

Welcoming Connection: WALKING MEDITATION

- **Go outside** for a walk.
- From the soles of your feet to the crown of your head, **receive** the Earth's support through your entire body.
- As you **inhale**, welcome connection with the greater whole.
- As you **exhale**, thank the greater whole for welcoming connection with 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**, letting the Spirit of Love fill you, enfold you, and flow through you to the greater whole.
- Open your **body, heart, mind, and soul**:
 - 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**?
- Offer **loving kindness** to every being you encounter (e.g., an oak, a hawk, a creek, a rock).
- As you walk, let your attention be drawn to the **sunlight**.
- Ask the Light to show you symbolically how you might **welcome connection** in this season of your life.
- Allow yourself to be **surprised** by the Light's response, releasing any expectations in this **gentle inquiry**.
- Fully **receive** the Light's response: What do you **experience now**?
- Reflect on your **journey** with the Light: How have you **changed** since you began your walk?
- Return to your **threshold**.
- As you cross over, **thank the Light** for this illuminating journey.
- **Thank the greater whole** for your connection.
- In your journal, **write a reflection** on your walking meditation:
 - What **happened** during my walking meditation?
 - How did I **feel at the beginning** of my walking meditation?
 - How do I **feel now**?
 - How might I **welcome connection** in this season of my life?
 - What is **my next step**?