

Tranquility Walk - Self Guide
June 5, 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 Botanical 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 of early summer.

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

We had walked for an hour and a half at the pace of a spider.

I'd forgotten what this kind of walking does to you.
You enter the raw edge of your mind;
The naked line between you and your surroundings drops away.

*- Natalie Goldberg
from: The Great Spring*

Stop #2

From the Great Spirit there came a great unifying life force
that flowed through all things -
the flowers of the plains, blowing winds,
rocks, trees, birds animals -
and [it] was the same force that had been breathed into the first man.
Thus all things were kindred
and were brought together by the Great Mystery.

*- Chief Luther Standing Bear
Teton Sioux*

Stop # 3

This morning two mockingbirds in the green field
were spinning and tossing
the white ribbons of their songs into the air.
I had nothing better to do than listen. . .
Wherever it was I was supposed to be this morning -
whatever it was I said I would be doing -
I was standing at the edge of the field -
I was hurrying through my own soul,
opening its dark doors -
I was leaning out;
I was listening.

*- Mary Oliver
from Mockingbirds*

Stop # 4

It is neither spring nor summer:
it is Always.

- *Theodore Roethke*