

## Deeper Connection #2 – Instinctiveness



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The need to plan, book and diary is part and parcel of today's world and guidebooks exist for almost every possible activity and place. Yet, there is something to be said for not over-planning and allowing yourself to respond to whatever draws you in the moment.

Let yourself be instinctive and discover the freedom of following your nose, permitting yourself to respond to your curiosity and the call of the wild.

Image: Picking bilberries, Lingmoor, 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>