



7
AMBIENT SOUNDS
FOR
TRANQUILITY

Ambient Sounds of Nature

Our auditory sense can have a strong influence on our emotional wellness.

Our days are full of noise and often we don't pay the "white noise" any attention. Yet, we may find ourselves feeling anxious and stressed and wish the noise would go away. It is in those times that the sounds of nature have shown to bring tranquility to the soul.

"7 Ambient Sounds for Tranquility" offers you 7 different ambient nature sounds to help you settle your moods and emotions.

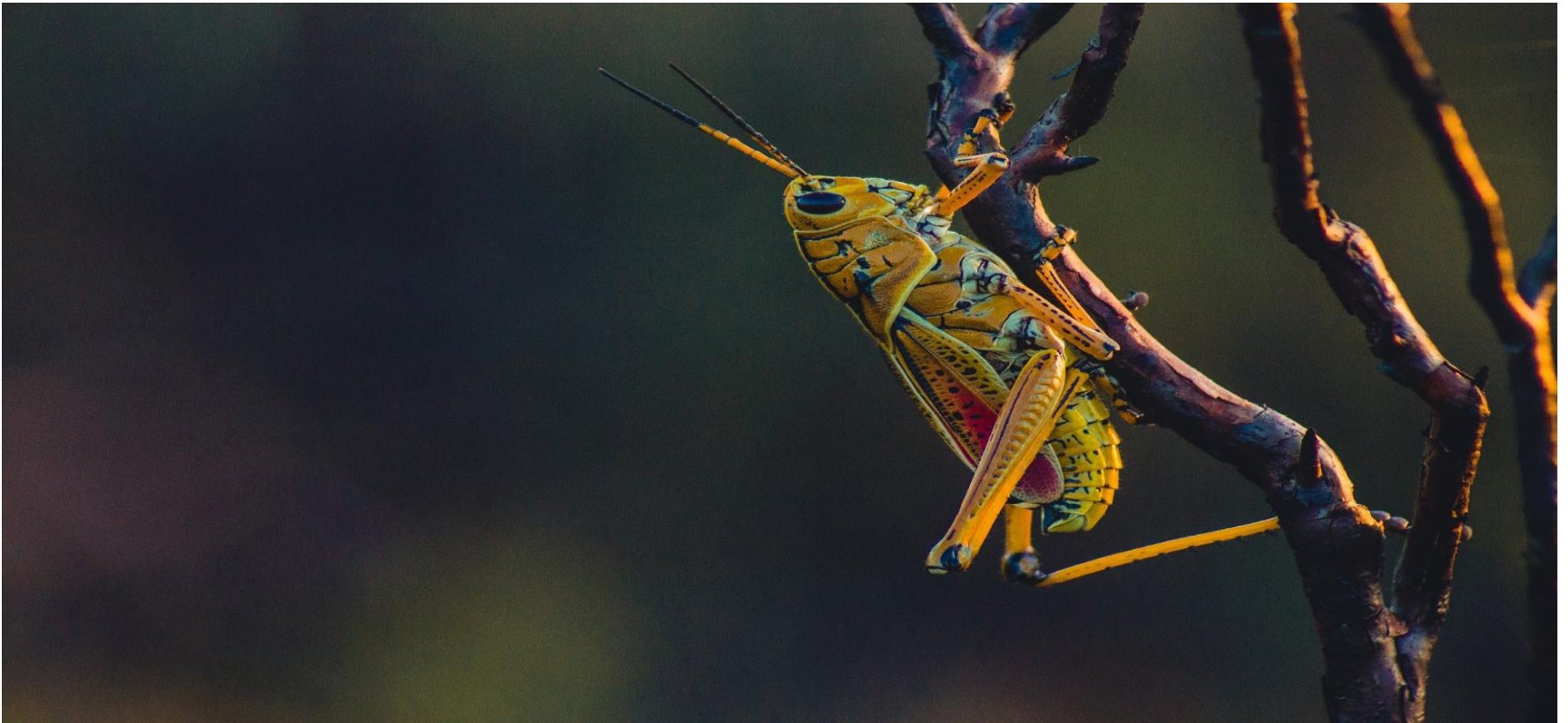
Find your tranquil spot and allow the sounds of nature to wash over you.



Chimes

Listening to the sound of wind chimes, as a breeze gently passes by, creates a sense of peace and calmness.

Ambient Sound Download
["Chimes"](#)



Crickets

Listening to the sound of crickets chirping in the night is such a relaxing sound. The symphony of a multitude of crickets may bring peace to the end of a tiring day.

Ambient Sound Download
["Crickets"](#)



Song Birds

Whether beginning or ending your day with the beautiful songs of birds, you are bound to experience the joy these little creatures have to offer.

