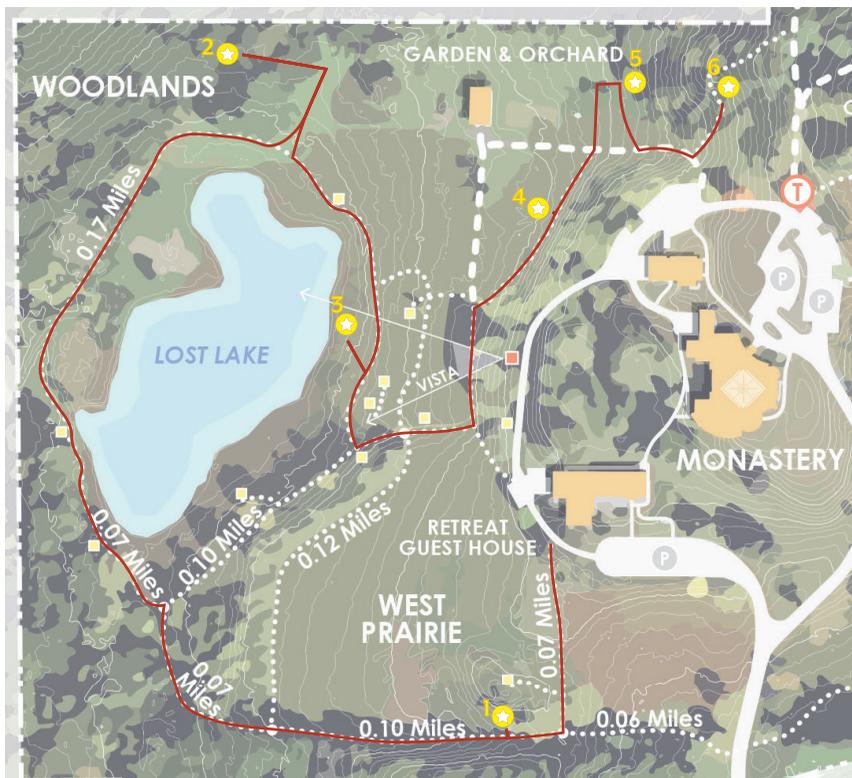


6. INTERDEPENDENCE WITH NATURE

Start by extending your awareness to the ground beneath. Notice where your body touches the ground & feel how you are connected to the earth. Be aware of how you are rooted & grounded with the earth.

- Take a few deep breaths. Notice your incoming breath. All that oxygen that keeps you alive comes from the forests, plants, oceans & lakes around you, just as the carbon dioxide you exhale nourishes them. This is interdependence. Relax here & notice the earth's compassion for you.
- Allow your awareness to extend beyond your immediate surroundings. Imagine whales, tigers, deer, wild rice, & bees, the Great Lakes, the Amazon, grasslands of Tibet. All of us are breathing in tandem; receiving life as we inhale & offering life as we exhale. All of us are part of one vast ecosystem.

- You may be experiencing gratitude, or grief for environmental & climate losses, or something else completely. Whatever arises, this is a natural empathic response when you open your heart & experience another's compassion or suffering. Take time to honor these emotions without letting them carry you away.
- Breathe in the earth's compassion and breathe out gratitude. You are part of nature, & you belong here. This is interdependence.
- Whenever you feel overwhelmed by your emotions or become distracted, simply return to the sensation of being rooted to the earth.
- Note how it feels to have this awareness of your interdependence with all life forms, ecosystems & the earth. You can return to this simple practice whenever you feel overwhelmed during your day. May this practice help you - and, through you, may it heal the earth.



	TRAILHEAD & KIOSK
	WALKING TRAIL (with trail segment distance)
	SERVICE ROAD & TRAIL
	BUILDINGS
	PARKING LOT
	OBSERVATION DECK
	BENCH SEATING
	WATER BODY
	PROPERTY BOUNDARY
	MEDITATION PLATFORM



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Meditation Trail Guide



Holy Wisdom Monastery

Walk the meditation trail taking time for contemplation and meditation at each platform. You may use the guided meditations in this brochure, provided by Healthy Minds Innovations, or a practice of your own. Access the audio meditations via the QR code on the back. The guided meditations are available for free on the Healthy Minds Program App.

