**Walking as a Contemplative Practice:**

Is walking as a contemplative practice a new idea for you? It was for me! But since God is in all things then we can find Him in all we do. There are a couple of ways you can use a walk to connect with God.  
  
**Walking a Labyrinth**  
Walking a labyrinth is a new practice for me, so I don’t claim to know all there is to know about it. I found it to be another way to slow down and be still-while in motion!  
  
The labyrinth is a walking meditation. It is a tool that enables us, in the midst of the busyness of life, to be still and focus our thoughts and feelings. Labyrinths can be found in cathedrals all over Europe and have been used by Christians for hundreds of years as a means of meditation and experience of the Divine Presence. To enter a labyrinth is like entering a cathedral. You sense the presence of the holy.

**Introduction Brochure:**

* <http://www.holytrinitygnv.org/media/28044/Labyrinth-tri-fold-brochure.pdf>

**Walking as Prayer**

App:

* Pray as you go
* <https://pray-as-you-go.org/>
* There is a lovely guided meditation walk. If you’ve never done a prayer walk, I highly recommend it!

**Walking for Creativity**

Website:

* <https://brainworldmagazine.com/stepping-creativity-walking-meditation-creative-brain/>
* I walk almost daily. Walking is a proven way to stimulate your creativity. I have some of my most creative thoughts and ideas come to me during a regular walk. We are created body, mind and soul. We must remember that our bodies work with our mind and soul to keep us healthy and whole!