

Spatially Enhanced Music

Recording sounds of nature in their natural habitat is a very powerful way to enhance spatial awareness and perception. Spatially enhanced music is created by slightly intensifying the upper end of the sound spectrum and dampening the background to heighten awareness of the vast, three-dimensionality of space. This sharpened contrast defines the size and shape of the spatial envelope that contains us and heightens our drive to explore beyond our reach. It opens us up to the world around us, so as to access what is above, behind, below, and beside us. It highlights the qualities of sound that trigger our attention naturally. Thus we are assisted to be adaptively self-oriented in our place in space while simultaneously having our curiosity sparked to engage and interact with the salient sounds, events, people, and objects around us.

Gentle Nature

Elements of Music:

- Recorded in simple, uncluttered soundscapes (such as remote, peaceful areas of the United States)

Applications:

- For those who are easily overwhelmed by too much information
- For those who need a gentle introduction to the spatial surround

Nature Sounds

Elements of Music:

- Nature sounds only – no music
- Many sounds recorded in rain forests in remote regions in Australia
- Dense and fairly complex

Applications:

- For those who need a strongly heightened spatial surround
- Need for basic movement patterns necessary to orient outward

Nature Pop Enhanced

Elements of Music:

- Familiar music selections interwoven with nature sounds
- Voice accompanied by strings, piano, flute, woodwinds, percussion, and nature sounds
- Simple melodic structure
- Very rhythmical

Applications:

- Poor spatial awareness and spatial organization
- Core activation with emotional tone
- Sensory modulation
- Facilitation of auditory-motor integration and postural organization