

NUMBER 1
URBAN
TRAIL

MEADOWS

[LOCAL INFO](#)
[FRIENDS](#)
[MAP LINK](#)

EDINBURGH PARK LAND



THE REFLECTIVE LIFE OF TREES

Life is this simple: we are living in a world that is absolutely transparent and the divine is shining through it all the time. This is not just a nice story or a fable, it is true.

- Thomas Merton

Here is an example of an outdoor walk and some sample responses and reflections specific to the sights and sounds of this particular space based on the notions of [contemplative walking](#) and the scheme [Stop, Notice, Turn](#).

There are many points from which a contemplative walk on the Meadows may start and then evolve and extend as desired. Click on the map link and local information links above.

Walking options are to do a round, joining at the many access points, tracing the line of a branch to its tip or say looking at the hide of a tree. Or criss cross up and down along the tree lined paths, ponder the communion of saints, of shelter and of biblical walks such as Palm Sunday, or Jesus coming across Zacchaeus.

THE MEADOWS • A CONTEMPLATIVE WALK



STOP: PAUSE. SLOW DOWN

Beginnings and endings

How we begin something seems very important. A contemplative walk is no different, setting ourselves to be clear and open, for a reset.

As I cross the gap between railing and wall, I come under my first arching tree and start, reminding myself of the simple phrase 'Begin again'. I only need to bring my attention and patient expectation.

I end, whispering my Yes: 'Let it be to me according to your word', echoing Mary's words to the Gabriel at the prospect of a new birth.



NOTICE: IMAGE FOR INNER STATE OR NATURE OF GOD?

Reflective tree: Finding a place in the world. During these walks that cross cross the Meadows I am consistently drawn towards and into the various expressions of tree, of shape and hide, of visible branches and invisible roots.

My path takes me past Palm Tree, as I have called it. It's three prongs encircling a broad and welcoming seat, creating a nest or eyrie.



TURN: TOWARDS RESONANCE

Hello to being welcomed.

The tree reminds me of Rublev's icon of the Trinity at table, inviting all into their community. So too am I beckoned, drawn in. Rest in my palm, sit with us as you look upon your life. This is a good vantage point onto the world, a safe place from which to be. We are here and we are with you, in and with the world that we love.

"God is...the largest embrace in the universe, which holds visible and invisible, temporal and eternal, as one. . . ' John O'Donohue