

Pathways to Wholeness

Walking Meditation Practice Group – It's FREE. It just takes a little time each day to ignite the peace and joy within your heart.

Organized by Janet Nestor, MA, LPC, DCEP author of Pathways to Wholeness

As I Walk, I Am

Earth is my home.

Her foliage brings softness and beauty, and provides the breath of life.

Everything about her brings attention to divine beginning.

My footsteps touch Her peacefully, and I know.

My eyes gently focus on everything and nothing, and I see.

My mind is quiet and free of worry, and it refreshes me.

My breath flows softly in and out, and my senses are heightened.

My body is alive, as I fully experience my wholeness and the miraculous nature of each footstep.

My awareness is expanded, and I acknowledge and honor the Presence within me.

My being merges with all that there is, and I am at home.

My totality celebrates life.

Creation is part of me and I am part of Her.

As I walk, I am.

~Janet Gallagher Nestor

The Group meets twice each month: the 2nd Monday & the 4th Wednesday.

Don't worry if this is new to you...It is new to most everyone who comes!

2nd Monday at 9:30 AM

Reynolda Gardens at the trail off the driveway to Reynolda House. Park in front of the green house and we'll walk to the trail ... nice gentle walking.

4th Wednesday at 5:15 PM (we'll change the time as winter approaches)

Shaffner Park at the corner of Silas Creek and Yorkshire Roads

Park at the soccer fields and the green-way begins across the street running from Yorkshire to Robinhood Road. The walk is exactly 1 mile.

Call Janet at 336-413-0455 for more information or to express interest. OR email Janet at well-being@janetnestor.com