

## Deeper Connection #8 - Memory Making



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Celebrations and rituals are an important part of life. They help to embed transformational experiences, making memories in the process.

Performing some form of ritual in the natural world, declares its importance and helps to cement our relationship with nature.

Ritual acts don't need to be complicated. You could simply visit a summit in memory of a loved one, wash each other's feet (a symbol of service), or celebrate the Solstice.

Image: Foot-washing at Blea Tarn, 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>