

*Mary Fisher was an uneducated woman of thirty when she heard George Fox speak. His message changed her life and gave her courage she never dreamed that she had... The most dangerous journey Mary Fisher was led to make was to the Sultan, the ruler of Turkey... Mary Fisher reached Turkey after a six-hundred mile trip alone, on foot and unarmed.*

Lighting Candles in the Dark, pp. 34-36

*Arundati Roy writes, "Another world is not only possible, she's on her way... if I listen very carefully, I can hear her breathing." Let us now come to that Stillness, in our hearts, in our communities, and in our world. And let us listen, very carefully, for the Breath of God.*

Quaker Witness as Sacrament, p. 33

As she walked the six-hundred miles to Turkey, what might Mary Fisher have thought about, reflected on and prayed over?

Go for a walk.

Slowly.

A Meditation Walk.

**As you walk, notice your breathing.**

As you move forward, breathe evenly.

Breathe in...Breathe out... Breathe in...

Breathe out... Breathe in on one step and breathe out on the next step.

Walk and breathe. Walk and breathe.



***Change your life***