



At Peace with Nature

Relaxing Sounds
for Mindful
Moments

Clive Williamson
& Symbiosis

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Relaxing Sounds for Mindful Moments

Immersing ourselves in nature has been shown to reduce stress and bring remarkable benefits to our mood and our health. These relaxing recordings of natural environments help to evoke a sense of peace by transporting the listener to refreshing outdoor spaces on a series of tranquil 'virtual nature walks'.

At Peace with Nature offers a wonderful way to connect with natural places and experiences by capturing the sounds of countryside, rainforest & woodland; ocean & sea; river, rain & streams. Featuring beautiful song from birds in England, Australia, New Zealand and Colombia, it's ideal for all lovers of nature and anyone who would like to experience the restorative power of the natural world but can't manage to do so at first hand.



Sound designer and musician **Clive Williamson** has drawn on his experience as a Producer and Studio Manager with the BBC to create this wonderful album of natural sounds. Recording over 25 years in four countries – and on three different continents

– he has combined a life-long love of nature with the best digital studio techniques to bring us this remarkable collection of natural soundscapes.

Clive founded the group **Symbiosis** with flautist John Hackett, making gentle music for relaxation and healing including the acclaimed album **Touching the Clouds**, which produced the lowest heartbeat rate in research at Kingston University. He first began recording nature sounds for the group in 1995. Now available on **New Zealand Naturally**, Clive's superb recordings have been featured in work by the BBC, the Royal New Zealand Ballet, NZ Tourism and RNZ Radio.



SYMCD2025

Find out about his relaxing music and natural sounds at: www.symbiosis-music.com

1. The Spirit of Summer, New Zealand

*A relaxing symphony of birds, countryside, cicadas, streams, waterfall and gentle waves. Features Tūī, Blackbird and Grey Warbler. (First released on the album **New Zealand Naturally**.) [Duration: 8:35]*

2. A Serene Suburb at Dawn (Parnell, Auckland, NZ) [5:22]

Harmonious mixture of New Zealand's native birds & introduced species in a peaceful suburban garden.

3. At Peace with Nature (Water lapping in Looking Glass Bay, Pittwater, Australia) [2:57]

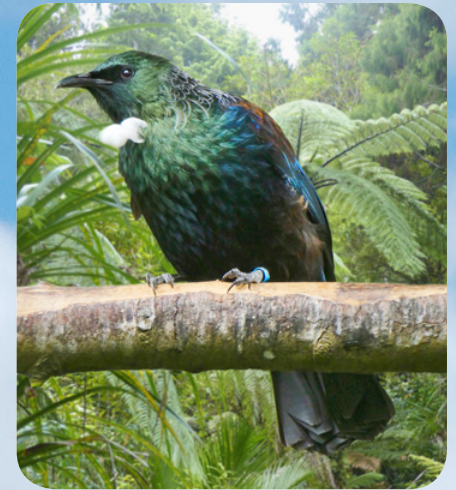
Australian birds including the Laughing Kookaburra are heard over the water in this tranquil bay near Sydney at sunrise.

4. Frogs in Gentle Rain (Rozo, near Cali, Colombia) [3:29]

A chorus of tiny frogs sings through the night on a finca in the Colombian countryside.



Sunrise over Shelly Beach



Tūī



Laughing Kookaburra

5. On Shelly Beach (with distant surf, Manly, Australia) [5:37]

Early morning on a beautiful, secluded beach near Sydney. Soothing waves with the sound of surf on Manly beach in the background.

6. Bellbirds Across the Water (Blue Mountains Region, Australia) [2:14]

Bell Miners (bellbirds) weave a delicate tapestry of sound on a warm afternoon.



Anstey's Cove, Devon, UK



Australian Magpie
(Photo by Nora Correa Jimenez)



Pacific coast near Kaikoura, NZ

7. A Coastal Chorus (Torquay, Devon, with Blackbird, Song Thrush, Wren & Gulls) [5:26]

Charming duet of a Eurasian Blackbird and a Song Thrush against a backdrop of distant seagulls, recorded in the English coastal town of Torquay.

8. Lazy Summer Days, NZ (At Peace Mix) [7:15]

Calming natural scenes from New Zealand's North and South Islands, recorded near Waimangu (Rotorua), Punakaiki, Dannevirke and Upper Hutt.

