

# WALK OUTSIDE.

IF YOU CAN. AND IF YOU CANNOT, IT IS OKAY.  
WE ARE ALL WHERE WE NEED TO BE IN THIS MOMENT.

BREATHE DEEPLY.

IN.      OUT.

IN.      OUT.

IN.      OUT.

AIR IS ABUNDANT AND SUPPORTS ME.

STEP FIRMLY. (AND IF YOU CANNOT STEP, FIND ANY MOVEMENT NO MATTER HOW SMALL.)

LEFT.    RIGHT.

LEFT.    RIGHT.

LEFT.    RIGHT.

EARTH IS GROUNDED AND SUPPORTS ME.

LISTEN AND OBSERVE.

WHO OR WHAT GREET'S ME?

WHO OR WHAT HAS SOMETHING TO SHARE WITH ME?

CREATION IS EVER-PRESENT AND SUPPORTS ME.

FOR FURTHER EXPLORATION:

WHAT MIGHT BE A QUESTION  
OR PHRASE I CARRY AS A  
PRAYER WHILE I WALK?

# LISTEN

ALLA RENEE BOZARTH, THE BOOK OF BLISS

THERE IS NO DIFFERENCE BETWEEN  
HEALING YOUR BODY AND HEALING THE EARTH  
OR HELPING ANOTHER TO HEAL.  
IT IS ALL THE SAME BODY.

THERE IS NO DIFFERENCE BETWEEN  
HEALING EARTH'S BODY AND HEALING YOUR OWN  
OR HELPING ANOTHER TO HEAL.  
WE ARE ALL THE ONE BODY.

BEGIN ANYWHERE.  
BEGIN WITH ONE TREE, OR A BIRD.  
BEGIN WITH YOUR OWN HEART OR SKIN, CLEAN OUT YOUR LIVER, CLEAR YOUR MIND.  
BEGIN WITH THE GROWTH OF A CHILD, YOUR FAMILY'S FOOD.  
THEN CONTINUE TO INCLUDE ONE SMALL PART OF THE TIME.  
YOU WILL BE HEALING THE WHOLE.