

# Nature's Music

by

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During some of my long international flights, I was fortunate to sit besides amazing people, who had simple but sophisticated ways to keep themselves awake as well as rested, energized as well as calm. Most of these folks were high up in their corporations, but not high enough to fly around in private chartered flights. Music, Meditation, Humor were some of the common driving secrets for them.

When I would start watching some poignant human musical dramas or movies, without any concern for whether I knew the language, these folks would typically open up their stylish Bose Noise Cancellation headsets and CD case [which had become sort of a status symbol in Business/First class zones!]. I always wondered what they would be listening to, which is better than picked by eminent experts compiling on-board entertainment for these flights.

Then, once, I mustered courage to ask for and borrowed a Gentleman's headsets to listen to a bit. I was amazed that he was just listening to the sound of Rains and Streams! He shared that these act like **“ironing the wrinkles off my head that accumulates during the day”** and uttered the term **ASMR** which I do not understand technically or fully to this date.

You can read more about [ASMR](#) here, which I believe was coined some time in 2010. I know it has taken You Tube by storm over the years. Personally, You Tube has emerged as planetary scale library for all kinds of things, bulk of which are the creations of eminent experts and passionate amateurs. My interactions with it has been

massively growing and exceptionally fulfilling..

You can learn about ASMR technicalities from Wikipedia. For me, it sums up as **Nature's calming Sights and Sounds**. As one prolific passionate artist/creator writes, “Nature is very Beautiful and Musical and Calming. One does not need any commentaries and/or music to understand and enjoy it”. I resonate very well with that expression, as, it resonates with my orientation towards creating and listening to self-fulfilling tranquil music.

Now I subscribe to several “4K Walk in the Rain, 4K Walk in the Forests” etc. channels, and I have also started creating pieces of my own, though I am sure I am slanted to Tranquil Music rather than true ASMR.

Few months ago, I tried to capture a Rain Storm from inside my house in Nashua. I uploaded it As-is for ease of accessing and watching it. In one of my exchanges with our own Don Sherwood, I stumbled upon a context and shared that Video with him, and he was very kind and generous with his comments.

Emboldened, I showed that and a few more of my creations to others in private, and now sort of crossed that threshold to write about it here. I am hoping that you may resonate with these “Nature's Music” and “ASMR”s, whether you are already immersed in it, or just becoming aware of them.

I have taken the liberty to create a playlist [NaturesMusic](#) in our IEEE YouTube Channel, and I have added a few, mostly random, pieces to it. May add more there over time. I hope you enjoy them and experience new joys, serendipity, triggers and thoughts, and even write about them, and share your own pieces here.