**The Medicine Walk**

A medicine walk is created on the assumption that there is an innate connection between human beings and nature. “Medicine” refers to your unique expression of presence, power, and human potential, what you need in order to be whole, and what you have to offer others.

A medicine walk can be used to facilitate life transitions or personal healing and growth, with the purpose of bringing clarity on what you would like insight or answers to now. Through the process of a medicine walk you re-connect with nature, and with yourself, helping to bring intuitive solutions and insights to any questions you may have.

**Questions you may choose to ask:**

* Who am I and who do I want to grow into?
* What is my purpose moving forward?
* What do I need to see now?
* What do I need to learn now?
* What is it time to let go of?
* Where do I need to reclaim my power?
* What are my gifts and talents to share in the next phase of my life?
* Where do I need to focus my energy?
* How do I want to share my love?

**Preparing for your Medicine walk:** The Medicine Walk is a process with a definite beginning and ending. These two points should be marked with ceremonies, which can be as simple as putting your hand on you heart, in gratitude for what nature will help to provide along the way, and then closing with gratitude for what has been provided. Designate a point that marks the entry and exit of your medicine walk, such as a tree, a step into a new ‘space’ or a stone or the floor.

**Where to go:** you can walk in your garden, local park or out in the woods or expansive natural spaces

**What you do:**

1. You choose a specific question to ask, with the idea that through the process of the medicine walk, the answer will come to you. Prepare this question by asking yourself ‘what question do I most need to ask myself now?’ or choose a question from the ones offered above. Then, ask yourself, ‘why is this question important to me now?’ and ‘what do I hope the medicine walk will bring me?’ Once you have a clear question, you are ready to begin your medicine walk.
2. The walk is about paying attention. So, as you walk, and rest as you feel inclined to, choosing any direction you wish or feel called to move towards, notice what captures your attention - the shape of a tree, the way the light touches the forest bed, the fragrance, the sound of the seagulls on a beach walk, the pattern of seaweed, the shape of the sand dunes, the random stone, the colour of a flower, the shape of the clouds, or the lay of the land.
3. Carry a journal and make notes on any insights, signs, symbols, shapes of intuitions you have along the way, in relation to your question

After the medicine walk

1. **Read through your journal:** try to identify any specific theme that arises out of the words and images gathered. What natural objects, plants, animals, weather, and physical features caught your attention, and what might they have been “saying” to you?
2. **Consider what came to you:** What thoughts and ideas emerged? What fear, worries or doubts popped up? What ‘background’ images were trying to get your attention? What feelings came through? What messages did you receive? Who came to mind? What were the darkest parts? What were the brightest? What parts of your experience did you try to hold on to, and what parts did you try to push away?
3. **Identify the meaning:** Think about how your walk reflects your relationship to nature and to your own nature? What parts of yourself were reflected to you? How did your Medicine walk mirror how you are handling your current life transition?

It may take time – days- for the deeper meaning of the medicine walk to unfold; allow the process to take the time needed.

You may value experiencing a medicine walk with your own professional form of support, or to book a Medicine walk with me. I shall help you prepare for your walk; getting to the root of what you truly seek to learn, heal or discover now, so that a clear question is formed. After your walk, I shall work with you to identify the deeper meaning of your experience, to ultimately help you find the answer to the question.

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