

Nature And Walking

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## Summary:

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5 Benefits Of Walking In Nature - Lotus Point Wellness Listening to the sounds of nature keeps you in the present moment so you can enjoy the benefits of walking in nature. Listen to this video of a the soothing sounds of a creek in our neighborhood. Notice if you feel more relaxed and if it helps you to be in the moment, no matter where you are listening to it. Walking in Nature | Reason and Meaning A reader sent me a beautiful description of the tranquility he finds walking in and communing with nature. It seems my friend has become a forest dweller in the Hindu tradition! I think that if we don't find peace in this way, we probably won't find it anywhere, for many seers and sages have found something vastly preferable in nature and solitude.

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