

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**?
- 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, opening space for **surprise**:
 - What do I **notice** about this Earth companion?
 - What do I **feel** in the presence of this Earth companion?
 - As I rest with this Earth companion, what **changes**?
 - What do I want to **remember** from this experience?
- **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 **surprised** me during my walking meditation, if anything?
 - What do I **wonder now**?
 - What is **my next step**?