

Nature Walks

Finding your own answers in the mirror of nature



*For years, copying other people, I tried to know myself.
From within, I couldn't decide what to do.
Unable to see, I heard my name being called.
Then I walked outside.
Rumi*

Tags Culture/Worldview: Personal Growth: Resilience

Challenge:

Our own answers to questions are often hidden behind layers of thoughts, prejudices, old belief systems or fears. We need ways that enable us to come closer to our own deepest longings, knowledge and understanding.

Solution:

Threshold walks are simple, powerful and transformative experiences in nature. They are often best done in places where nature is abundant and strong, although that is not required. Even city scapes are full of nature if we look and listen carefully. What *is* required is to create a line or threshold in which to cross and then step across it holding an intention and expecting to get the answers you are looking for on the other side. When we step across a threshold in nature looking for answers the unexpected often begins to happen. Everything becomes pregnant with meaning and answers come from the voice of the wind, the birds, and the trees.

These stories (songlines) are then brought back to incorporate, understand, deepen or further our understanding - often with the help of facilitators/elders who mirror the story.

References:

Foster, S., and Little, M. (1988). *The Book of the Vision Quest*. NY: Prentice Hall
web: School of lost Borders: <http://www.schooloflostborders.org>

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