

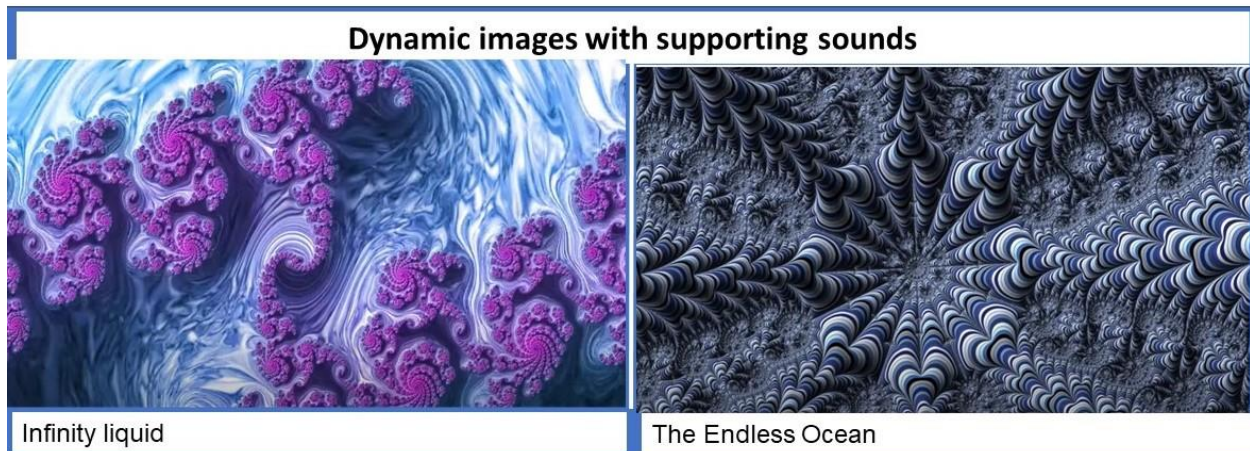
TO QUIET THE NOISY MIND

When your mind is shouting at you with many dissonant voices, distraction can be the answer. Give the voices enough engaging inputs so that they can't remember what it was that they were nagging you about. Find sights or sounds that take over the volume control or evoke benign images, and you can take back the territory occupied by the screamers.

How to do it: We use our smart TV, computer, or maybe cell phone (but screen and speakers are pretty small). What follows are some internet-accessible things that dampen the squeals in my head. Yours may be different, but the sources these come from offer many alternatives. These examples are from Youtube, which can be accessed free from any computer/phone browser with an internet connection, and from most if not all smart TVs.

1. Dynamic, repetitive and/or evolving patterns. My favorites are **Mandelbrot set zooms**. I am not about to try to explain them; just go to Youtube (<https://www.youtube.com/>) and search for the bold-font phrase in the preceding sentence. If you want an explanation, search without the "zoom."

A couple of examples, and some comments:



Infinity liquid (<https://www.youtube.com/watch?v=k4OI7J1NOMw&t=6s>) – my all-time favorite: varied but consistent, and can be seen as 2-d or 3-d.

The Endless Ocean (<https://www.youtube.com/watch?v=NxyHih5YvzQ>) – not as soft as Infinity Liquid, and with more of the zoom sense – forward travel, or a sense of a retreating or approaching "seescape."

Cautions-- For dynamic geometry in general: 1.1. Check a number of them – there are all types, some calming, some stimulating, some irritating. 1.2. Most have sound/music accompaniments, which may or may not be desirable. Be prepared to

mute. 1.3. Watch for at least a few minutes; where they start out is not necessarily a long-term example.

Note – You can find many kinds of dynamic geometry viewing opportunities, Mandelbrot or otherwise – techie, trippy, fast, slow, complex, simple. With or without sound accompaniment, and if you have more than one audio machine, you can always match up your own choices of sight and sound.

2. Dynamic nature scenes -- My selections are underwater, but you can find terrestrial critters or systems if you want.



The ocean 4k scenic wildlife film (<https://www.youtube.com/watch?v=G52dUQLxPzg>) is typical of coral reef field or aquarium footage – lots of color and motion with freedom from purpose or direction. Some combine seafloor plants and animals and the swimming denizens. In addition to communities, there are recordings of individual (or a few) species of organisms.

Become Very Sleepy (<https://www.youtube.com/watch?v=Q5VmBYABuqQ&t=2243s>) represents a common choice – jellyfish. Their simple appearance and pulsing, floating motion can be very engaging, and there are many different types and backgrounds on display. The [Monterey Bay Aquarium](#) is a good search target for water- and critter-related videos., If you want something with a little more personality than jellyfish, they have a good squid video.

In addition to natural or slightly doctored (usually color or light) images, you can find animations and special effects scenes of plants or ecosystems.

3. Sounds with visual “background” – These offerings are primarily sound-focused and repetitive rather than evolving. They typically are accompanied by a dynamic but very consistent image; the sound and sight can be used separately or together.

Sounds with supporting images



Rainstorm Sounds



Babbling brook no birds

Rainstorm Sounds (<https://www.youtube.com/watch?v=yIQd2Ya0Ziw&t=181s>) – Water is a popular focus in sounds as well as sights. In this one the leaves wiggle and the drops drip, washing away the tension. There are many choices – deluge, drizzle, forest, city, with or without thunder, etc.

Babbling brook no birds (https://www.youtube.com/watch?v=Sh_q1PiUPLQ) Again, many options – waterfalls, streams, rivers. Many of the outdoor nature scenes include bird calls with the ambient sounds, and some have other critter noises as well. In the title of this one, “no birds” makes it clear that if you are a water-only fan you will not be distracted.

Sounds with supporting images



Sleep With Window Open to The Ocean



Campfire Ambience with Night Animals

Sleep With Window Open to The Ocean (<https://www.youtube.com/watch?v=txlGT9GLu1Q>) – Water sounds vary in terms of frequency, or rhythm. Rain is a rapid consistent pitter-patter, the brook is more variable and intermittent, and the ocean waves provide a slower, periodic sound. With images to suit.

Campfire Ambience with Night Animals (<https://www.youtube.com/watch?v=txlGT9GLu1Q>) – This title gives you fair warning

that there will be critters hooting and chirping in the background, but the crackling of the fire is consistent.

Try them out – all of the links should be active. Relax, watch and listen for a while, and get a feel for the kind of things that turn down the volume on your mental noise.. Then you can go exploring on your own, in or outside of Youtube.

Bob Buddemeier 6/30/23