

THE HEART OF NATURE



CLIVE WILLIAMSON & SYMBIOSIS

MUSIC & NATURAL SOUNDS FOR WELLBEING

The Heart of Nature

Music & Natural Sounds for Wellbeing

by Clive Williamson & Symbiosis

The Heart of Nature gently blends birdsong, sea sounds, natural atmospheres and relaxing music to create soundscapes which evoke a sense of peace and encourage a deeper connection with nature itself. Renowned for their beautiful natural sound recordings and music for deep relaxation, the British group Symbiosis have now combined these two elements of their work on their latest album to create new listening experience...

The aim is to help people fully relax in nature: wherever and whenever they are listening; and to let the listener benefit from all the associations that 'being in nature' can bring!

The group's Music Producer and Sound Designer, Clive Williamson, began recording sounds of nature on a visit to New Zealand, and he feels strongly that it is now time to help people to create a closer connection with the natural world and – hopefully – deeply relax in the process!

Clive is also keen to 'give something back' to the environment. "We have already supported Butterfly Conservation in the U.K. and Tiritiri Matangi Island Wildlife Sanctuary in New Zealand," he says, "and we are planning to donate some of the royalties from The Heart of Nature to help ecology projects here in England, and ideally worldwide too! Please visit our website for details of Symbiosis supporting Nature."



Symbiosis are: John Hackett (flutes & keyboards); Richard Bolton (guitars) and Clive Williamson (keyboards, percussion, quena, autoharp & whistling) with guest musicians Sally Goodworth (piano) and Rupert Flindt (fretless bass).

Discover relaxing natural sounds & music from Symbiosis at:
www.symbiosis-music.com



SYMCD2027

1. Light After (Natural Mix with 'Dawn Chorus, Cockington Water Meadows, Devon, U.K.')

feat. John Hackett (flute) [3:06]

The beautiful sound of European birds greeting the day at Easter-time in the South West of England.

(Music by John Hackett & Clive Williamson, originally from the Symbiosis album 'Amber & Jade')

2. On a Distant Shore (Natural Mix with 'Gentle Waves on Ness Cove Beach, Shaldon, U.K.')

feat. Sally Goodworth (piano) [3:25]

Soothing surf at sunrise, recorded in November on a secluded beach in Devon.

(Music by Clive Williamson; arranged by Sally Goodworth, with John Hackett: flute)

Photo: Ness Cove Beach, nr. Teignmouth, Devon



Cockington Country Park
in the Spring

3. The Beauty Within (Natural Mix with Birdsong,
Cockington Country Park, Devon, U.K.) [7:38]

*Relaxing and refreshing... with Blackbird; Coot; Robin; Wren; Great
Tit; Crow and other woodland birds, recorded in the early spring.*

(Music by Richard Bolton, John Hackett & Clive Williamson,
originally from the Symbiosis album 'Amber & Jade')

4. A Perfect Moment (Natural Mix of 'Gold' with
'By a Small Creek – Blue Mountains, AUS.')

[2:20]

*The gentle sound of water, recorded on a sunny afternoon on
the Charles Darwin Walk in the Blue Mountains.*

(Music by John Hackett & Clive Williamson, originally from 'Sea of Light')



Blackbird at dusk

5. Morning Reflections (Natural Mix of 'Deep Yellow' with
Woodpeckers at Dawn, Cockington Country Park, U.K.)
feat. Richard Bolton [2:32]

*Featuring a duet of Great Spotted Woodpeckers with Great Tit; Wren;
Robin & Wood Pigeon.*

(Music by Richard Bolton, from the album 'Sea of Light')



Laughing Kookaburra



Tūī (from New Zealand)



Tīeke {Saddleback}

6. Pittwater Dawn (Natural Mix with 'Water lapping in Looking Glass Bay, Pittwater, AUS.')

[2:31]

*Gifted flautist John Hackett adds a touch of magic to the sounds of birdsong and water lapping in Looking Glass Bay, Pittwater.
(Featuring John Hackett: Bass Flute)*

(Composition by John Hackett & Clive Williamson from 'Australia Naturally')

7. Songs of the Forest (Natural Mix of 'Violet' with 'Ngā Manu – The Birds, NZ')

[6:20]

Featuring: Kea; Kākā; Korimako {North Island Bellbird}; Tīeke {Saddleback}; Tūī; Pōpokotea {Whiteheads}; Kākāriki {Red-Crowned Parakeets}; Juvenile Bellbirds; Saddlebacks; South Island Bellbirds; Hihi {Stitchbird}; 'Jack' the Tūī (from Pūkaha Mount Bruce Wildlife Centre); South Island Bellbirds; Ruru {Morepork}; Kiwi; Grey Warbler; Kōkako.

