

Deeper Connection #3 – Engagement of the Senses



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Seeing beyond the view is not just about sight. It's also about using all your senses to be fully immersed in nature, noticing how your emotions are influenced.

Smell the air as the clouds part, feel the roughness of ancient rock, listen to the roar of the raging sea. Attune yourself to the silence, lie on the soft folds of the land and wander barefoot on shifting sands. Taste the sharpness of mountain berry with its pleasing zing, or let yourself be absorbed in the deep of a green mountain pool.

Image: Feeling ancient rock, Knoydart, Scotland



We facilitate deeper, transcendent experiences of nature, helping people to find purpose, meaning, wholeness and delight. We invite you to take this card when you're next out in nature, to help you experience nature more fully. <https://beyondtheview.org.uk>