

## A Peaceful Pace to a Peaceful Place

*While we walk there is opportunity to find release from stress and contemplate the good things of life. It takes a deliberate effort to cultivate a sense of gratitude and a conscious letting go of the stresses of life – for a time. Refreshed from our physical activity, relaxed in our attitude towards life, we can enter a place of openness to the spiritual side of our being and experience peace.*

Some simple steps to help you:

- As you begin, give yourself permission to relax and leave behind the stresses of the day for this time.
- Take some deep breaths out and in, releasing your tension on the outward breath and breathing in peace.
- Look around you – what can you be thankful for? What is beautiful? What gives life to you?
- What different sounds do you hear? Which ones bring delight to your soul?
- Can you detect some new smells? How many?
- Notice the different textures around you. Touch those which intrigue or delight you.
- Be thankful for the beauty that surrounds you. Could there be a loving creator behind it all?
- Notice your own body and how well it functions in the main.

*Be thankful for your life right now and enjoy life in all its fullness.*