

WALK DON'T RUN

By [Rob Bell](#)

Walk, don't run.

That's it.

Walk, don't run.

Slow down, breathe deeply,
and open your eyes because there's
a whole world right here within this one. The bush doesn't suddenly catch on
fire, it's been burning the whole time.

Moses is simply moving
slowly enough to see it. And when he does,
he takes off his sandals.

Not because
the ground has suddenly become holy,
but because he's just now becoming aware that
the ground has been holy the whole time.

Efficiency is not God's highest goal for your life,
neither is busyness,
or how many things you can get done in one day,
or speed, or even success.

But walking,
which leads to seeing,
now that's something.
That's the invitation for every one of us today,
and everyday, in every conversation, interaction,
event, and moment: to walk, not run. And in doing so,
to see a whole world right here within this one.

Walking Meditation – poem by Thich Nhat Hanh

Take my hand.
We will walk.
We will only walk.
We will enjoy our walk
without thinking of arriving anywhere.
Walk peacefully.
Walk happily.
Our walk is a peace walk.
Our walk is a happiness walk.

Then we learn
that there is no peace walk;
that peace is the walk;
that there is no happiness walk;
that happiness is the walk.
We walk for ourselves.
We walk for everyone
always hand in hand.

Walk and touch peace every moment.
Walk and touch happiness every moment.
Each step brings a fresh breeze.
Each step makes a flower bloom under our feet.
Kiss the Earth with your feet.
Print on Earth your love and happiness.

Earth will be safe
when we feel in us enough safety.

(from "Call me by My True Names – The Collected Poems of Thich Nhat Hanh", Parallax Press, 2005.)