

Contemplative walk

This is a slow, contemplative walk. Take your time over each moment. There is no need to hurry. Allow the walk to take its own shape (you don't need to cover a long distance, perhaps only a few feet.)

Walk mindfully, keeping your awareness on your immediate surroundings or on your own breath as you walk.

Walk slowly, heel to toe, enjoy each step as gift.

Use this time to open to your experience of the moment. Walk without any particular goal in mind. Be receptive to each moment as it unfolds before you, holding it lightly in your awareness, bringing both intention and attention to this time.

- Noticing

Notice what is capturing your attention in the world around you. Notice your surroundings.

As you walk, allow creation to speak to you

Notice what lies in the path before you.

Notice what is inviting you to spend more time (what is drawing you), and accept the invitation.

When your mind begins to wander, draw your awareness back to the present and what is happening now.

- Wondering

Focusing on the things you have noticed both in your body and in nature, you might want to begin to ask questions of it using the phrase beginning:

I wonder?

I wonder what this has to say to me, I wonder why this captures my attention? I wonder how this came into being, I wonder what this thing I have noticed has to do with my life?

You may wish to draw or journal your responses

Let the wondering draw you into a deeper conversation with the spiritual.

- Returning

As you return, think about what has happened to you on this journey

What captured your attention?

What are questions and the stirrings that linger with you?

What does the experience evoke about your emergence, integration, personal spring?

Inspired by Christine Valters Paintner : Water,,Wind, Earth & Firep.120