

THE WISDOM WALK

Tool:

This is a tool for accessing your right brain intuition wisdom and combining it with your analytical assumptions and linear thinking.

Exercise:

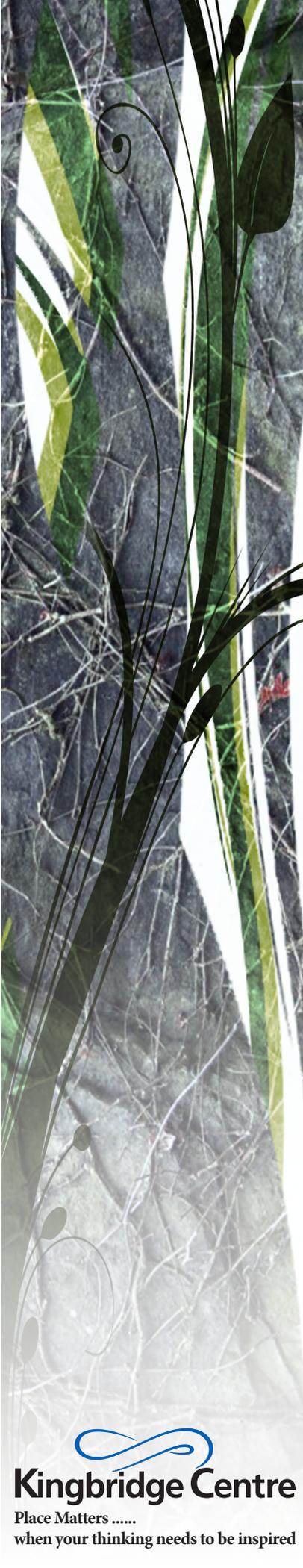
Trusting the wisdom of your intuition.

Group Activity:

- 1) Identify a core challenge
- 2) Before you enter the labyrinth think about core elements of the challenge - hold these thoughts in mind and simply walk the path
- 3) When you get to the centre of the labyrinth write down any intentions or insights on a piece of paper. Stand or sit in the centre for however long you need to compose your thoughts
- 4) Start to walk back out of the labyrinth and now think about what you wrote and ponder how those thoughts might affect others favourably and not so favourably
- 5) Fold up your paper and place it in a bowl upon departing the labyrinth
- 6) The group leader will bring the bowl of thoughts back so the group can discuss everyone's contemplations

~ Some recommended hosting techniques to use for creating an inclusive open method of discussion; Sit in a circle. Every person take a piece of paper out of the bowl and then when it is your turn read the comments and invite the group in for a discussion. Take notes of conversation on a flipchart. Use a talking stick and when a person is speaking they get the stick and it is honored that they will not be interrupted until they pass the stick to the next person. ~





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Individual Activity:

- 1) Identify a core challenge
- 2) Centre yourself with a few deep breaths. Here you are instructing your subconscious to pay attention to your sincere wish to solve your problem
- 3) Begin your walk. Choose your intention for your walk - are you feeling spiritual, reflective, mindful, creative? If you are solving a problem, surrender your problem and focus on the walk
- 4) Continue to walk, keep your mind quiet and concentrate on the placement of one foot in front of the other in creating a rhythmic beat. As you surrender to the activity of attentive walking, various parts of your being are processing your wish for an answer
- 5) Pause on reaching the centre. Focus totally on your inner process
- 6) Walk out when you are ready. Accept the insights you have received and offer thanks for what you have learned



Kingbridge Centre

Place Matters

when your thinking needs to be inspired