

Step Into Joy: Claiming Your Walking Practice: Week Three!

Every day is a journey, and the journey itself is home. - Matsuo Basho

"Stepping Through Our Rooms"

At times when we ourselves are feeling broken, disconnected or in darkness, we can turn to the wisdom of our *walking* step by step into each moment to bring these pieces together.



How does walking link things for you?

Words can also link things together to create ideas. *Walking can link these words together in a way that inspires action.*

This week, let's cultivate our walking practice inspired by the wisdom of a great *poem* to bring our words together and to inspire poetry of our own!

In this poem, Rumi talks about us being a guest house.
Just like we are guests on this planet.



The Guest House

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

— Jalaluddin Rumi, translation by Coleman Barks (*The Essential Rumi*)

Read this poem again, and find one phrase to repeat over again as your walking mantra.

Which line sticks with you? Just for this moment? (*Tomorrow, it might be a different line!*)

Repeat that line three times, or until it sets a rhythm for your walking "preamble..."

My pre-ample (or pre-wander) line: _____

Now, start walking wherever you are indoors. Go from one space to the next in your location, noticing what comes up as you repeat this one line. ***Indoors.***



Walking with a New Moon

We've just had a new moon, which can cause a down surge of energy. This downward pull can lead to depression, or it can lead downward and into a sense of groundedness. The best thing to do during a new moon is to pick one location in your house and clean the space or organize a section of your space.

As you continue your walking path indoors, end it in a space where you can Meditate or do something that grounds you, like clearing out or organizing the space.

What room did you pick? _____

What grounded activity did you do in this space? _____

Part Two: We Are a Guest House

Walking outdoors



(What shapes do you notice in this picture? My walking path in NYC on my way to the train after recording my [audiobook!](#))

Now, read the poem, *The Guest House*, again.

After you reread it, set a timer for two minutes and **free-write a list of all of the "rooms" in your own body.**

Here were some of my "rooms:"

- Emotional
- Spiritual
- Mental
- Physical
- Social
- Creative
- Childlike
- Motherly

Now, pick 4 or 5 "rooms" from your list.

I picked:

1. Spiritual
2. Emotional
3. Physical

4. Mental

Give them titles.

Here were my titles:

1. Spiritual - Windland
2. Emotional - Watervalley
3. Physical - HotPuff Circle
4. Mental - SilverDome

What have you titled your 4 (or 5) rooms?

Now find a different phrase from Rumi's poem that sticks with you outdoors.

My outdoor line from Rumi's poem: _____

As you walk outside, keep repeating that line until it takes on a rhythm.

Now, as you walk, find your connection to each step you take.

How do you connect with that line as you travel through the space?

How does that connection change?

Keep walking, and remember those four "rooms" of your own body.

As you walk, which scenes and sights do you encounter that bring up those rooms for you?

Take a picture of each "house" of your body once you find that spot outside.

Here were mine:

Spiritual - Windland



Emotional - Watervalley



Physical - HotPuff Circle



Mental - SilverDome



Now pick one of those places....or "rooms."

Plant your feet there.
Breathe it in, and breathe out your own experience.



Think of the line in Rumi's poem, as you breathe:

*"Be grateful for whoever comes,
because each has been sent
as a guide from beyond."*

What do you notice?

Wait for that "guest" to appear.

When you find it, write it down, or draw, sing dance it...

Does it bring up a story? Take a picture of it, or doodle what it reminds you of.

What is that *guest* telling you?

I stopped in my "Mental" room, which I titled "SilverDome"

Here, I waited for my own guest to appear.

I found it on the other side of a tree, in this flowering formation that reminded me of growth in all directions...

This is the picture I took.



Optional part 2:

Write your own walking path haiku.

*The only problem
with Haiku is that you just
get started and then*

- Roger McGough



Now, find another "room" during your walk. Remember: A “room” is just one moment you can carve out of the path you walk.

Any scene you stumble on that speaks to you all.

Write your haiku.

