

# Meditation and Contemplation Trail Brochure

1. To find the universal elements enough;  
to find the air and the water exhilarating;  
to be refreshed by a morning walk or an evening saunter;  
to be thrilled by the stars at night;  
to be elated over a bird's nest or a wildflower in spring ...  
these are some of the rewards of the simple life.  
~ John Burroughs, Naturalist (1837-1921) ~
2. Take a moment to quiet your mind. Sit or lay in the grass and close your eyes for a minute. Feel the sun and the breeze on your face. What do you hear?

Climb the mountains and get their good tidings.  
Nature's peace will flow into you as sunshine flows into trees.  
The winds will blow their own freshness into you...  
while cares will drop off like autumn leaves.  
~ John Muir ~

3. Stop for a moment close your eyes and still your mind. Breathing in feel the sensations of your breath – cool, tingling...just as it is. Breathing out feel the sensations – warm, tickling...just as it is.  
  
There is a way that nature speaks, that land speaks.  
Most of the time we are simply not patient enough, quiet enough, to pay attention to the story. ~ Ina Hogan ~
4. Walking meditation is a centuries old tradition of meditation in action. As you move through space bring your mind into the present by placing it on each step.

Trees are the earth's endless effort to speak to the listening heaven. ~ Rabindranath Tagore ~

5. I think that I shall never see  
A poem lovely as a tree. ~ Joyce Kilmer ~

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6. Walk slowly, feel your breath and the sensations of your feet as they touch the earth.

The oaks and the pines, and their brethren of the wood,  
have seen so many suns rise and set, so many seasons come and go,  
and so many generations pass into silence,  
that we may well wonder what “the story of the trees” would be to us  
if they had tongues to tell it, or we ears fine enough to understand.

~ Author Unknown

7. Alone with myself  
The trees bend to caress me  
The shade hugs my heart  
~ Candy Polgar ~

8. He who plants a tree  
Plants a hope.  
~Lucy Larcom, from ‘Plant a Tree’ ~

9. It is a wholesome and necessary thing for us to turn again to the  
earth and in the contemplation of her beauties to know of wonder  
and humility. ~ Rachel Carson ~

10. Forget not that the earth delights to feel your bare feet  
and the winds long to play with your hair.  
~ Kahlil Gibran ~

11. Relationships are all there is. Everything in the universe only exists  
because it is in relationship to everything else. Nothing exists in  
isolation. We have to stop pretending we are individuals that can go  
it alone. ~ Margaret Wheatley ~

12. Those who dwell among the beauties and mysteries of the earth  
are never alone or weary of life.  
~ Rachel Carson ~

Having finished the walk, take a moment to share the good feelings and  
benefits that you have gained.

May all beings be happy.  
May all beings be free of suffering.  
May all beings find real peace, love and happiness

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