

## World Listening Day

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Do you hear that? Listen. Listen to the world around you, the environment and nature. Be very quiet and you will hear it. Great job, we are practicing the art of listening with a purpose in honor of World Listening Day which will be held on July 18, 2023.

Why July 18? Newsonair.in says that July 18 is the birthday of R. Murray Schafer who was a Canadian composer and one of the founders of the movement of Acoustic Ecology and field recording.

Sunshinebehavioralhealth.com explains that the field of acoustic ecology focuses on understanding the relationship between human beings and their environment, especially how it relates to sounds.

According to WorldListeningDay.org there is no theme this year, but we are reflecting on these three prompts.

Take a moment to think critically about them.

- What can we learn from the listening practices of all living beings?
- How can we deterritorialize listening practices?
- When should we listen more?

Here are some ideas on how you can listen or develop your listening skills:

- Take a walk and listen to the sounds around you – is it quiet, loud, in a forest, in the city?
- Listen to a walk podcast such as one of Submergedsounds.co.uk
- Listen to humpback whale vocalizations
- Do more listening than talking
- Use your ears and eyes when listening
- Be in the moment, try not to multitask
- Have a heart-to-heart conversation
- Record sounds around you and have others guess what they are
- Go to a concert
- Anticipate what others are going to say
- Be curious



Listening includes these great benefits:

- Creates connection
- Can be healing
- Promotes learning
- Gain bettering understanding of others
- Relaxes the mind and body
- Boosts mental health
- Improves health and wellbeing
- Improves listening skills
- Fosters patience
- Sharpens awareness of your surroundings
- As we recognize World Listening Day on July 18, be intentional to listen to the world around you – whether it be the sounds of nature, your favorite music or a conversation with another person.

