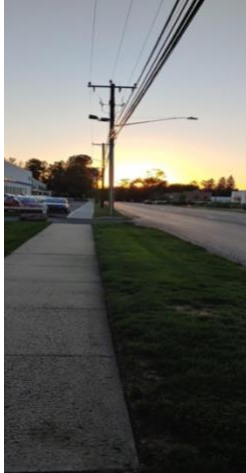


Walking Week 6: Walking to Give, Walking to Receive

“When you give yourself to places, they give you yourself back; the more one comes to know them, the more one seeds them with the invisible crop of memories and associations that will be waiting for when you come back, while new places offer up new thoughts, new possibilities. Exploring the world is one of the best ways of exploring the mind, and walking travels both terrains.” - Rebecca Solnit

We've spent 5 wonderful weeks exploring the gifts revealed by noticing the world around us, and our relation to it as we walk.



What have you discovered so far?

For our final week, let's change how we approach our walk.

*“I have found that among its other benefits, giving liberates the soul of the giver.”
—Maya Angelou, *Wouldn't Take Nothing for My Journey Now**

Focus on your footsteps. Take 10 slow steps, like we practiced last week. First, try 10 steps feeling the ground you walk on.

What are you taking from the ground?



For 10 steps, notice any textures you step on, the smells that flood your nostrils, and the sights you see:

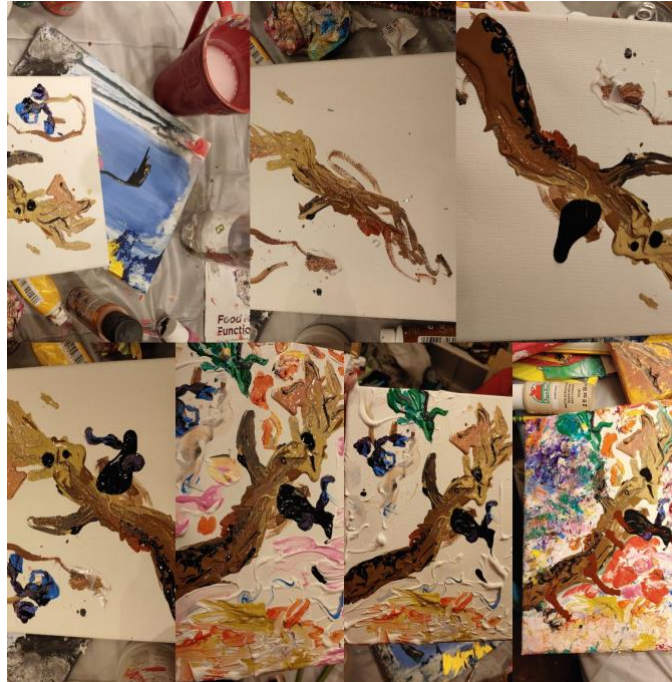
What Can You Take From the Earth in 10 Steps (Insert your discoveries here)

Now, take 10 steps focusing on what you can give back to the earth.

As you walk, imagine you are planting a seed, a thought, or some kind of footprint on the ground.

Connect with the surface you walk on and imagine your energy digging right into it, like roots.

What seeds can you plant, wherever you are?



What Can You Give to the Earth in 10 Steps? (Insert your discoveries here)

“Purposeful giving is not as apt to deplete one’s resources; it belongs to that natural order of giving that seems to renew itself even in the act of depletion. The more one gives, the more one has to give.”

—Anne Morrow Lindbergh, *Gift from the Sea*

Think about Lindbergh’s quote. Does walking to “give back” fill you up?

“The Dead Sea in the Middle East receives fresh water, but it has no outlet, so it doesn’t pass the water out. It receives beautiful water from the rivers, and the water goes dank. I mean, it just goes bad. And that’s why it is the Dead Sea. It receives and does not give. In the end generosity is the best way of becoming more, more, and more joyful.”

—Desmond Tutu, *The Book of Joy: Lasting Happiness in a Changing World*

A Labyrinth is a place where you can walk to give...and receive.



Lawn at
Troy farm



Temple of Halebid
(Mysore, India)



Isle of Weir (Finland)

A walking labyrinth is a pattern of pathways that weave in a circle around a central point. You walk through the pathways to get to the center. Enter with a question you have. At the center of it, you wait,

meditate and wait until you receive the answer you need. As you leave the labyrinth, you take that answer that comes to you.

