listening To Nature's Music
Posted by Malfoy on Sat, 23 Mar 2019 16:53:55 GMT
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My aunt gave me a CD collection of Pachelbel with the sounds of the seashore. The sound is like I'm really beside the beach. I always play that CD whenever I wanted to sleep fast as it is very relaxing to listen to.

Subject: Re: Listening To Nature's Music
Posted by Rusty on Wed, 27 Mar 2019 15:16:51 GMT
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I like taking walks on some of the local trails. And there are parts of the trails that are free from the constant noise of traffic. It's so peaceful it's spooky. It really clears your noggin of all the fuss of living.

Subject: Re: Listening To Nature's Music

Posted by Jethro on Thu, 28 Mar 2019 22:54:58 GMT
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Nature's music is really soothing. The problem with us is that we don't take time to appreciate it. I'm glad that there are still people who enjoy the simple things that nature provides.

I also love staying still and enjoy listening to the sounds of nature, but I often doze off when I get too relaxed.

Subject: Re: Listening To Nature's Music
Posted by TheWanderer on Thu, 25 Apr 2019 20:19:19 GMT
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I love the sound of nature. Like Rusty, I enjoy taking a walk on trails. I'm fortunate to live in an area that has many. One of my favorite things to do is walk to a lesser traveled part of the trail, sit on a fallen tree or rock, and just take in the scenery. The smell, sight and sounds melt away any stress I have.

Subject: Re: Listening To Nature's Music
Posted by Kingfish on Fri, 26 Apr 2019 15:50:47 GMT
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The music of nature I get to hear to is silence in the morning. I work in a major city during the day, so the sounds of silence is music to my ears.

Subject: Re: Listening To Nature's Music
Posted by Raymond on Sat, 26 Dec 2020 22:52:07 GMT
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I used to work outside as a shovel bum on an archaeological crew and other members of the team wanted to listen to music while we dug. But our crew leader wouldn't allow it. He insisted that nature's music was the best music. And he was right. I found that I noticed many more sounds that I normally did. And it was pretty peaceful. So now, when I go on walks, I don't listen to any music but Mother Nature's.

Subject: Re: Listening To Nature's Music
Posted by Mica on Sat, 02 Jan 2021 00:23:37 GMT
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Yes! I love the sounds in nature. I am sitting here right now listening to the freezing rain hit the window. I have no place to go so the sound soothes me. I love listening to the wind and the birds. I would say my favorite sound from nature is waves crashing onto the rocks at the beach in Maine.

Subject: Re: Listening To Nature's Music
Posted by Acacia on Fri, 15 Jan 2021 13:24:34 GMT
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It 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.

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.

Subject: Re: Listening To Nature's Music
Posted by Souldude on Thu, 21 Jan 2021 04:20:40 GMT
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Whether it's morning or night, it's always calming to get lost in the sounds of nature. That's maybe one of the reasons why people living in rural areas are more relaxed. When I would go for a jog at night, looking at the stars and observing the sound of my surroundings helps me regain my senses after getting tired.

Subject: Re: Listening To Nature's Music
Posted by Rusty on Thu, 21 Jan 2021 11:49:24 GMT
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Didja know there are only 12, maybe just 10 true unfettered places in the USA that are without manmade noises. And the researcher hunting for such places will only reveal 3 of them. Why? To help preserve what is left hopefully.
I know where I live it's not really possible to exclude traffic mainly or other human produced noise from the natural surrounding. I've found nice little pockets from my trail walking, but if you stayed long enough and listened. Whoops there it is.
Nice article...
https://www.theinertia.com/environment/there-are-only-12-quiet-places-left-in-the-u-s-and-this-man-will-only-tell-us-3-of-them/