Mindful Bushwalk with John Seed and Betsy Faen

 John Seed and Betsy Faen will once again lead a mindful bushwalk at Deep Creek (Narrabeen) on September 16 (weather permitting).

 We will meet at the Deep Creek dog exercise area (drive in to final parking lot) at 10:00 am. Deep Creek is off the Wakehurst Parkway, on the left before you get to Narrabeen, if you’re driving down from Oxford Falls. If the dog training is on, parking may be crowded, but you can park down the drive.

After a brief introduction to the practice, we will walk in silence. There will be a couple of stops to stand and take in our surroundings with all of our senses, and then arrive at the waterfall rocks around 11:00, do a short meditation there, and have lunch together.(end of silence)

 After lunch John will talk about our connection to the earth and facilitate some experiential deep ecology processes.

 We will then complete a loop, with the trail taking in views over Narrabeen Lagoon and over to the sea. We should get back by 3pm.

Some parts of the track can be very muddy, wet and slippery, so wear suitable shoes and clothes. Older children who are ok with periods of silence are welcome, but this one probably isn't the best for littlies. This walk is suitable for those of reasonable fitness. It isn’t too hard, but there are a couple of steep places.

 Meditating in nature, and walking with all the senses attuned to the environment (instead of chatting) can be a beautiful experience.

 Bring a lunch and water. There will be an opportunity to give optional dana (donations) to John’s work.

 We won’t go if it’s raining. If unsure, or if you’re running a little bit late, call Betsy on 0403 871 605.Email me if you plan to come: betsyfaen@gmail.com, and give me your mobile #.