



Here are some quotes for you to ponder this week:

"Cultivate expertise in **"slotha"** yoga." -- Wayne Muller

A day so happy.
Fog lifted early, I walked in the garden.
Hummingbirds were stopping over honeysuckle flowers.
There was no thing on earth I wanted to possess.
I knew no one worth envying him.
Whatever evil I had suffered, I forgot.
To think that once I was the same man
Did not embarrass me.
In my body I felt no pain.
When straightening up,
I saw the blue sea and sails.

--- Czeslaw Milosz

"Why should we live with such hurry, such waste of life?"
-- Thoreau

"You must pay attention to your speed and consciously slow down. Maybe make that your mantra – slow down – saying it very slowly ... of course, in our rushing, we have no time to talk with people, so we just get lonelier and lonelier." -- Cecile Andrews

Sabbath (two)

*Can you move slow enough that you
leave no wake?*

Leaside United Church
Summer Theme 2010
www.leaside.org



Take off your shoes, for the place
where you are standing, is holy
ground.
Exodus 3: 5

WALKING MEDITATION

One of my favourite activities is simple walking. At a time in my life when I was going through a lot of stress, walking proved to be the one “therapy” which helped the most. There is lots of science to support this of course. And anyone who has walked the labyrinth will know that the act of walking in different directions exercises both sides of the body and the brain. It’s good for you.

Walking Meditation is a Buddhist practice which involves walking with awareness. Here’s how you do it:

- 1) make sure you have time to incorporate this into part of your regular walk; if doing this with others, agree to start and stop together (one person could be the time-keeper)
- 2) begin by standing on the ground, still. This is the ground on which all our journeys take place. How does it feel to you? How firm is the ground under your feet?
- 3) Begin to walk slowly (not too slow, more like ambling) and notice your feet, then your ankles, knees, hips, arms, etc. For each body part, ask yourself: how do I connect to the ground on which I walk? How do I connect with my life?
- 4) Now pay attention to your feelings and your thoughts. Walking brings feelings to the fore; what are they telling you? Last but not least, pay attention to your thoughts. Has your thinking changed while on this meditation? Have you made any decisions you need to discuss.
- 5) Stop. What does it feel like to stop? Is there anything in your life that you are being called to stop, to pay attention to, to work on? Stopping sometimes brings great awareness of these things.
- 6) Resume the regular part of your walk.

This is a learned practice. It will take you many tries before you are comfortable with it. Be kind to yourself and keep trying!



*In beauty may I walk.
All day long may I walk.
Through the returning seasons may
I walk.*

(Navajo blessing)

(walking meditation adapted from Wildmind.org -- check them out at www.wildmind.org)

While you are out on your walk, how about making some slow food? This is such an easy recipe, you will be charmed by it. We have not tried it with beef though we have heard it works just as well:

SLOW COOKER PULLED PORK

Place a 3 or 4 pound pork shoulder roast into a slow cooker. Add a half-cup of water and a little salt and pepper. Cook on low setting for 8 hours.

After the 8 hours, add a bottle of your favourite bbq sauce, any kind will do. Break up the meat with two forks, and let the bbq sauce get into the meat.

Cook one more hour on high setting.

Get buns, call the neighbours, and have a great feast.