The Wanderer

Lugar Específico - entre Arte e Educação



individual

Cultural Mediation | Walking

30 min-2 hours

outdoors

PURPOSE

SPACE AWARENESS

- Body-mind awareness and self-knowledge
- Mind wandering and following intuition
- Connection to the present and to outside world

MATERIALS

- notebook
- pen/pencil

PREPARATION

• Choose a starting place, but do not plan a route. The starting point can be in an urban area or in nature, like the entrance of your house or a forest. • Take a talisman with you. A talisman is an object that has meaning to the carrier. It may bring you good luck, good energy or calmness. Your talisman can be a natural object (like a leaf, a flower) or an object you have at home (a book, a ring, a gift,...).

INTRO

"I only went out for a walk, and finally Concluded to stay out till sundown, for Going out, I found was really going in".

John Muir, Unpublished Journal

Wandering is "the act of unplanned, aimless walking/exploring/ambling with a complete openness to the unknown". When wandering, we are only focused in the present, in observing what is around us and understanding our emotions. It also ends up being a moment alone with ourselves. All these are key aspects for wellbeing and resilience building. Plus, the act of wandering can be a great stimulator of creativity – many artists were/are professional wanderers (Walt Whitman, Fernando Pessoa, Virginia Woolf, Gertrude Stein,...).

"It is solved by walking" Saint Augustine

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STEPS

1. Starting the walk: **a.)** Begin by taking 3 deep breaths **b.)** Close your eyes and turn around slowly until you feel the energy of a direction and then stop. **c.)** Open your eyes and start walking aimlessly, with an open mind – what can I discover? Follow your body and intuition, let them naturally tell you where to go.

2. During the walk: **a.)** Pay attention to the ground beneath your feet and to what comes to your senses (smell, touch, sight,...). **b.)** Collect and gather what you find along the way. You can document your findings by taking an object home, taking a picture, writing or making a drawing. **c.)** Write down any ideas or feelings that emerge. Allow your mind to be imaginative and to daydream.

3. Ending point: **a.)** Once you feel that your walk is coming to an end, start looking for a nice place to wrap up this experience. **b.)** Sit and let the memory of the walk come to your mind, body, heart and soul. **c.)** Now, look at what you have collected and written during the walk, reflect on what could have been the purpose or an important thing you discovered and, based on it, give a title to your walk.

REFLECTION

- How did you feel during the different parts of the activity?
- What did you learn about yourself, about the place you wandered?
- How can this activity contribute to resilience building?

COMMENTS

- Variation 1: You can do this activity on your way to work everyday, changing the route or the focus of your attention.
- Variation 2: This activity can also be done in a group, defining a common starting and ending point and adding a sharing stage of the individual walk to the group. At first, wandering may seem like a task without any goals, but wandering is in itself the goal. By wandering, we can improve our concentration, our observant gaze, our connection to the world and ourselves. Wandering can actually be considered a form of meditation.
- This activity is inspired by the book *The Wander Society*, by Keri Smith.