

Nature And Walking

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Walking by Henry David Thoreau I wish to speak a word for ... Walking by Henry David Thoreau I wish to speak a word for Nature, for absolute freedom and wildness, as contrasted with a freedom and culture merely. 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.

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