



# MINISTRY REVISIT AND REVIEW 2022

## Prayer Experience - Contemplative Walk

### Introduction

In the walking meditation, we become aware of the movement of each step. It is a way of using a natural part of life to increase mindfulness. Once you learn the practice, you can do it almost anywhere. It helps us feel fully present on the earth. You can do the walking meditation at different paces: brisk, normal, and very slow and meticulous. The idea is not to walk slowly; the idea is to move mindfully. As your mind begins to quiet, you will see how we notice more when we move slowly. More becomes clear, we get to feel the inter-relationship of mind and body.

*Walking Meditation Practice, Steven Smith*

### The Practice

Go for a slow and mindful contemplative walk, where you can bring your awareness and be fully present to each moment.

1. Offer a prayer for your eyes to be opened so that you will see clearly.
2. Pay attention to the world around you and moments that shimmer forth.
3. When something does shimmer, pause, and stay with it for as long as you need.
4. Offer a prayer of gratitude to God for what has been revealed to you.
5. Listen to what the Spirit is saying...

