

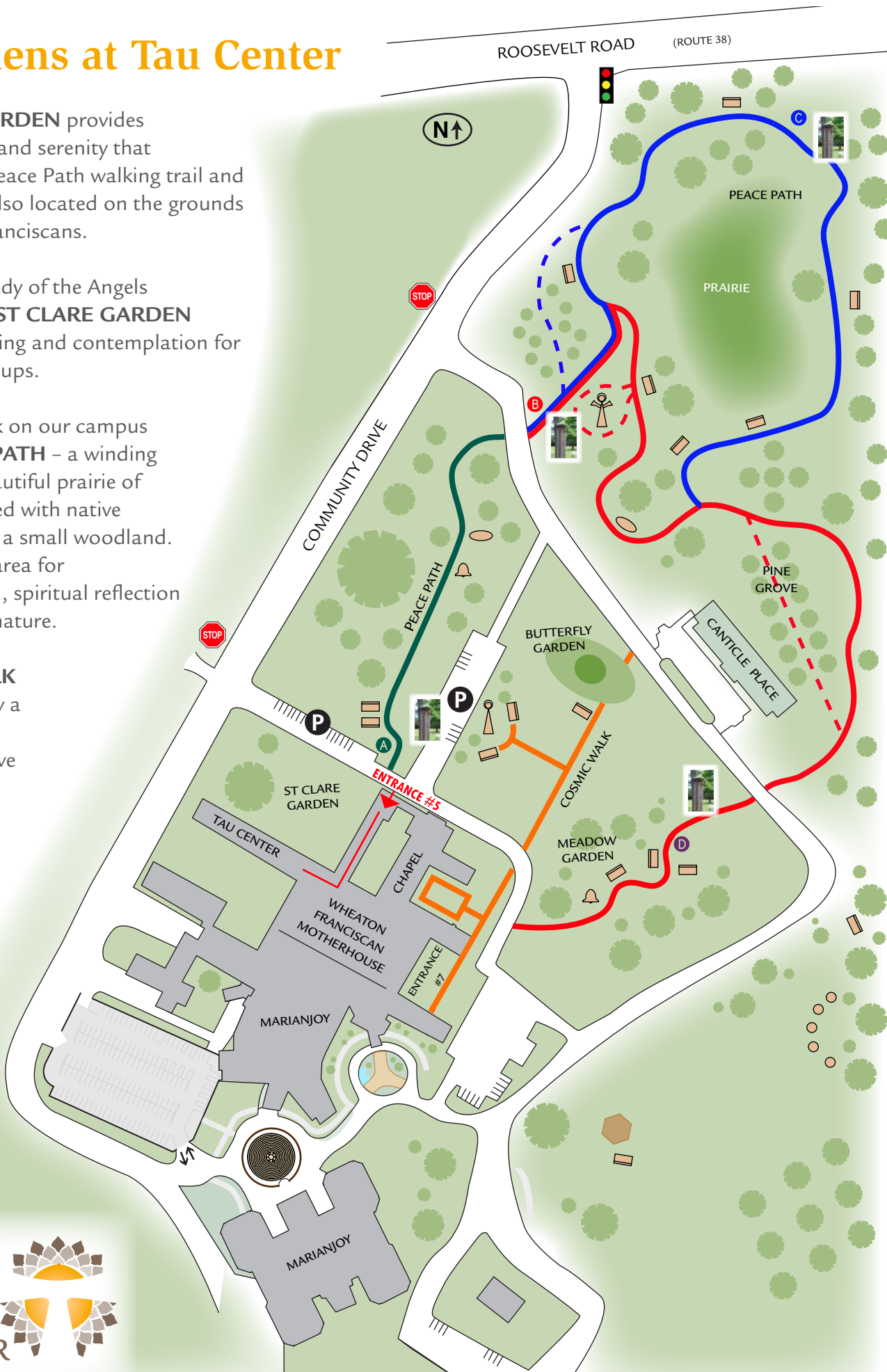
# The Gardens at Tau Center

The **ST CLARE GARDEN** provides a place of stillness and serenity that compliments the Peace Path walking trail and the Cosmic Walk also located on the grounds of the Wheaton Franciscans.

Adjacent to Our Lady of the Angels Motherhouse, the **ST CLARE GARDEN** is a place of gathering and contemplation for individuals and groups.

Enjoy a serene walk on our campus along the **PEACE PATH** – a winding path through a beautiful prairie of several acres planted with native Illinois grasses and a small woodland. This is a beautiful area for walking meditation, spiritual reflection and time to savor nature.

The **COSMIC WALK** is complimented by a butterfly garden of midwestern native plants. The paved path includes 25 posts with images of the watercolor prints, ‘Significant Moments of the Unfolding of the Universe’ by Sr. Corlita Bonnarens, RSM.



# SELF-GUIDED WALKING Meditation

## Along Our Outdoor Peace Path



You are invited to enjoy a walking meditation along our Peace Path on your own by using the map on the other side along with the meditation below.

### AS YOU WALK THE PEACE PATH...

- Walk slowly, notice as each foot touches the ground and then lifts away, feeling the ground beneath you...
- As you continue to walk allow yourself to engage your senses...
- Listen as a sound emerges, observe as it becomes louder or softer, closer or farther, high or deep...
- Breathe in slowly, bringing awareness to the smells that are offered in the landscape...
- Feel the breeze on your skin, reach out to touch the bark on the tree or the blades of grass...
- With a soft gaze, observe the variations of color and light in the sky, in the meadow...
- Take time while on the Path to reflect – walking as long, or as briefly, as you would like...

### AT EACH PEACE POLE, READ THE INSCRIPTION...

As you continue to walk, pause along the way to recite this prayer of Loving Kindness or another of your choosing:

#### Peace Pole #1 **A**

May I be peaceful  
May I be happy  
May I be safe  
May I be free

#### Peace Pole #2 **B**

May my friends be peaceful  
May my friends be happy  
May my friends be safe  
May my friends be free

#### Peace Pole #3 **C**

May my enemies be peaceful  
May my enemies be happy  
May my enemies be safe  
May my enemies be free

#### Peace Pole #4 **D**

May all beings be peaceful  
May all beings be happy  
May all beings be safe  
May all beings be free



**“You can hear the footsteps of God  
when silence reigns in the mind.”**

— Sri Sathya Sai Baba