Wherever you are walking - even if you are winding a circle around your kitchen table, WHAT IS YOUR QUESTION YOU BRING WITH YOU?

Draw the circular design of your labyrinth here:

Here's where you can find a labyrinth near you: <https://labyrinthlocator.com/home>

Bringing communities together through labyrinths

In one community labyrinth, People take a prompt, think about what's written on the card and how it relates to experience in their own life.



RED LINE LABYRINTH FILM (2017)

Learn more about it: "RED LINE LABYRINTH FILM (2017)" <https://vimeo.com/257740706>

One Prompt reads: "What would you do if your home wasn't a financial situation?" As the person walks, they contemplate this. They walk to the center, and then walk back.



In The Walking Lab: Performing Lines and Research-Creation you can learn about wonderful things people are doing with their walks: <https://walkinglab.org/about/>

Look at their Walking Propositions page: <https://walkinglab.org/portfolio/walking-propositions/>

What kind of walk intrigues you the most? ***What would you like to try in your own space?***



Looking for inspiration from 5 people using walking to explore concepts?

Here are five artists using **their love of walking, art, and interacting with a space and world** in different ways.

I've included a brief description of each artist, plus a question for you to take with you into your own practice:

- 1.) **Rebecca French and Andrew Mottershead** look for the social dynamics and narratives within public and private spaces. They try to reframe an individuals' relationship to their everyday.

Your task:

As you walk, notice how people interact with each other. Notice how they interact with their space. *Do people walking on their own interact with their environment differently than with others?* What do you notice?

- 2.) **Rhiannon Firth** believes that maps are embodiments of power. Map-making helps us understand our relation to a space and the effects that this has on everyday lives, Maps empower us to spatially illustrate our own struggles and desires. The process of map-making can be full of discoveries, as important as the finished design.

Your task:

After a walk, *make a map* of what you are struggling with, but stop after 10 minutes. Go on a walk again, and finish it. How did it change?



- 3.) **Dr. Göze Saner** founded her company www.cafila-aeterna.com and developed a traveling performance in response to the tortoise as archetype.

Your task:

Pick an animal to embody on your walking practice. How do they move? What do they smell? What can they see? As you change directions, pick another animal.

- 4.) **Maggie O’Neill** shares videos and images of womens walks, because she believes through the visual representations of the walks we are able to get in touch with women’s lives in sensory ways that foster ‘understanding’ and critical reflection.

Your task:

Before your walk, look through a magazine and find *images of people walking* or moving through a space. What can you sense about them, just by how they hold themselves? On your walk, take that feeling with you. How does it change how you walk? Does it bring new thoughts or experiences into your path?

- 5.) **Toby Butler** works with audio walks, locating oral histories along specific routes and creating Memoryscapes in collaboration with communities. He believes using audio walks deepen a sense of place and cultural geography.

Your task:

As you walk, listen to a storytelling podcast. Three of my favorites? [Storycollider](#), [Snap Judgement](#), and [RISK](#). As you *hear these stories, how does your walk change?*

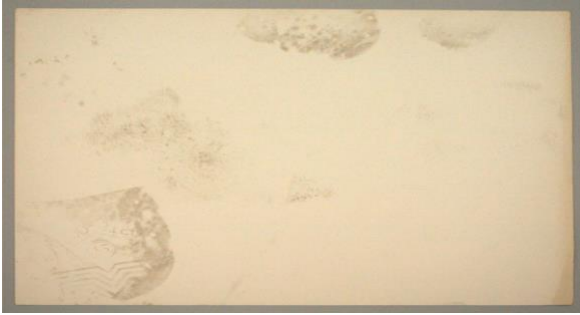
After 6 weeks of walking your path, what concepts do you find yourself wanting to explore through walking?

Make a mind map of subjects that intrigue you...then try to walk it!