(Music by John Hackett & Clive Williamson from 'Sea of Light')

8. Going With the Flow (Natural Mix of 'Pale Yellow' with 'Following the River Dart – Dartmoor, Devon, U.K.')

[3:02]

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

(Music by Clive Williamson; arranged by Sally Goodworth from 'Sea of Light')

9. Beside Green Pastures (Natural Mix of 'Green' with 'A Serene Suburb at Dawn - Parnell, Auckland, NZ') [7:03]

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

(Music by John Hackett & Clive Williamson, with Richard Bolton on guitar from 'Sea of Light')

10. Tranquil Tides (Natural Mix of 'Silver' with 'On Shelly Beach – with distant surf, Manly, Australia') [5:10]

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

(Music by Rupert Flindt, John Hackett & Clive Williamson from 'Sea of Light')

With Rupert Flindt: Fretless Bass

Sunrise from Manly Beach, Sydney (View towards Shelly Beach)

11. The Heart of Nature (Natural Mix of 'Sacred Space' with 'Australian Daybreak – Callicoma Trail Bushwalk, Sydney, AUS.')

[5:26]

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

(Music by John Hackett & Clive Williamson from 'The Comfort Zone')

12. Dragon Teasing (Natural Mix with 'Frogs in Gentle Rain – Roza, near Cali, Colombia')

[2:49]

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

(Music by Clive Williamson from 'Tears of the Moon')

13. A Sea Sonata (Natural Mix with 'The Peaceful Pacific – Kaikoura, NZ South Island')

[3:51]

The gentle power of the Pacific Ocean at night. (Waves on pebble beach and stones.)

(Composed and Produced by Clive Williamson)

In a Bamboo Grove

14. Early Morning (Natural Mix with 'Bellbirds Across the Water
– Blue Mountains Region, Australia') [4:05]

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

(Music by Clive Williamson from 'Tears of the Moon')

15. Sweet Sounds on the Sea Breeze (Bellbird & Tui Mix, NZ) [4:07]

*Korimako {North Island Bellbird}; Tīeke {Saddleback}; Tūī and Hihi
{Stitchbird} are heard singing on a summer's day on Tiritiri Matangi Island
Nature Reserve and Kapiti Island with the sea in the distance.*

Music by Clive Williamson from 'Songs of Hope – The Dawn Chorus, Tiritiri Matangi Island')

16. Dancing with the Dawn (Natural Mix
with the Dawn Chorus in the Waitākere
Ranges, nr. Auckland, NZ) [2:24]

*Natural sounds taken from 'The Spirit of Summer,
NZ' on 'New Zealand Naturally'.*

(Music by John Hackett & Clive Williamson from Amber and Jade)

Photo: Tūī and 'Ark in the Park' Nature Reserve, NZ
(from New Zealand Naturally)



THE HEART OF NATURE

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

Main photography & Graphic Design: Clive Williamson.
Bird photography & ferns on next page by Nora Correa Jimenez.

All Tracks © Clive Williamson, 2026 except: Pittwater Dawn © Clive Williamson, 2026; & Sweet Sounds on the Sea Breeze © Clive Williamson, 2017. This album © Clive Williamson, 2026.

SPECIAL THANKS:

to Nora Correa Jimenez for her encouragement throughout this project and her help with the recordings and album production. We wish to acknowledge the Traditional Owners of the land of the Dharug, Gadigal and Guringai people and pay our respects to their Elders, past and present.

