



RESOURCES

Reflective Walks

Pattern

Each reflective walk has a theme, this was the second of six reflective walks being completed in 2017 and was on the theme: Pattern.

For this walk we parked near Newlands Church (Grid Reference NY 23161 19390 nearest postcode CA12 5TU). Starting at the church we stood and listened to the many sounds; the bubbling stream, the distant bark of a dog, the creak of a tree. We then went inside the church and sat in silent contemplation for a short time. On returning outside we discussed the difference between the two soundscapes.

As we walked we discussed different patterns, both those we saw in the landscape, but also the rhythms and patterns in our own lives. We talked about how different personality types connect with different approaches; some will find depth in words and discussion, others in being in nature, or for some it is in finding an emotional or spiritual connection, or perhaps by practically doing. Whatever ways we find helpful in connecting with others, and that outside of ourselves, creates patterns in our lives.



An interesting observation by one of the group was that on the walk all of us were introverts, and found ourselves in a pattern of walking individually in a line behind one another, happy in our own space. Then at other points we came together to have conversations in pairs, but there was an unforced naturalness to this. Can you find other patterns and rhythms that inform your understanding of self, other, and the world?

You should ask people to dress appropriately for the time of year and wear suitable footwear. Apart from the discussion and utilising the natural surroundings, we didn't need any specific equipment for this reflection. This activity can be done on any walk making adaptations to the environment you are in when looking for patterns in the landscape.

From Newlands Church wander up the lane towards High Low Snab, then follow the track to the Reservoir below Robinson. Cross the Dam at Scope Beck to follow the initially indistinct narrow path that traverses above the river. The path eventually drops down toward a wall and widens out before meeting the path to Low House Farm and the farm road back to the church. For reference see: Ordnance Survey Explorer Map OL4 The English Lakes North Western Area.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: www.gov.uk/government/publications/the-countryside-code.

Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.