

# Wander in Wonder: WALKING MEDITATION

- **Go outside** for a walk.
- As you **inhale**, receive the Earth's support through your entire body, from the soles of your feet to the crown of your head.
- As you **exhale**, thank the Earth for supporting you.
- Find a **threshold** on the land before you (e.g., a twig lying across the path).
- When you cross this threshold, **wander in wonder**:
  - What do I **see**?
  - What do I **hear**?
  - What do I **smell**?
  - What do I **touch**?
  - What do I **taste**?
  - What do I **feel**?
  - What do I **wonder**?
  - What do I **intuit**?
- As you walk, let your awareness to be drawn to an **Earth companion** (e.g., an oak, a hawk, a creek, a rock).
- **Pause** to experience this Earth companion.
- Release any expectations in this gentle inquiry, making space for **surprise**:
  - What do you **notice** about this Earth companion?
  - What do you **feel** in the presence of this Earth companion?
  - What might this **Earth companion** offer you?
  - What might **you** offer this Earth companion?
- **Thank the Earth companion** for your time together.
- Return to your **threshold**.
- Before you cross over, **inhale**, receiving the gifts of your journey.
- As you cross over, **exhale**, letting these gifts live through you.
- **Thank the Earth** for your journey and for supporting your connection with the Earth companion.
- In your journal, **write a reflection** on your walking meditation:
  - What **happened** during my walking meditation?
  - What did I **feel at the beginning** of my walking meditation?
  - What do I **feel now**?
  - What is **my next step**?