

Pathways to Wholeness

As I Walk, I Am

Earth is my home.
Her foliage brings softness and beauty, and
provides the breath of life.
Everything about her brings attention
to divine beginning.

My footsteps touch Her peacefully,
and I know.

My eyes gently focus on
everything and nothing,
and I see.

My mind is quiet and free of worry,
and it refreshes me.

My breath flows softly in and out,
and my senses are heightened.

My body is alive, as I fully experience
my wholeness and the
miraculous nature of each footstep.

My awareness is expanded,
and I acknowledge and honor the Presence
within me.

My being merges with all that there is, and
I am at home.

My totality celebrates life.

Creation is part of me
and I am part of Her.

As I walk, I am.

Janet Gallagher Nestor

Walking Meditation
Mindful Breathing,
Bio-Energetic Healing
and Spiritual Development

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