

An Inquiry Walkabout:  
Portal for insight, knowledge &  
action

In2:InThinking Network Forum  
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# Introductions

Stringing a bead and creating a container for our session

“My name is....

One word that holds my intention for being here

One question I am holding

These are my words.”

# *what is walkabout?*

- From the Australian Aborigine tradition
- People and the land - an I-Thou relationship
- *“to go walkabout”*

# *holding a question*

- a practice used to open the mind to the subtleties of an issue or a question
- inviting a state of mind that allows a natural flow, thoughts, ideas and images
- walking in nature and noticing what draws your attention

# *your question*

What is a question you are holding for yourself at this time?

- What are you curious about?
- What is keeping you awake at night?
- What intrigues you?
- Where in your life/work would you welcome more clarity?

# *a personal walkabout*

- Walk outside. In 25 minutes be here again.
- Locate your 'place'. Let yourself be drawn to a place, listen to the pull of your body, pointing/drawing you towards a place, signaling you to stop and stand or sit or lie down. Follow your impulse.
- In this place, notice what comes to you. Where is your eye drawn? What animals cross your path? What plants are near you? Open up all your senses and your energies and let the life all around you inform you.
- Note what you observe, what has drawn your eye, ear, touch.
- Ask: "what about this plant, animal, image, sound, texture stands out for me? Let go of what you know, of working to make meaning. Welcome what arises in response to your attitude of inquiry and listening.

# *collecting wisdom - stringing a bead*

- my name is
- .....
- “I have spoken” or “these are my words”.

q & q



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