



Doug the Ant

Seeing the Invisible

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Dearest Reader,

There are many things we look at every day but do we really see them? When we pause and observe with presence and attention, we cause the “invisible” to come to light. We are able to see things that we missed before. We are able to recognize the beauty of the ordinary.

For me mindful looking, true noticing, has been a source of great joy and gratitude. This is why I’m delighted to present this book to you; may the story of Doug encourage you to look closely and make the invisible visible.

Happy discovering,
Anna



Doug the Ant loved playing outside. He lived in a big nest that he and his tribe had built. For months the busy tribesmen collected long, heavy blades of grass, huge pine needles and dry rustling leaves.

They often had to work together to lift the hefty loads but their labor had paid off, now their home was so high Doug had no doubt it could reach the clouds.



Every day Doug walked and walked to find food to bring back to the nest. He found dead mosquitos, flies and other insects. Most of the time they were too heavy for him to carry so he had to leave them reluctantly.

But today he was lucky, he found someone passing by.

‘Hey, buddy. Could you please give me a hand?’

‘Sure thing.’ The ant’s name was Timothy.

They dragged the huge, fat fly all the way home to their families who greeted them with loud cheers.

