

## Deeper Connection #5 – Stilling

beyond  
the view



## Deeper Connection #5 - Stilling

Being still is counter-cultural in today's world, which seems to move ever faster. Nature provides an opportunity to do just that—to be still.

However, to be still, requires that we take the time to stop and stare, reminding ourselves that we are not machines but human beings. So stop, look around you, and allow yourself to be absorbed into what is all around. Rather than rushing from one place to another, make time for meandering, pausing and contemplation.

Image: Perfect calm on Lake Windermere, Lake District.



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>