Summer Solstice

Medicine Walk

June 22, 2013

Brookside Nature Center

1400 Glenallan Ave, Silver Spring, MD

9:00am-5:00pm

the way to maintain one's connection to the wild

is to ask yourself what it is that you want

The Medicine Walk is an ancient, pan-cultural practice.

In the times before psychotherapy and medication, when people needed to heal heart and mind, seek inner clarity, or ease the pain of a difficult transition, we brought our suffering to the earth. Encoded in the patterns of nature is all the wisdom of infinite experience - and in conversation with the earth, there are no lies. Through this dialogue, we grow, we heal, and we learn to separate the seeds from the dirt.

The Medicine Walk uses simple, time-honored techniques of ritual and concentration to foster this healing dialogue. On this walk you will be given space, time, tools, and community support to engage with the earth in a creative way and see what it has to offer - right in the midst of the suburban bustle. The adventure that unfolds will be up to you!

The fee for the 2013 Summer Solstice walk is **$30**. Up to 10 people can participate. Please pay cash on-site or make checks out to *Keely Owens*. Meet at 9:00am in the Brookside Nature Center parking lot - we will use the diverse environments of forest, pond, and gardens as our psychic playground. **Please prepare for the weather** - we will go rain or shine, and be ready for heat (water bottle a must!). **Bring something light to share at the after-Walk feast (watermelon and lemonade provided).** Full list of supplies is provided below.

For more information, or to sign up for the Walk, contact Keely Owens

301-404-4875 - keely@unstandardized.com

Full Equipment List and Details

Prepare for rain, shine, or heat.

We go rain or shine; some of the best lessons in life can be learned in the rain! Water, ice, emergen-C energy packets, and spray bottles will be provided to help beat the heat - but it can get truly HOT. There is climate control inside the buildings at both the Nature Center and the Gardens, but the goal is to be outdoors as much as possible. With that in mind, please pack:

- WATER BOTTLE!!!!
- BACKPACK
- RAIN GEAR (especially if rain in the forecast)
- BOOTS, OR SNEAKERS WITH HIGH SOCKS (For walking in the woods)
- COOL, BREATHABLE CLOTHES
- BANDANA
- SUNSCREEN AND BUG SPRAY
- SUN HAT OR ANY OTHER SUN/HEAT PROTECTION YOU USE

Prepare for contemplation.

You will have ample time to engage with your thoughts in a natural setting, and to wander. To this end, please bring whatever equipment you feel will help you get deeper into your heart and mind - and whatever equipment you need to stay mindful of the time. Suggested items:

- JOURNAL
- SKETCHBOOK
- WATCH (IT IS IDEAL THAT YOU HAVE YOUR PHONE TURNED OFF DURING THE WALK. I DO NOT RECOMMEND CAMERAS OR VIDEO DEVICES EITHER; TAKING PICTURES CAN BE QUITE THE DISTRACTION. HOWEVER, YOU WILL NEED TO BE MINDFUL OF THE TIME DURING SOLO PERIODS, SO BRING WHAT YOU NEED FOR THAT).
- SAGE, SWEETGRASS
- OTHER MEANINGFUL OBJECTS

Prepare to take care of your body.

Knowing your limits is important. You will not be required to do anything that you do not feel physically capable of doing. Paying attention to your body regarding water, food, and physical activity is your responsibility. Some things to consider, and suggested equipment:

- BAG LUNCH. It is traditional to fast during a Medicine Walk, and feast at the end. NO ONE IS REQUIRED TO FAST on this walk; if you feel that you will need food between 9am and 4pm, pack yourself a lunch or some snacks.
- DISH TO SHARE AT THE AFTER-WALK FEAST. Bring something light, which can keep during the day in a large cooler in the shade. Watermelon and lemonade will be provided. We will be eating outside, so think picnic food.
- CAMP CHAIR/CUSHION. There will be a fair amount of sitting on the ground; if this will hurt your back in any way, please bring a chair that you are comfortable in.