9. Early Morning at Anstey's Cove (Torquay, Devon) [3:16]

Sea-wash and birdsong on a sunny spring morning on the 'English Riviera'.

10. Australian Daybreak (Callicoma Trail Bushwalk, Sydney) [5:17]

A host of birds welcome a new day in the bush, including the Grey Butcherbird, Whipbirds, Kookaburra and Magpies.

11. The Peaceful Pacific (Kaikoura, NZ South Island) [3:58]

The gentle power of the Pacific Ocean at night.

(Waves on pebble beach and stones.)

12. Sunshine Follows the Rain

(Colombian Amazon, with Oropendola song) [3:35]

Warm rains give way to a host of frogs, tropical insects and magical cascading calls of several Oropendola from the rainforest canopy. (Recorded at the Fundación Ikozoa Bioparque, Amazonas, near Leticia, Colombia.)

13. Bellbird Walk and Stream at Dusk

(Saint Arnaud, Lake Rotoiti, NZ) [2:56]

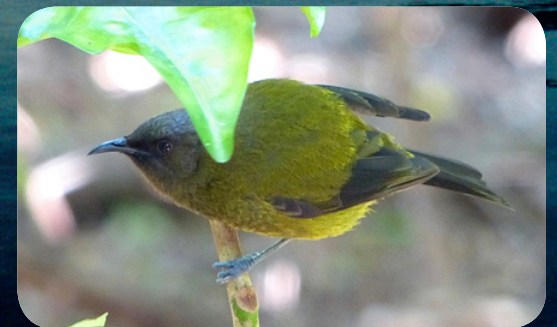
Gorgeous song from Korimako {Bellbirds} at dusk as a creek runs through woodland near the shores of this stunning lake on the South Island.

Main photo: Lake Rotoiti at dusk, NZ



Crested Oropendola

(Photo by Charles J. Sharp © CC BY-SA 4.0)



New Zealand Bellbird

(Photo by Nora Correa Jimenez)

14. Cicadas on the Llanos (Colombia) [3:02]

An other-worldly song created by Colombia's cicadas 'chorusing' in tall trees on plains near Bogotá. (Rancho Camaná Natural Reserve, Restrepo, Meta.)

15. Following the River Dart (Dartmoor, Devon) [2:50]

The River Dart flows peacefully through the beautiful moorland landscape of Dartmoor National Park.

**16. The Kew Dawn Chorus
(outside Kew Gardens, West London) [4:27]**

Birdsong from Blackbird, Robin and Wood Pigeon is uplifting on an unusually quiet spring morning on the outskirts of the city!

(Recorded just outside the famous Royal Botanic Gardens.)

**17. Sacred Waters and Thermal Wonders
(Rotorua region, NZ) [3:03]**

Surprisingly calming sounds from this geo-thermal region of New Zealand:

*Rainbow Crater & The Devil's Inkpot (Wai-o-Tapu); Frying Pan Lake (Waimangu);
and bubbling Mud Pools (Wai-o-Tapu & Rotorua).*

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Digitally recorded, mixed and mastered by Clive Williamson of Symbiosis.

Graphic Design and Photography by Clive Williamson.

Additional photographs by Nora Correa Jimenez and Charles J. Sharp.

