



Contemplative walking

Further reading to consider...

One person's tentative experience of listening: [Go down to the woods. Stop. Listen](#) by Tim Dowling.

The way under our feet: [A spirituality of walking](#) by Graham Usher

[Forest Church](#), connecting with God in nature.

[The Living Mountain](#) by Nan Shepherd. Also reviewed exquisitely by Robert MacFarlane - [click here](#)

The image as a gateway to simplicity... to hidden grief... to healing. [The Heart Aroused](#), by David Whyte poet and consultant to corporate businesses, pp. 229-243