

Deeper Connection #1 - Expectancy

beyond
the view



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How you think changes what you see. Setting out with a mindset that you will see something new or in some way remarkable, makes it more likely that this will happen. It's what makes a pilgrimage more than a walk – to embark on a walk with the intention of encountering the sacred. If you expect to experience something spiritual or in some way meaningful, you probably will.

When the heart is open, the eye sees. And when the eye sees, the heart beats faster.

Image: Last rays of sun on Bowfell, Langdale, Lake District.



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>