

## The Best Page of this Book!

Nature creates the perfect **TIME** to gather your stretched senses in a row.

**As a purposeful goal, set aside a few moments of time during the day where you take in**

**Nature “without your tech.”**

**RESET in the morning in Nature.**

**Walk outside later in your day to simply enjoy Nature.**

**Find TIME to BE You.**



## How do you reach your Sensory Goals?

- ~ **Nature RESET daily.**
- ~ **Time in Nature undistracted.**
- ~ **Live cultural participation.** Easily found in live music, sports, art, travel, family, community, friends, teams, and engaged experiences as audience participant.
- ~ **Live relationships.** (in person)
- ~ **Live experiences.** They engage your senses more fully.  
They are more valuable.

## Nature RESET

Allow 7 seconds for sight to stretch.

Total time needed = less than a minute.

If it is raining or snowing, all senses engage in seconds.

Purposely engage one sense at a time.

**Morning and Daily:** Purposely retrain your senses to stretch when in Nature. It is an **Exercise** that **Wakes** your brain, **Relaxes** and **Invigorates** you, and **Recalibrates** your subconscious sensory capability in order to help you **Remember** to stretch out further when in Nature.

*\* Don't look at the sun \**

**Sight** = Look far to the horizon. Find a cloud or a tree far away.

Let your eyes stretch **Up** and **Over** the sky (like going over a rainbow).

If you see a bird, you can follow the bird's path.

ALLOW 7 SECONDS FOR SIGHT TO STRETCH.

**Smell** = Simple Smell

**Taste** = Hand on neck, say “Wonderful” or “Maravillioso”

**Listen** = Engage your listening to hear Nature sounds both far away and close. Turn 360° while still listening

**Touch** = Run hands through the air



There are **Universal** spaces that are similar and work in the same way as Nature in that they stretch, invigorate and engage your senses.

Music stretches listening, for example. CDs are great, but choose the ***Live Events...Live Experiences and Grandest Venues!***

**Sensory places and spaces and their potentials to combine.**

One, they engage some or all of your senses to stretch.

Two, the sum of these places are greater than the sum of their parts.

Sensory places include nature, natural foods, all forms of art including music, reading, writing, motion pictures, movie theaters, and architecture, as well as sports, play and unsupervised play, laughter, spontaneity, travel, family, community, **You...BEING.**

***Grandest Venues easily engage the senses.***

**NATURE IS THE KEY for everyone,  
WHERE SENSES ENGAGE WITH DISTANCE.**



Remember to make time.



**Nature First**

As soon as Nature starts to move, you will start to move.  
**BEing is a Strategy for being**

Go 10 steps into Nature each morning and engage your senses one at a time.  
time needed = 1 minute total.



BEingisbeing.com

