



4:11 a.m. I awake and greet the sun as it begins to illuminate the lake. I remember that I am attempting to cultivate a more conscious prayer practice. I grab my camera and take photos at this enchanted hour. This too is a prayer, a prayer of praise and appreciation for the beauty that spirit has created. Thank you Great Spirit for the beauty of this day. Thank you for the beauty of all of your exquisite and precious beings and for the perfection that you have created. I am deeply grateful for the sunrise this morning, for the opportunity of spending time on the lake.

(I. Rowe, personal journal, June 2007)

Intentional Walks deepen our intimacy with the natural world and interconnectedness of all life.

The invitation is to **slow down** and come from a place of calmness while walking. As in any relationship, developing intimacy requires that you take the time to truly “**be**” with your relation. Carve out this time and fully take in, with all of your senses Earth’s bounty

Experience these walks alone and in a **quiet** and contemplative manner. notice thoughts that arise and then let them float through. Return to being present to what is around. Attempt to merely “**be**” with the natural world in a way that is honoring and respectful, without trying to understand or change anything.



Through the Eye of a Camera

Getting close and personal



An Intentional Walk

Offered by Ilana Rowe



1. **Grounding:** Find a natural place where you can walk in peace, without interruption, for an hour. Begin by centering yourself. You may also wish to say a prayer at this time.
2. **Setting the Intention.** Set your intention to use your camera to more fully open to nature. After you have done this, slowly begin to walk with soft focus.
3. **Walk quietly within the landscape with your camera.** Refrain from taking photos for a few minutes; just walk, noticing all that surrounds you. As something in nature captures your attention, slowly, with consciousness, take the photo. You might also be guided to places through your intuition. Do you feel called to a particular area by some inner sensing? As you take a photo intentionally, consider how you might do this with respect, reverence, and appreciation for the Being whose picture you are taking. Continue this Intentional Walk for 30 minutes.
4. **Gratitude & Writing.** As you end your walk, offer a prayer of gratitude. When you return home, write about this experience in a reflective way. Do not edit your writing, as you will use this draft for further nature connection.

Steps

These walks include four parts:

Grounding. You will be asked to begin your walk by centering yourself.

Intention. In all cases you will begin by setting an intention for walking.

Intentional Walk. During the walk, you let go of the intention. At this stage you will walk and “be,” letting the intention move through you without thinking about it.

Creative Integration. After the walk, you will either reflect in your journal or use a creative process that explores personal awareness during your walk