

Empathy Walk with Nature

Overview

Looking at wisdom traditions all around the planet, a solo experience in nature is probably one of the longest standing traditions for connecting to Source. These can vary from a short period, such as an hour, to more extended experiences of weeks or even months.

Practice

To deepen and enhance your journaling experience, we recommend you take a 1-2 hour empathy walk with Mother Earth as soon after the journaling as possible.

Principles

Once you have found your place there are three 'do's' and three 'don'ts' for the practice:

Don'ts

- Avoid devices or distractions. Ideally leave your devices at home but, if not, power down and put them out of sight. Leave journals and sketchbooks at home as well.
- Do not eat during the practice.
- Limit your movement.

Do's

- Be fully present.
- Open your heart to Mother Nature as a living being. You will be amazed at what she gives back to you.
- Attend to what's emerging from that moment, in Nature and in yourself.

Resources

- Last, First. (year). *Title*. Publisher, City.

Process

Set Up

- **People:** This is an individual exercise that can be done on one's own or in a group setting.
- **Place:** A quiet and undisturbed area preferably in nature
- **Time:** 1-2 hours

Step 1: Finding your place

Bring your awareness to the moment and the place and set out intentionally into the territory you have chosen for your practice. You will eventually settle into one place - it is important to let that place find you. Rather than identifying and deciding on a spot, allow it to come to you. The place will make itself known and your role is to make yourself available with your inner opening.

Step 2:

Sit in stillness, opening your heart to Mother Earth

Step 3: Reflection

After the practice, take a moment to harvest the insights and resonance of the experience. You could do this by drawing, journaling or sharing the experience with another person or small group.