

## Deeper Connection #6 – Presence

beyond  
the view



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In a world of distraction, interruption and constant demand for our attention, it's easy to forget to be present. Instead of connecting with where we are, we allow ourselves to be taken somewhere else through telephones, chatter or disengaged thought.

It's easier to be fully present if you are alone, phone silenced and freed of the need to achieve. Try getting off the beaten path so that you instinctively focus on where you are. Don't think too far ahead, but look around you with an inquiring eye.

Image: Absorbed in the present, Sourlies, Loch Nevis, Scottish Highlands.



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>