

Contemplative Nature Walks

*Spring Equinox March 20, Summer Solstice June 21,
Autumn Equinox September 23, Winter Solstice December 21, 2023*

Wind

by Mary Beth Riner

The same wind that blows across my face blows across the face of all people everywhere.

It is the same wind that blows across all the continents, countries, cities, and communities.

In this wind is the Spirit of Oneness. Let us turn our face to the wind and be filled with the Oneness of all our brothers and sisters.



Walking Tips

Preparing:

- Decide your place, pace, and time.

Beginning:

- Stand still for a few moments, take some deep breaths, and set an intention of being present. Consider bringing to mind a very brief scripture passage, or a sacred word, to support your effort to be present in a relaxed way.

Walking:

- As you begin, set a pace that allows you to pay attention to the environment. Let yourself notice the ground as you take steps. Consider how you are both blessing the ground and being blessed by the ground.
- Notice what draws your attention. Look for what shimmers or what the Japanese poet Basho called “a glimpse of the underglimmer.” Become aware of the total environment and receive what may come as gifts (sights, sounds, wind, colors, scents, other persons, other beings, etc.)
- Develop a sense of being in a sanctuary, in the presence of God. Pause regularly to simply receive the gifts. Breathe them in. Let these gifts have space in your heart. Then continue on until something else catches your attention.

Ending:

- Stop and remain standing for a moment. Savor and appreciate the opportunity to walk on the sacred ground in the presence of God.

Alternative:

- If it is not feasible for you to be outside, consider gazing out a window and noting the environment with a contemplative attitude.