

Peace Path

Enjoy a peaceful walk on our campus along the Peace Path – a winding path through a beautiful prairie of several acres planted with native Illinois grasses and small woodlands. This is a beautiful space for a walking meditation, allowing for both spiritual reflection and physical exercise.

Along the path, you will find many spaces to sit in prayer or contemplation including benches, seats carved from natural elements, or small grassy areas to spread out a blanket. In addition to the Divine natural world around you, along the way you can enjoy sculptures, statues and other points of reflection. Stop at one of the Prayer Bells along the path, where you can take a moment of intention and ring the bell. As the sound of the bell echoes forth – so do your prayers reverberate and your intentions are felt for the world.

The Peace Path was created by the Wheaton Franciscans as a part of our healing ministry. Plantings of many varieties of trees, shrubs and flowers add a quality of beauty, calm and peace. The mile-long path is paved and wheelchair accessible with many intersections which allow you to circle through the prairie for shorter or longer exploration.

The Cosmic Walk is located on the Wheaton Franciscan campus surrounding the new butterfly garden. 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.



■ = .12 miles ■ = .15 miles ■ = .34 miles ■ = .27 miles ■ = .39 miles

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

Peace Pole #5 **E**

Read all four sections of the prayer above together

