

## WINTER

### WALKING MEDITATION

FROM YOUR HOME OR WHEREVER YOU ARE TODAY  
GO OUTSIDE WHERE YOU CAN BE IN CONTACT WITH THE  
EARTH.

OPEN YOUR EYES TO SEE ABOVE, BELOW AND ALL AROUND YOU.

\*WHAT ARE THE **COLORS** PRESENT IN THIS PLACE? (pause)

\*NOTICE THE **TOUCH** OF COLD, OR WIND, OR SUN! (pause)

\*LISTEN FOR **SOUNDS**; BIRD'S SONG, SQUIRLE'S RUSSEL,  
CREATURE'S CALL, TREES' STRETCHING. (pause)

\*THEN SLOWLY WALK IN SEARCH OF A NEARBY **ROCK** THAT YOU  
CAN HOLD IN YOUR HAND.

\*WHAT ARE THE **COLORS, DESIGNS OR PATTERNS** IN THIS ROCK?

\*IS IT HOT OR COLD? **SMALL OR LARGE?** (pause)

OPENING OUR SENSES ALLOWS US TO SETTLE AND ATUNE TO  
THE NATURAL WORLD AND OUR OWN BEING.

\*BREATHE IN AND OUT SEVERAL TIMES.

**IN THE FOLLOWING MEDITATION LET'S EXPLORE SOME OF  
THE QUALITIES AND MYSTERY OF ROCK.**

PAUSE AS LONG AS YOU CHOOSE AFTER EACH STATEMENT

## **SOLID ROCK, SECURE AND STRONG**

ROCK, HAS BEEN FORMED OVER MILLIONS OF YEARS.

FIRST FORGED IN THE STARS AS MOLTON ROCK, IT WAS THEN DRAWN BACK INTO THE MOLTON CORE AND RE-FORMED AGAIN AND AGAIN TO BECOME EARTH'S CRUST.

THE ROCK YOU ARE HOLDING IS PART OF THE CONTINUAL BIRTHING OF THE UNIVERSE. IT'S ANCIENT JOURNEY FINDS IT NOW IN THE MOUNTAINS OF THE APPALACHIANS, ON FARMS, OR IN CITIES.

\*SPEND SOME TIME NOW IN REFLECTION ON THE ESTIMATED 4.5 BILLION YEAR STORY OF OUR EARTH.

\* IMAGINE THE EMENSE JOURNEY OF THE ROCK YOU ARE HOLDING AND THE CHANGE THAT HAS SHAPED IT.

\* TAKE IN THE WONDER OF IT'S JOURNEY.

\* CONSIDER THE SOLID, STRONG, SECURE QUALITIES OF THIS ROCK AND ALLOW IT TO MIRROR THOSE QUALITIES IN YOU.

\* RECOGNIZE THAT YOU TOO ARE JOURNEYING THROUGH THE 200,000 YEAR HISTORY OF MODERN HUMANITY. (pause and breathe)

### **A CELTIC BLESSING**

***MAY THE STABILITY OF EARTH BE WITH YOU***

***MAY THE FIRMNESS OF ROCK BE WITH YOU***