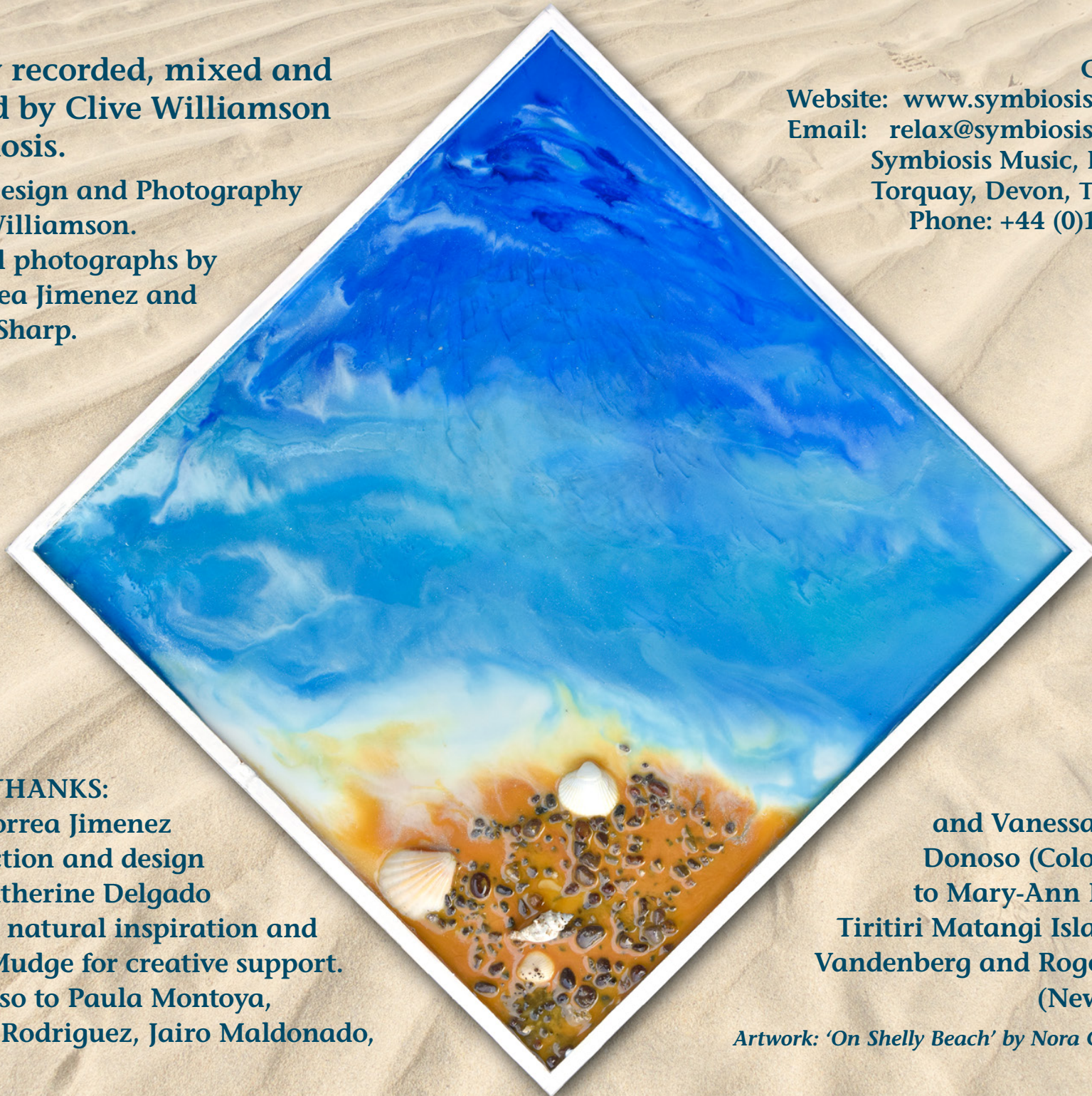
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Artwork: 'On Shelly Beach' by Nora Correa Jimenez

Gallery ~ New Zealand



Tree Fern, Ark in the Park (Near Auckland)



Pohutukawa tree on Tiritiri Matangi Island



Wai-O-Tapu Thermal Reserve (near Rotorua)



Champagne Lake, Wai-O-Tapu Thermal Reserve

Gallery ~ Australia



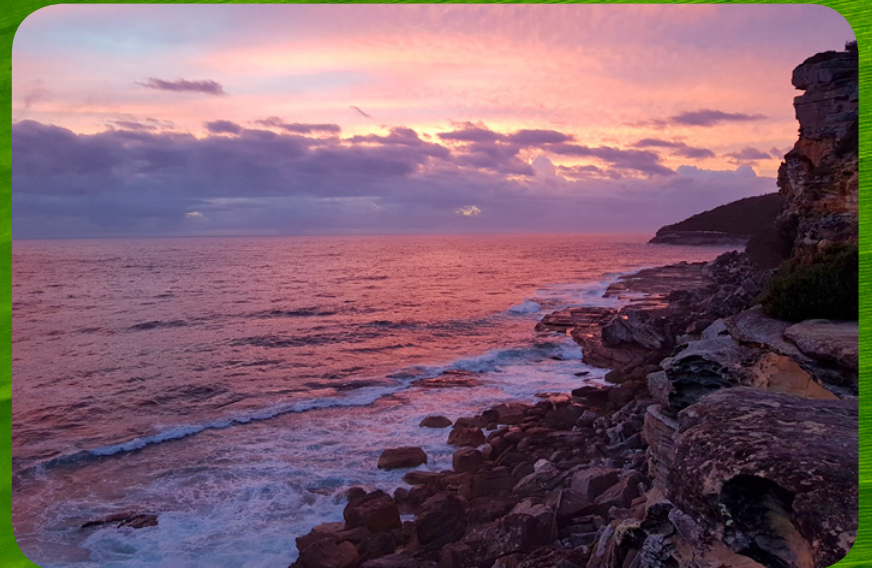
Sunrise in the Bush (near Sydney)



