

If a [pilgrim] set out from home on a journey, and kept right on going, [they] would come back to [their] own front door.
-- Sir John Mandeville, fourteenth century

An Epiphany Walking Meditation

Find an easily accessible area to walk. It might be your neighborhood, a nearby field, or a forest path.

Notice your surroundings. Name the beings, objects, items, and events you see taking place or existing on your journey. Withhold judgment as much as possible. Simple name them.

Locate a way to be grateful for those beings, objects, items, and events you notice. They are part of your journey too, be they threatening or inviting. All play a part. Appreciate the part they play.

Notice the manner in which you move through the world. Do you rush? Head down? Do you observe, head up? Are you slow or deliberate? Wavering or winding?

What is the experience of moving through the world in this way like for you?

Where might you have learned to move through the world in this way?

Is there a change you would like to make to the way you move through the world?

What would that change look like?

What is a first step you can make toward that change?

What might prevent you from reaching that change?

What can you do to overcome that thing preventing you from reaching your desired change?

What will that change bring about for you, personally or in the wider world?

Now, take the last part of your walk to notice again the world around you. Practice noticing without judgment again. Simply observe what you see without inferring meaning or connotation. If you happen to do so in spite of your best efforts, simply let the thought float away, and attempt to reframe a new observation in a new way.

If possible, you may go further and practice simple observation without naming, a kind of open-eyed meditation where your breathing and the act of stepping on the surface below you becomes paramount. When thoughts bubble up, release them to float away like a balloon into the air. Focus on your feet stepping forward. Your breath patterning itself to the rhythm of your walking.

Find yourself, eventually, back where you began.

Here ends your Epiphany walk.

Blessed be.