Ambient Sound Download

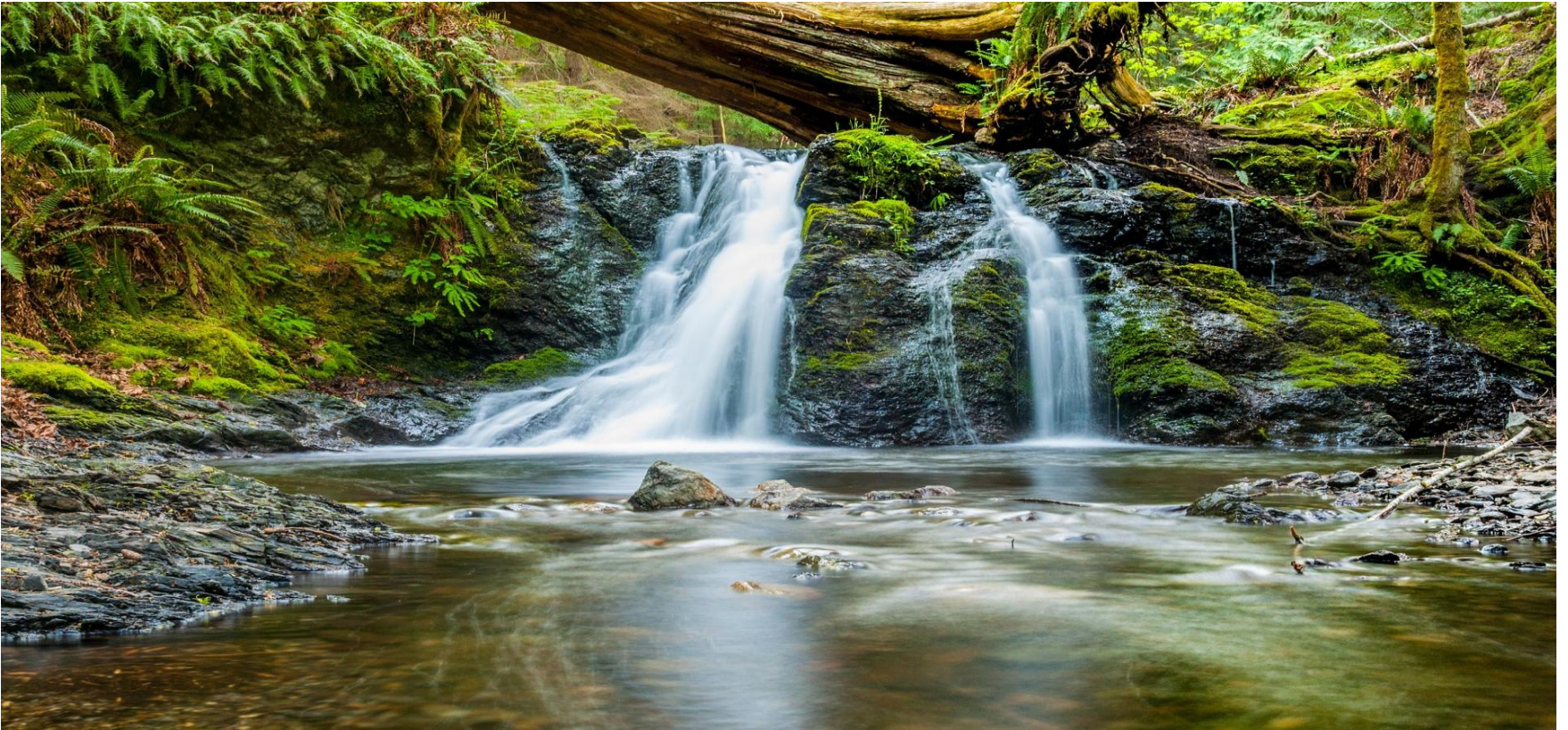
["Song Birds"](#)



Rain

Listening to the sound of rain can bring calmness and tranquility to a day of stress. The softness of the water falling creates an atmosphere of relaxation.

Ambient Sound Download
[“Rain”](#)



Flowing River

Listening to the sound of a flowing river as it cascades over river rocks takes your mind away from the bustle of the day and allows you to experience quiet moments of peace.

Ambient Sound Download
[“Flowing River”](#)



Shorebirds and Ocean

Listening to the sound of shorebirds with the waves of the ocean crashing against the sand brings you to a place of serenity and ease.

Ambient Sound Download
["Shorebirds and Ocean"](#)



Whales

Nature at its grandest. Listening to the whale crash back into the ocean is an amazing sound. The grace of this majestic animal is enough to bring your emotions into balance.

Ambient Sound Download
["Whales"](#)



Finding balance in your life will create a healthier you mentally, emotionally, and physically.

One way of finding balance is learning how to relax and let go of anxiety and stress. My goal in offering “7 Ambient Sounds for Tranquility” is to offer you a beginning in finding balance in your life.

Download and create your very own playlist and enjoy these beautiful sounds as you unwind from your day.

7 Ambient Sounds for Tranquility

[Download and create your very own playlist of ambient sounds.](#)



Chimes



Crickets



Songbirds



Rain



River



Shorebirds
And Ocean



Whales

meet
your coach

Would you like some personal support in becoming the best version of yourself?

I'd love to chat with you about your health and wellness goals.

Contact me today!

Terri King

BALANCED HEALTH AND YOU

www.balancedhealthandyou.com

