



# THE LISTENING GAME BOOK 1

# THE SPIRIT OF MUSIC IN NATURE

It's above the sky and under the sea

It's in you

It's in me

It's in the trees and on the ground

It's even in the children on the merry-go-round

We hear it when the wind blows 'round

We hear it when the storm begins to pound

We hear it in the thunder, in the lightening and when the rain falls to the ground

We hear it in the silence of winter's white blanket of snow

We hear it when the ducks and geese must go

We hear it in the silence just before the morning's dawn

We even hear it from the deer's first fawn

We hear it when the birds and the lizards sing

We hear it when the church bells ring

We hear it when our friends and neighbors talk

We even hear it when the animals walk

We hear it when we stomp in a puddle

We hear it when we splash in the tub

We hear it when the beeeeeesssssss are in a huddle

We hear it when the bear talks to her cub

If we listen, we hear it all through the day and night time too

If we listen, really listen, we hear it in everything we do

Do you know what "It" is?

It's the Spirit of Music! - our Universal language!

Music is within us and all around us

Music is a Listening Game

Music guides us through our days and rocks us gently while we sleep

May you enjoy the MUSIC of your life's symphony!

# OUR LIFE'S BREATH

Trees inhale our polluted air  
from bodies  
machines  
transports and  
buildings

Then convert that pollution  
exhale Oxygen  
refresh us and  
give us Life

Trees nourish our bodies, minds and spirits  
Trees beautify our world  
Trees make our earth livable and our water drinkable

Musical Instruments inhale our emotions  
from fear  
anger  
hate and  
pain; to  
desire  
joy  
exuberance and  
ecstasy

Musical Instruments release those emotions  
exhale Music  
refresh us and  
give us Life  
satisfaction  
ability to LOVE

Musical instruments nourish our bodies, minds and Spirits  
Musical instruments beautify our world  
Musical instruments make our lives livable and our emotions tolerable

We are also musical instruments  
capable of Music making  
gratitude  
"radical forgiveness"  
acceptance  
adventure  
freedom  
satisfaction  
compassion  
justice  
exuberance and  
LOVE.