



# A Walk With Clay

materials:

- small piece of clay
- writing utensil
- paper (I prefer unlined)



**contemplative meditation: my life is in my hands**

instructions:

\*For this activity it is preferable to be walking in a forested area, or pathway - somewhere away from cars, and noise.\*

Focusing on the meditation above, take your piece of clay and go for a walk.

As you walk, work the clay between your hands, and see what happens - keep reminding yourself that your life is in your hands.

You aren't trying to create anything with the clay, just experience the sensations you feel. Keep bringing yourself back to the meditation and keep working the clay.

Find a quiet place to sit and reflect - maybe place the piece of molded clay in front of you as you begin.

Allow yourself to write down anything that comes to your mind - reflect on what it means to hold your life in your hands. How did the clay change this meditation? What did you discover?