



# WALK INTO THE REAL

## The Exercise

*Take a fifteen-minute “walk” to linger a few times each week over the next two weeks, or you can simply find a place where you can sit and linger for a while.*

*It could be your neighborhood, or a street in your local area, or on a break near where you work. Any physical space that you have some kind of familiarity or history with will do.*

## Some Suggestions

- If possible, walk the same route each time.
- Bring your phone, but only to set a timer.
- Begin by asking yourself: What do I see? What do I hear? What am I feeling now?
- Perhaps you see only pain around you. If it is not triggering, continue to walk and linger in the pain you see.
- You might listen to the [guided meditation](#) as you take this “walk”.

## Keep In Mind

- You are walking to be present to your surroundings. There is no specific experience you are looking for.
- The more you practice this, the more meaning can surface for you. This may take some time, however, as shifts in awareness are often subtle.
- Thoughts will naturally shift from what’s around you to the concerns of life. When they do, simply go back to the questions you began your walk with.
- As you walk, notice what catches your attention.



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## Reflection

*After each walk, use a couple of these prompts to reflect on your experience. This is not homework. Simply use one or two that stand out as a guide for some intentional reflection on the walk. Track your thoughts in a journal. At the end of the two weeks, look back to see what's emerged for you.*

- How did you feel internally before the walk? How did you feel after?
- How did your body respond to the walk?
- When did you feel bored? What did you do about it?
- When did you feel a resistance surface? What triggered it?
- What did you see that surprised you? That saddened you?
- What emotions did you see expressed in others today?
- In what ways does the space bring people together? Keep people apart?
- What did you see that you want to talk to God about?