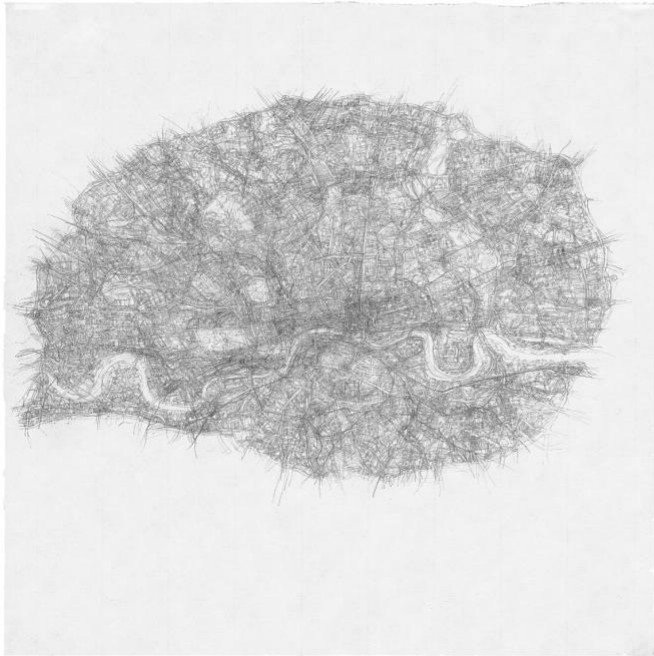
Remember: maps can be anything. Take a look at these abstract maps some walking artists have created...



Capturing interactions you see around you: Steps of Pedestrians on Paper by Stanley Brown

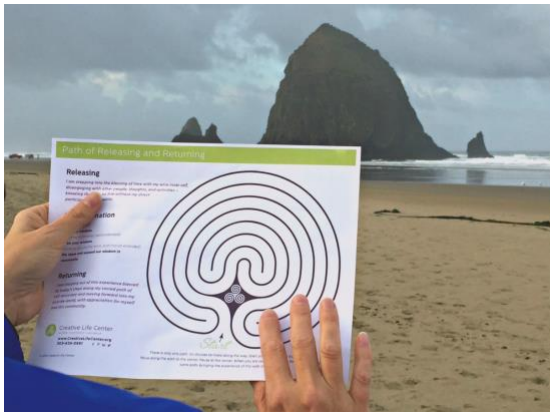


Kathy Prendergast, City Drawings, London, 1997 Photo Source: Kerlin Gallery, Dublin, <http://www.kerlingallery.com>.



Artworks by Fiona Robinson, Circular Walk Drawings, 2007, <http://www.fionarobinson.wordpress.com>

Maps can be ANY kind of direction.



Words are great pointers!

For example...think about these quotes as you walk:

Consciousness is only possible through change; change is only possible through movement.
Aldous Huxley, The Art of Seeing

We see in order to move; we move in order to see.
William Gibson

All that is important is this one moment in movement. Make the moment important, vital, and worth living. Do not let it slip away unnoticed and unused.
Martha Graham

Did any of these quotes make you walk in a different direction or different way?



*Now that you've received these quotes, think about everything you've discovered so far.
If you could share one quote to help others on their practice, what would it be?*



Thanks for joining me for 6 weeks of claiming your walking practice. I hope I've left you with seeds that can grow into beautiful new trails!



(If you're looking for something to listen to on your next walk, I've just finished recording the [audiobook](#) for my memoir, "[My Beautiful Detour: An Unthinkable Journey from Gutless to Grateful](#)" - all about my trails through nature, life and the many detours our roads may take!)

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.

Nobody expects a detour to happen, in life.
We think we have things planned, all figured
out...then we're thrown a curveball.



If you follow that detour, curious to see where it
leads, you're a DETOURist.
A DETOURist embraces unexpected routes as a
chance to grow, learn and discover.

This concludes Week 6 but I hope you keep on walking, and make sure you subscribe for more updates on walking events, my upcoming books and programs!



I plan on starting this group again in the Spring, so keep developing your pathways and stay in touch, let me know where your journeys lead you!

Make sure to send me any thoughts, questions, feedback or requests for the next chapter of *Step Into Joy* by emailing me at lovemydetour@gmail.com.

You can always revisit all 6 weeks at www.amyoes.com/walk. You'll find all of the prompts so far - it's not too late to try one put so let me know how it goes!

Safe travels as you *Step Into Joy*, Detourists!

"None of your knowledge, your reading, your connections will be of any use here: two legs suffice, and big eyes to see with. Walk alone, across mountains or through forests. You are nobody to the hills or the thick boughs heavy with greenery. You are no longer a role, or a status, not even an individual, but a body, a body that feels sharp stones on the paths, the caress of long grass and the freshness of the wind. When you walk, the world has neither present nor future: nothing but the cycle of mornings and evenings. Always the same thing to do all day: walk. But the walker who marvels while walking (the blue of the rocks in a July evening light, the silvery green of olive leaves at noon, the violet morning hills) has no past, no plans, no experience. He has within him the eternal child. While walking I am but a simple gaze."

Frédéric Gros, A Philosophy of Walking