What is a haiku? A three-line descriptive poem with a 5-7-5 syllable pattern.

*Mountain-rose petals
Falling, falling, falling now...
Waterfall music*
- Matsuo Basho

The philosophy of haiku: Focus on a brief moment using colorful images, meant to be read in one breath, and provoke a sense of sudden enlightenment.

Write the FIRST TWO LINES of haiku based on anything you experienced during your walk so far.

(5 syllable line)

(7 syllable line)

Say the first two lines of your haiku as you walk - in one breath.

Now, let's break the traditional "one breath" haiku rule!

Before you say the last line, stop for a full minute.

Or, if you'd rather not be physically still, still your thoughts.

Don't let the last line come to you until you have breathed in the moment you experience in stillness.

How has that line changed from your *minute of stillness* moment?

Write your full haiku here:

5 syllables _____

7 syllables _____

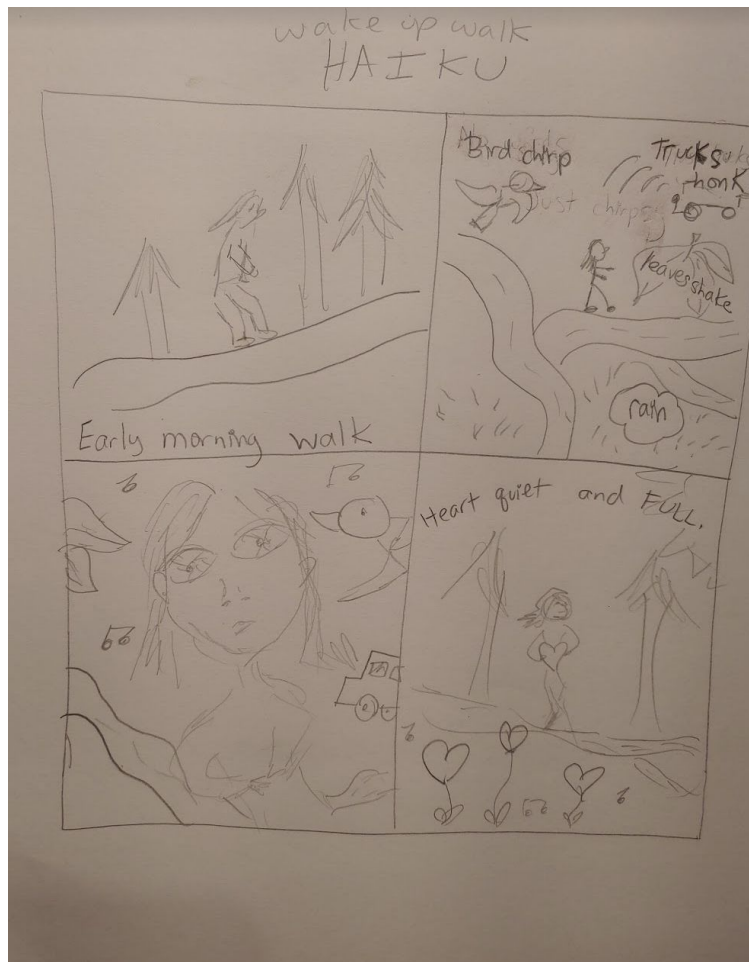
5 syllables _____

Last step:

Create an illustrated journal comic based on your Haiku.

Make sure the third box is a picture of what you experienced for that minute of stillness.

Here was what I created based on my haiku:



I hope you keep exploring all the rooms of your Self, your home, your planet, your community, and your world today!

Share your discoveries in the **Step Into Joy Facebook Group**
<https://www.facebook.com/groups/walk2discover> or tag them with
#LoveMyDetour!

Make sure you subscribe to www.amyoes.com/walk for more inspirations, and to receive the link for our zoom workshop this
Sunday, September 6th 4-5pm EST!



In every walk with nature one receives more than he seeks.
– John Muir



All [artwork](#) created by Amy.