Grey Butcherbird



Water Dragon, Cabbage Tree Bay, Sydney



South Pacific Ocean from Shelly Headland, Manly

Gallery ~ Colombia



Squirrel Monkey, Amazon Region (near Leticia)



Rainforest by the Amazon River



Sunset over the Amazon River (Amazónas, Colombia)



One of Colombia's tiny frogs

Gallery ~ England



Spring in South Devon



Blackbird and the Royal Botanic Gardens, Kew



Misty Morning, woodland near Torquay, Devon
(Photo by Nora Correa Jimenez)



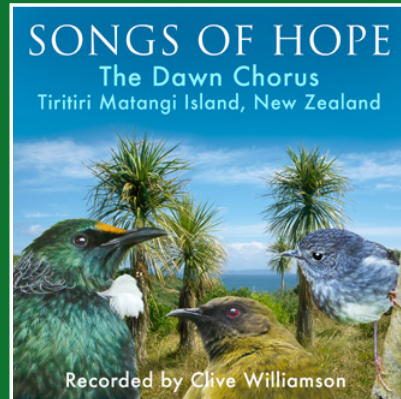
River flowing on Dartmoor in Devon

Albums by Symbiosis

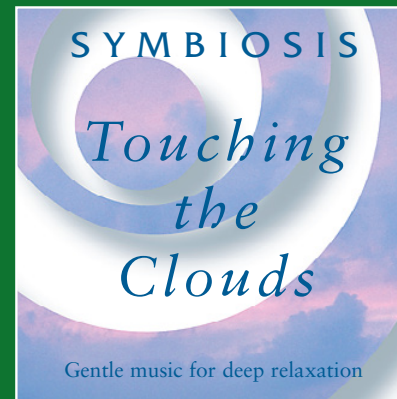
To listen or buy online, visit www.symbiosis-music.com
... or search for 'symbiosis' on iTunes, Apple Music or Spotify



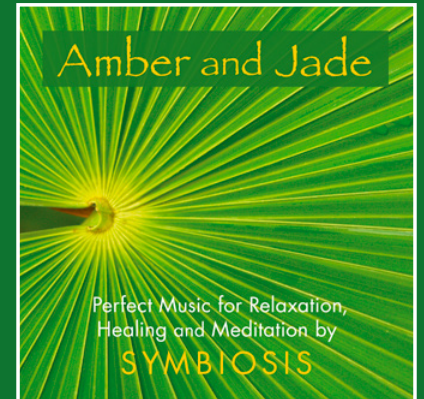
Playing time: 78 mins



Playing time: 61 mins



Playing time: 72 mins



Playing time: 74 mins

These relaxing recordings by *Clive Williamson* capture the true beauty of New Zealand's natural sounds: from enchanting bird-calls, the peaceful Pacific ocean and glowworm caves to the power of distant rolling thunder and geothermal activity.

New Zealand Naturally features the songs of many birds including the Tūī, Kākā, Tīeke {Saddleback} and Hihi {Stitchbird}; gently calming early morning forest and bush atmospheres; the sounds of hot springs & bubbling mud; and the ebb & flow of the sea.

As well as their refreshing nature albums, Symbiosis create beautiful atmospheric music which is perfect for gentle relaxation.

Albums like *Touching the Clouds* and *Amber & Jade* are ideal for anyone who needs to relax and dissipate the stresses and strains of daily life, or for use in Mindfulness or by holistic practitioners. Mellifluous flute, gentle acoustic guitar and serene soundscapes all help to conjure up soft and delicate moods and a sublime listening experience throughout their extended play releases.