CONTACTS:

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About the Producer:

Clive Williamson founded the group Symbiosis with flautist John Hackett and guitarist Richard Bolton, to create gentle music for relaxation and healing. Their acclaimed album *Touching the Clouds* produced the lowest heartbeat rate (and hence, the most relaxing result) in research at Kingston University. Clive first began recording natural sounds for the group in 1995. Now available on *New Zealand Naturally*, *Australia Naturally*, *At Peace With Nature* and *Songs of Hope*, his superb nature recordings have been featured in work by the BBC, the Royal New Zealand Ballet, NZ Tourism and RNZ Radio. They are now streamed around the globe.

Clive has drawn on his experience as a Studio Engineer and Producer with the BBC to create *The Heart of Nature*. Here, he combines a life-long love of the natural world with the best digital studio techniques to bring us this beautiful collection of relaxing music, artfully mixed with natural soundscapes from New Zealand, Colombia, Australia... and Devon in the South West of England.

www.symbiosis-music.com



New Zealand Birds

Photographed by Nora Correa Jimenez
and Clive Williamson



Toutouwai {NZ Robin}



Kākāriki {Yellow-crowned Parakeet}



Hihi {Stitchbird} on Kapiti Island



Tūi



Korimako {North Island Bellbird}



Laughing Kookaburra



Grey Butcherbird



Sulphur-Crested Cockatoo



Australian Magpie

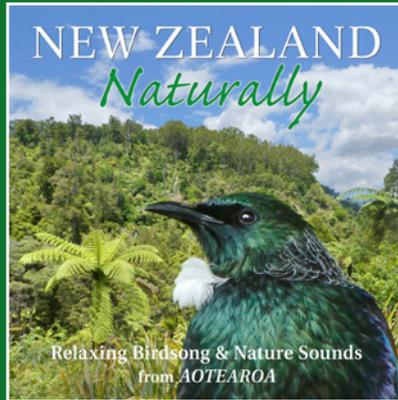
Australian Birds

Photographed by Nora Correa Jimenez
(Grey Butcherbird by Clive Williamson)

Albums by Symbiosis

To listen or buy online, visit www.symbiosis-music.com

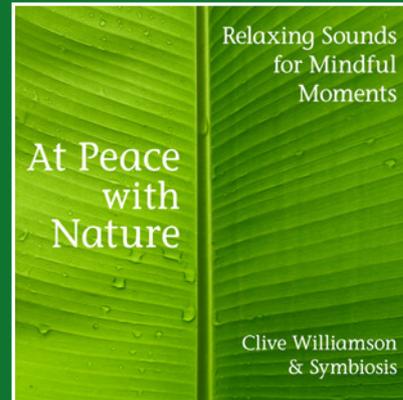
... or search for 'symbiosis' or 'clive williamson' on iTunes, Apple Music, Amazon & Spotify



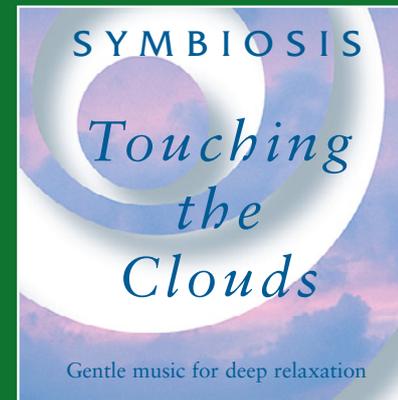
Playing time: 78 mins

New Zealand Naturally captures 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.

At Peace with Nature offers a wonderful way to connect with natural spaces and experiences, capturing the sounds of woodland, rainforest and countryside; ocean and sea; river, rain and streams; together with the harmonious songs of birds from the UK, Australia, New Zealand, & Colombia.



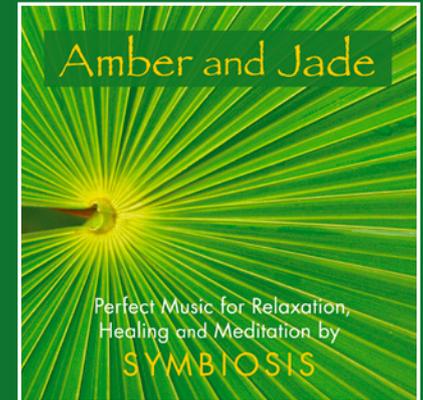
Playing time: 61 mins



Playing time: 72 mins

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 these extended play releases.



Playing time: 74 mins