The meditation platform materials were purchased using generous donations from Holy Wisdom Monastery community members. Platform construction was performed by the Boy Scouts of Troop 140 as part of Eagle Scout projects.

*Thank you
for your visit!*

1. COUNTING THE BREATH

- Take a few deep breaths & relax your body.
- Let your breathing return to normal & rest for a few moments.
- Now, as you breathe in, think to yourself “one, one, one,” & again, “one, one, one,” as you breathe out. Then count “two, two, two,” on your second breath, & so on... After three, begin again at one.
- Take a moment to check in with how you feel in your body & mind.
- The point of this practice is not to feel a particular way. It’s to be mindful & aware.

Before you continue on, set a clear intention to be mindful as you walk to each platform.

2. A TOUR OF THE SENSES FOR MINDFUL AWARENESS

To begin, bring a light awareness to your body... let it be relaxed & at ease. Take a few deep breaths to relax body & mind.

- Let your breathing return to normal & bring your attention to the sensations in your body; notice feelings of tension, feelings of ease, notice the feel of your feet on the ground, of your arms & hands, the movement of your breath...
- Bring your attention to whatever sounds are present. Let the sound of your breath be the anchor to the present moment.
- If the mind wanders, gently bring it back to what you’re hearing. Getting distracted is normal.
- Now direct your attention to what you see.
- For the last few moments, simply be, focusing on nothing in particular. Don’t block thoughts, just let whatever you’re doing carry you, as though you’re in a gentle river & resting in the current.

3. COMPASSION

- Notice what you see, hear & feel.
- Bring to mind someone you care about who might be struggling or experienced hardship. Put yourself in their shoes; what might it be like for them to face these challenges?
- Now imagine seeing them at their very best, when they are confident & resilient.
- Imagine expressing your care for them. Use that to shift your state of mind & the feeling in your body.
- For the last few moments, try to let go & rest your mind. Take this moment in with a sense of openness & warmth.
- Imagine what life would be like if you brought this sense of care into every relationship you have, into every interaction. What a gift it would be to you & others in the world.

4. TURNING INWARD

- You’ve probably noticed just how quickly the mind jumps around. Try to keep track of your thoughts as they shift & notice that these thoughts are just passing experiences.
- This helps us acknowledge that our memories & other thoughts don’t define us.
- Now, notice what’s happening in your mind. Are there any thoughts present? Do you have an inner monologue? Are there mental images? Just notice how thoughts are always coming & going.
- You’ll probably get distracted by this. No need to get frustrated, it happens to everyone. Which thoughts tend to be stickier than others or pull you in & lead to distraction?
- Now let go & let your mind rest naturally.
- Self-inquiry into your thoughts isn’t always pleasant, but it can reveal a lot. It’s not always easy to pay attention to what’s happening in your mind. It’s constantly shifting & changing.
- In time, you learn to notice thoughts as just another experience, giving you the space to respond accordingly. Next time you notice a thought arise, see if you can be curious & observe without taking action. Give yourself space to choose how you want to respond.

5. CORE INNER VALUES

- What is your motivation for doing this practice today? Link your motivation to a deeply held value & use it to guide your life.
- Ask “If I could take a snapshot of my very best moments, how would I feel in those moments? How would those moments look?” Identify a few simple values that capture this, for instance “When I’m at my best, I tend to be confident & I believe in myself,” or “I’m in touch with my strengths & accepting of my shortcomings.”
- If you had to pick just one of these, which is the most inspiring, important to you? Why?
- This is an important personal value. The quality you picked is your personal north star for this practice. Take this quality & put together a simple phrase, such as “I am patient with myself & with others” or “I show kindness to everyone I meet.” The point of this is to keep the value at the forefront of your mind.
- Rest & take a moment to set a clear intention to bring this perspective into your life. Find specific moments during the day when you can repeat your phrase & reflect on your inner values.

[Flip to other side]

