

# Step Three Becoming Present and Attentive

We are on the journey.  
It's now time to open the treasures  
in the backpack and bilum.  
It is time to be gentle with ourselves,  
To take time to be present,  
To look with new eyes,  
To listen with new ears,  
To taste, smell and feel in new ways.



Morning Prayer



Midday Prayer



Afternoon Prayer



Evening Prayer



Dawn Instrumental



Time to Dance



Time for a Snack:  
Bliss Balls



Dadirri



Time to Journal

Time to Rest:  
 Labyrinth



Poem: The Journey



Water Meditation



Tourist or Pilgrim?



Easing a child's pain ...  
one stitch at a time



Time to heal the Earth



Dance of the Starlings



Song: Pilgrimage of Hope

