

## During the Walk

Open to the feelings of yourself and others, such as:

Affection	Engaged	Hopeful	Confident
Excited	Grateful	Inspired	Joyful
Exhilarated	Peaceful	Refreshed	Afraid
Annoyed	Aversion	Confused	Disconnected
Disquiet	Fatigue	Pain	Embarrassed
Sad	Tense	Yearning	Vulnerable
Other?	_____		

Open to the needs of yourself and others, such as:

Autonomy	Meaning	Connection
Play	Sexual activity	Physical Well-being
Health	Comfort	Adequate nutrition
Satiation	Adequate environment	Safety
Space	Behavior choices	Pleasure
Stimulation	Choice	Use of senses and body
Nurturing young, self/others		Peace
Vitality	Other?	_____

## The Walk Begins and Ends in Beauty

1. Before you walk, breathe deep, stretch arms out, look up, twirl, bow, touch the ground
2. Throughout walk use your senses – smell, hear, see, taste, touch
3. Say, “I walk with beauty before, behind, above, below, all around and in me. It begins in beauty.”
4. Begin with the beauty in yourself. Ask, “What am I feeling and needing?” Still your thoughts. Find one feeling/emotion/body state and the need that these feelings are connected to. Fill in one feeling and need word (from list above) and say, No wonder I’m feeling\_\_\_\_\_ I’m needing\_\_\_\_. Now imagine that need being met. (If thoughts of these needs not being met come up, breathe deep, repeat the “No wonder” statement, and give yourself space to mourn. Repeat this if necessary for all steps)
5. Stop, breathe, stretch, look up, bow

6. With someone you are walking with, share what you are feeling and needing, and say, “No wonder you are feeling\_\_\_\_\_, you are needing\_\_\_\_\_.” If by yourself, pick someone you are well pleased with and say, “No wonder they are feeling\_\_\_\_\_--they are needing\_\_\_\_\_.” If able, repeat with whom you are neutral, and then those with whom you are not pleased. Imagine them having those needs met.
7. Stop, breathe, stretch, look up, bow.
8. Now find another being along the path – plant, tree, mushroom, insect, bird, mammal. If they are moving, walk along side of them if it doesn’t bother them, or stand watching. If they are low, go low. Get on the ground if they are really low. Then be them. Move like them. See what they are doing. Guess what they are feeling and needing. Say, “No wonder they are feeling\_\_\_\_\_, they are needing\_\_\_\_\_.” Imaging them having those needs met.
9. Stop, breathe, stretch, look up. Bow.
10. Now look at all of nature around you. How many species do you see? How are they interacting with each other? Find as many 1:1 relationships as you can. Can you find 3 individuals that are connected to each other? What does each need? Are the relationships harmful? Beneficial? No matter, what does each need and feel? Say as many “no wonders” as you can.
11. Stop, breathe, stretch, look up, bow all around
12. Continue walking now, observing and being. If any thoughts come up, breathe deep and let them go. Walk in silence, smile if you can, saying, “No wonder the world is as it is, because everything is interconnected in beauty, harm, benefit, and tragedy.”
13. Stop, breathe, stretch, look up, bow.
14. Say, “I walk with beauty all around me. It is finished in beauty.”

**For more information:** [www.oneearthconservation.org](http://www.oneearthconservation.org)



## Definitions

Emotional Intelligence – the ability to identify, assess, accept, and have choice around our feelings and needs

Social Intelligence – the ability to identify, assess, accept, and have awareness of and connection to others, thus having choice about how to interact so as to create healthy and productive relationships

Multispecies Intelligence – the ability to understand and use emotional and social intelligence, communication, and behavior observation across species lines for the mutual benefit of all

Ecological Intelligence – the capacity to recognize the often-hidden web of connections between individuals of different species and between species' and nature's systems so that humans may minimize harm and maximize flourishing for all

Spiritual Intelligence – the ability to transcend individual ego concerns' and perspective by connecting to that which is greater than self, fostering wisdom, acceptance, compassion, presence, and mindfulness

## Our Natural Intelligence      Invites Us To....

- Emotional Intelligence → Be with Yourself in Beauty (Ask, what am I feeling and needing?)
- Social Intelligence → Be with the Other Human in Beauty (Ask, what is another human feeling and needing?)
- Multispecies Intelligence → Be with the Other Species in Beauty (Ask, what is another species feeling and needing?)
- Ecological Intelligence → Be with all Relationships in Beauty (Ask, what are all those in the web of relationships feeling and needing?)
- Spiritual Intelligence → Be with All in Beauty (Acceptance of interconnected beauty, benefit, harm, tragedy)

*Let the beauty you are, be what you do*

# Wild Walks

## One Earth Conservation's Nurture Nature Program



Every individual is interconnected in beauty. It is a beauty we were born with, wild, and inescapable. Yet, we lose sight of this. To see beauty, we need to observe ourselves and others nonjudgmentally by asking what are the feelings and needs behind behaviors. We connect to other's beauty by using our bodies, our senses, and our cognitive empathy (using our thinking, feelings, research, and understanding of science).

Wild Walks help us pause and see how we walk in beauty - the beauty within (Emotional Intelligence) connected to the beauty in other humans (Social intelligence), connected to the beauty in other species (Multispecies Intelligence), connected to the beauty of relationships (Ecological Intelligence), connected to the beauty that is beyond words or thought (Spiritual Intelligence). All these intelligences build upon and contribute to each other, all of which we use to affirm beauty during the walk, intentionally at first with guided practices, and later let our scientific, naturalist, and chattering selves go wild. Human nature is inherently wild, but we too often over-domesticate it with cognitive loops entrenched in culture's stories of oppression that diminish worth and beauty. Instead, let us take a walk on the wild side for freedom, letting our heart sing for all wild things in the family of life, liberating all.