

## *Tranquility Walk - Self Guide*

*July/August, 2020 edition*



*photo: Jez Timms*

This is the last of our summer self-guided Tranquility Walks. We anticipate restarting our traditional guided walks in September, and look forward to having you join us then. Watch our Facebook page and website for upcoming registration information.

Klehm Arboretum and Botanic Garden is open for your enjoyment. We encourage you to come and walk both the paved and unpaved paths that weave through summer's wonders.

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*

Look around.  
Look at what we have.  
Beauty is everywhere -  
you only have to look to see it.

- *Bob Ross*

### *Stop #2*

Not far from where I start to gather the ripened berries  
I begin, as usual, to slow down.  
Then, pretty soon, I am doing nothing.  
I am just sitting in the little bundles of leaves.

In the distance a sparrow is singing over and over  
his serene simple song.  
Oh, to hear him within the enclosure of nothing else!

. . . If I only knew by what remedy,  
I would turn from the commotion of my own life.

While on and on and on, the sparrow sings.

- *Mary Oliver*  
*from Truro, the Blueberry Fields*

### *Stop # 3*

The Iroquois shall open each council by expressing gratitude . . .  
They shall offer thanks to the earth where all people dwell -  
To the streams of water, the pools, the springs and the lakes;  
To the maize and the fruits -  
To the medicinal herbs and forest trees for their usefulness,  
to the animals that serve as food and who offer their pelts as clothing -  
To the great winds and the lesser winds;

to the Thunderers and the sun; to the moon -  
To the messengers of the Great Spirit . . .  
[Only] then shall the Iroquois lords declare the council open.

*- from the Iroquois Constitution*

#### *Stop # 4*

Those who contemplate the beauty of the earth  
find reserves of strength that will endure as long as life lasts. ...  
There is something infinitely healing in the repeated refrains of nature -  
the assurance that dawn comes after night,  
and spring after winter.”

*- Rachel Carson*