

Before we begin this experience, find a comfortable place to rest.
This can be on a bench, a rock, a stoop, or in the grass.
Feel free to pause the audio while you search.

Once you are seated or reclining, close your eyes, take a deep breath, and absorb your surroundings.
Feel the surface you are sitting on with your hands and your fingers.
Feel the weight of your body in your seated position.
Try to feel your pulse through your fingertips.
Can you sense the Earth reverberating through your body?
Maybe someone is playing music nearby. Can you feel the sounds playing through your body too?

Now take a few moments to acknowledge the air around you.
Breathe it in through your nose and mouth, feel it on your skin.
Does the air have a texture too?
What kind of weight does it have?
Try to sense its movement.

Keep breathing in the air through your nose, and think about the colors that light up in your mind's eye when you smell the air.
Do you have an emotional response to your sense of smell?

We're going to start walking soon, but first, pay attention to the Sun
It's going to be your guide.
Think about where you are sitting on this Earth right now, and how the Sun travels across the sky, from the East to the west.
Feel the Sun on your skin. If you're not in direct sunlight, open your eyes, and look for the Sun.
Turn your head towards that source of light. Which side of your body is the Sun touching right now? Which parts feel the most warm to you?
Focus on that sensation of warmth and light.

Now open your eyes, stand up and stretch.
Stand still, and distribute your weight equally with both feet on the ground, your back straight, shoulders even height, and your face facing forward.
Relax your arms, and your hands, and your fingers at your sides.
Remember that the goal of this experience is not to walk with a sense of urgency for a destination in mind, but with a sense of curiosity, and a desire for discovering.

Now, using the Sun as a compass, decide which direction you want to walk;
North, East, South, or West.
Decide if you want to walk towards the Sun, or away from it.

Don't forget that feeling of the Sun on your body. Keep it there on your body while you are walking, and let the feeling be your guide.
Imagine you are a plant moving with the Sun's directions.

Keep your eyes open while you are walking, and be an active observer.
If you are with a friend ask them to narrate what they see to you.
Exchange short descriptions and ask each other questions about what you see

There is something about verbalizing what you see that allows you to appreciate the things around you. It's a way of showing empathy to the world you are in.

Now do the opposite, and move through the world in complete silence,
Listen closely to your environment, and divorce yourself from language.
communicate only through gestures, touching, and eye movements.
Keep listening to your environment, follow a sound, and let the sound be your guide.

Before you go home, and end this experience, take something with you that you find on your walk that signifies this journey for you, as a souvenir, or a token.