



**When you feel isolated or like there is urgency, Practice Overview.**

Some people catch glimpses of “The Overview.” Always larger and more beautiful than present comprehension, the whole of a situation can induce Wonder, Awesome Presence, and a lightened feeling not hidden by abject focus on one of its’ parts. Astronauts have reported this sense, as well as naturalists like John Muir, mathematicians like Einstein, and leaders like Ghandi and Martin Luther King Jr. The Overview perspective can happen in any situation if the person allows for it.

**How to practice Overview:**

**Everything is a Greater Whole than the Sum of its’ Parts.**

**Ecological Reality**

**Recognition of Externalities.**

**Explanation of the Practices:**

**Everything is a Greater Whole than the Sum of its’ Parts – See Earth from Space, or a full landscape.**

**Ecological Reality – Think about the systems that make everything else possible. Appreciate them.**

**Recognition of Externalities – Acknowledge implications, and that the unseen is part of the whole.**

**Overview Mantra:**

**“The Whole is Always Greater than the Sum of it’s Parts.”**