

Exercise:

Sacred Silent Walk

Find somewhere you can easily access for a gentle, slow walk. Preferably completed alone if it is safe to do so.

If possible, choose a location with trees, meadows, and/ or natural waterways (lake, river, stream). A local park or garden is suitable as well or even a slow stroll around your neighborhood.

If you go to a garden center and feel drawn to, take a plant home with you and really get to know it.

Do not have any expectations or try to encounter anything specific during your walk. The goal is to let the experience unfold naturally and merge yourself with your natural surroundings.

Before you being: notice where your mind is and how your body feels.

Begin your walk.

- As you step forward ignite all of your senses:
 - Feel the earth below your feet. Is it soft or hard?
 - Notice the air. Is there a breeze or is it still?
 - Inhale deeply. What does the air smell like?
 - Continue your stroll looking, noticing and feeling
 - Take a moment to say “hello” to a tree or a plant that catches your eye. If allowed, touch it and notice it’s intricate details.
 - What color do you notice most? Is there one in specific color that stands out to you more than others?
 - Does a fragrance catch your attention?
 - Do you have any physical sensations (warmth, cold, tingling...etc.)?
 - Does an animal cross your path or act a bit unusual with you?

- Look up into the sky.
 - Feel the warmth of the sun upon your face.
 - Are there clouds in the sky?
 - Are there any shapes that you can see in the clouds?

When you are ready, head back and end your stroll.

Notice how you feel now within your body and your mind.