
Henry Thoreau, *Journal* (1852)

I must walk more with free senses. It is as bad to study stars and clouds as flowers and stones. I must let my senses wander as my thoughts, my eyes see without looking. Carlyle said that how to observe was to look, but I say that it is rather to see, and the more you look the less you will observe. I have the habit of attention to such excess that my senses get no rest, but suffer from a constant strain. Be not preoccupied with looking. Go not to the object; let it come to you. When I have found myself ever looking down and confining my gaze to the flowers, I have thought it might be well to get into the habit of observing the clouds as a corrective; but no! that study would be just as bad. What I need is not to look at all, but a true sauntering of the eye.

