

Path to Your Inner Teacher with Gloria McLeod

Welcome to this guided walking meditation. This series is brought to you by the team members of Estate of Health in partnership with the Town of Kingsville's Communities in Bloom. We thank you for practicing meditation today and we hope that you enjoy this practice

Begin to let go of your thoughts making space to be present and appreciate the natural beauty that surrounds you.

Look to your breath as you feel one foot after the other hit the ground. Under your feet do you feel the crushing of leaves in the shifting of rocks and gravel. Bring your focus to your breath finding a natural rhythm. Your in breath and your out breath match each step you take.

Inhaling. Exhaling. Inhaling. Exhaling. Inhaling. Exhaling [whispered]

Inhaling all that nature has to offer an exhale, whatever doesn't serve you. This time is for you to connect movement with breath and peace with joy. Your in breath is a four count in your out breath is a four count. Doing your best to keep your breath steady, smooth and even.

As you settle in a flow that keeps you in your power, make room to visit your senses. Allowing yourself to be fully present for what you are about to experience enjoy and be a part of. Staying with that breath matches your steps and increases your heart rate knowing that this is a gift to you. So take a moment or even two to give yourself the recognition you deserve for making this happen.

Connecting to your third eye chakra that gives you the ability to see shapes and forms from a distance. Here you will also have the ability to see your future, to listen to your inner teacher.

Look ahead on this pass as far as your eyes can see and know that you never need to feel stuck. What do you see? Look up in the sky. What colors are you surrounded by? What do you see growing and blooming? What animals or creatures decided to join you on your journey? Is it a feathered friend flying high above you? Maybe it's a blue jay or wren, chirping away at a music to your ears. Or is it a furry friend that likes to stay close to the ground. Like a rabbit or a chipmunk or squirrel. I love it when we notice them and they quickly try to hide in the bushes and leaves. Maybe it's your own pet, man's best friend.

Maybe there was a light rain drizzle. What do you feel? The sun hitting your face? Or maybe it's the fresh air and it's also blowing through your hair. Are you being called to touch a flower or hug a tree? What would that smell like?

How do you feel in this moment? Recognize. Notice. What comes up?

This is a wonderful time to really feel your feelings. Give yourself that permission.

We have over 1000 different emotions and we really only pay attention to five. So don't rush your feelings. Instead, explore them.

In passing by we smile and say hello to our fellow community members and we welcome visitors. Sometimes we may even stop to have a chat, how lovely it is to make time for what matters - community.

I'm reminded of a time not long ago when this Greenbelt saved many lives as it was the only place we could visit and get fresh air. Making us realize how important and precious this trail really is.

Let's continue to show gratitude by bringing our good energy to this trail. This beautiful trail in this beautiful place day after day. Only if we could bottle our senses of this wonderful walk on this beautiful trail in this beautiful place and share it with our family members.

But wait - we can do one better! And we could invite our friends and our family members and share this great journey with them and have this experience every day.

As you come to the end of your journey, or maybe you decide to continue stay with your breath that matches your steps, and enjoy this adventure. Find that joy within you that no one can take away.

And remember this is here for you to come back to as often as you desire, Namaste.