



## Dusy Basin

### Learn To Listen

I love to just sit and listen. A quiet clearing in the thick forest, a high mountain meadow filled with lush grass, or the rocky shore of a serene lake. These are wonderful places to just sit and soak up nature's sounds. I put all worries aside and just let nature's rhythms flow through me.

What will you hear? You will hear with your ears. You will hear with your body, and you will hear with your spirit. The wind and water speak a language you can feel on your skin and smell with your nose. The energy you can feel on the inside. The lessons are joyful, exciting and profound.