I wasn’t planning on attempting this Extra Credit. I don’t have the time to try anything new, and I already do Yoga, Tai Chi, Karate, meditation, and sporting activities. I’ve got my ducks in a row. I’m graduating in 6 weeks with a spectacular job waiting for me in Seattle. I have no need for spirituality or anything related to that. But what happened to me Saturday (the 22nd) morning was worthy enough for me to talk about in this so I decided to write it up.

I normally always have my headphones in. Regular life is boring to me(I need full focus/excitement on one thing or I’m bored) so I’m always listening to music or watching a movie. But, I always pay attention. I’m very observant, and always watching, noticing. The music or movie acts sort of like a soundtrack for me. I like my life.

So here I am, Saturday morning, walking down to the #16 bus to head to WMU for a meeting in Ellsworth at 10:30. I walked about a minute(of the 7 minute walk to the bus stop) when I reached into my pocket for my headphones. I pulled out a charging cable, but not headphones. I almost turned around to go back and get them, but that would have taken 2 minutes of walking plus at least a minute of searching to get them. I didn’t have the time; I was already late for the bus. I had to spend the next few hours without headphones. This to me is almost like torture; My mind runs wild without something to reign it back in(part of the reason for music and movies.

So now I’m walking the next 6 minutes down to the bus, thinking about anything and everything(which is not always good for me). Then, trying to distract myself, I started listening to everything else. I heard a dog barking. Then I heard a duck quacking, and then a few more. I heard the unyielding rush of the highway; the sounds of the tyres rolling, the air rushing. I heard the crunch of gravel, rocks, sand, and grass under my feet. It was an experience I hadn’t had in many years.

Over the next 2 hours, I listened to everything. It was a new experience for me. Something I hadn’t planned to do or for that matter expect to do again.

Looking back on yesterday(I’m writing this Sunday night), I think it was a good thing for me to forget my headphones and put sounds to visuals, but I don’t want to do it again for another few months. I feel it was a tedious overpowering of my senses. While I liked it at the time, I think back and now and can’t say I truly liked the overbearing noise. Everything is loud and noisy, and I don’t like that. But hearing the animals and those sounds was definitely nice.