

# Inner Studios: Start Where You Are

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## A Walking Meditation

*“Whether we are poets, parents, teachers, artists, or gardeners, we must start where we are and use what we have. In the process of creation and relationship, what seems mundane and trivial may show itself to be a holy, precious part of a pattern.” — Luci Shaw*

## Choose a favorite place outdoors where you can go and be alone for a while.

Take a moment to consider your needs. (A bottle of water, a blanket to sit on, an extra layer.) So many times, we are thoughtful regarding other's needs but, tune out our own. This is an opportunity to practice listening to yourself with kindness.

- ❖ Pause before you go out the door and take a deep breath. Notice any resistance that is showing up. Tell the resistance that you are going for a walk and invite her along.
- ❖ As you walk to the place you have chosen, give yourself permission to slow down and simply connect with your senses. Listen. Smell. Look. Taste. Touch.
- ❖ Welcome whatever emotions or thoughts come and allow them to pass by on your path as you would a fellow pilgrim.
- ❖ When you arrive at your favorite spot, sit for a while, and become curious about what draws you here.
- ❖ Linger in silence as long as you desire.

Before you return, read aloud this blessing:

*Come to me. I will refresh your life, for I am your oasis.*

*~Jesus (Matthew 11:28)*