

CARD 1

The Short Walking Game

You're about to walk the same short stretch twice.

Before you begin, take a long exhale. You don't need to carry your day-to-day stories, just for now.

The only thing for you to do is to notice how the way you pay attention changes what you are.

Choose a familiar path that takes about 5-10 minutes to walk end to end.

Walk in silence.



CARD 2

Walk One Being What Is

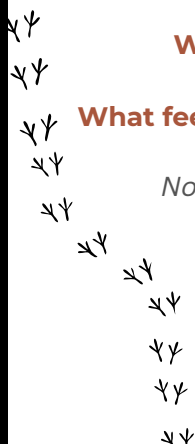
As you walk, notice how the landscape makes you feel. What human stories, beyond what you can see, feel present?

What feels alive and vibrant?

What feels heavy, overlooked, or worn-out?

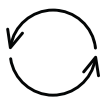
No need to go into interpretation.

Just notice what is.



CARD 3

Walk Two Being What's Emerging



Now turn around and walk the same path again.

This time, imagine you're sensing from the future that wants to emerge, here.

Feel how you and this place might want to become more whole, more alive, more seen, more understood.

What are you asked to notice?

What feels possible, if the right story could be told and felt?



CARD 4

The Close After The Walks

Take a moment in silence.

What did you notice on the second walk that wasn't available on the first?

Did your sense of place, or your place within it shift?

You can share your experience with others, or you can continue to soak it in.

*Either way, continue to ask:
What might we be asked to become?*

