

Deeper Connection #9 – Freshness

beyond
the view



Deeper Connection #9 – Freshness

Even spectacular places can become over-familiar, leading to a somewhat jaded experience. In order to keep our adventures in the outdoors vibrant, we need to keep them fresh. There are many ways of doing this but you could try:

- ◆ Exploring somewhere new
- ◆ Exploring a familiar area in a new way
- ◆ Considering a different aspect of what you are looking at

Image: Transformational light on the River Sprint, 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>