



## Try this simple exercise to help you deepen your spiritual expression

### Go for a walk!

It does not matter where you go, where you start or even where you end up. What matters is what you choose along the way.

When you first start out on your walk make sure to pick up a flower, a piece of tree bark, a pine needle or anything that attracts you and has a fragrance. As you walk it hold on to it and from time to time smell it deeply and try to experience the fragrance as if it was your favorite perfume.

As you wander along your blissful journey reach out and touch things as you pass them. Whether it is glass, wood, natural or fabricated allow your sense of touch to come alive and reveal all its glory to you.

It is not about watching where you are going, it is about seeing what is really around you. There may be people, buildings, trees, flowers, rocks, soil and innumerable things to cast your gaze upon. Do it with love as if you owned each thing you see and were about to give it as a gift to someone you love.

Whether you choose to take along your iPod to listen to your favorite music or want to meditate on the sounds of the forest as you stroll be aware of the sounds around you. It requires your conscious mind and a miracle of creation for you to experience sound so take a moment and take it all in.

Now that is more than just a walk in the park. This is the conscious walk formula. Use it at your pleasure.

### 4 Simple Steps

- |                     |   |
|---------------------|---|
| SMELL deeply        | 1 |
| TOUCH many textures | 2 |
| LOOK closely        | 3 |
| LISTEN specifically | 4 |

YOUR SUCCESS IS HERE



2009

You have the power and the ability right now in this very moment to create your success. You are the perfect example of yourself and all you need to do is share it with yourself and with others whom you love. Stop the judgments and start the celebration. You are here to live, laugh, love and learn.