

Tranquility Walk - Self Guide

April 29, 2020 edition



During this time when we have had to temporarily suspend our regular, guided Tranquility Walks, we will offer this, and future, self-guided options.

Klehm Arboretum and Botanic Gardens is open for your enjoyment. We encourage you to come and walk both the paved and unpaved paths that weave through the unfolding beauty that spring brings.

Tranquility walks are slow, deliberate meditative strolls through nature.

As you walk, engage all of your senses: look, listen, touch, smell.

Pay attention using your entire being!

Absorb the wonders that surrounds you; make them part of you.

Take your time. There is no rush to be anywhere other than where you are.

And notice how much your mind, body and spirit appreciate your effort.

To get the most out of your walk, and to help you feel your connection to the oneness of which you are a part, we encourage you to pause occasionally and reflect on each of the readings below.

Print them out and bring them with you. And enjoy!

Stop # 1

The really happy person
is the one that can enjoy the scenery
even when they have to take a detour.

- Sir James Jeans

Stop #2

I physically felt spring entering the hollow.
It was right there when I slowed up enough to feel it.
I opened my hand and spring filled it.

*- Anonymous
Zen retreat participant*

Stop # 3

It was spring
And finally I heard him among the first leaves -
. . . it was a thrush for sure,
but it seemed not a single thrush,
but himself, and all his brothers,
and also the trees around them,
as well as the gliding, long-tailed clouds
in the perfectly blue sky -
all, all of them were singing. . .
Such soft and solemn and perfect music doesn't last
for more than a few moments.
It's one of those magical places wise people like to talk about.
One of the things they say about it, . . .
is that once you've been there, you're there forever.
Listen,
everyone has a chance.
Is it spring, is it morning?
Are there trees near you, and does your soul need comforting?
Quick then -
open the door and fly on your heavy feet;
the song may already be drifting away.

*- Mary Oliver
from Such Singing In The Wild Branches*

Stop # 4

We believe that the Spirit pervades all creation
and that every creature possesses a soul in some degree,
though not necessarily a soul conscious of itself.

The tree, the waterfall, the grizzly bear,
each is an embodied Force,
and as such an object of reverence.

- *Ohiyesa*