Thank you mother nature for your beauty and your abundance. May I always remember and care for you.

Fish Pond (Lower)

Water is one of the four ancient elements. Earth.

Water. Air. Fire. This beautiful pond is cradled by earth. It is filled with water. Air and wind play on it. Light from the fire of the sun reflects from its surface. Quietly say this ancient prayer:


I am one with All That Is.

Wildlife Pond (Upper)

‘Ask the animals,’ said St Francis, ‘and they will teach you the beauty of this earth.’ At this pond we find fish and fowl. Pause. Calm your breathing and be at ease. Notice the fish, the birds, and the insects. Be aware of the sky and the hills around you. Feel the air against your skin. Quietly say this prayer:

I give thanks for the blessings and gifts of all animals. May all creatures be treated with care and respect.

Park Area — Body Prayer

There is a beautiful tradition of moving your body in tune with a prayer.

Slowly raise your arms above your head and stretch upwards:

The universe is filled with mystery and love. Slowly bring your hands down and place them over your heart:

I too am filled with mystery and love.

Lower your hands so that your palms face the earth — or kneel down and touch the earth:

I bless the Earth and all living beings.

Repeat the action as many times as you like.

Wildlife Area

In this area we celebrate untamed nature — God’s garden. Be quiet. Imagine our whole planet and humanity living in complete harmony with the natural world. Quietly say this prayer:

From the tiniest insect and wild flower, out to the greatest ocean and mountain, may I celebrate the beauty of all creation.

Visit www.glastonburyabbey.org to learn more about the abbey’s history, archaeology and legends.

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Meditation & Prayer Walk

For inspiration and guidance on meditation and prayer, we recommend the following.

**Prayers and Reflections**

- [wisdomandsolace.com](http://wisdomandsolace.com)
- [godspace.org](http://godspace.org)
- [365prayers.com](http://365prayers.com)

**Guided Meditations**

- [teachinginspirit.com](http://teachinginspirit.com)
- [buddha.net](http://buddha.net)
- [zenhub.org](http://zenhub.org)

**Books**

- [The Power of Now](http://thepowerofnow.com)
- [Mindfulness in Plain English](http://mindfulnessinplainenglish.com)
- [The Miracle Morning](http://themiraclemorning.com)

**Apps**

- [Mindfulness: The Official App of Mindful](http://mindfulapp.com)
- [Headspace](http://headspace.com)
- [Calm](http://calm.com)

**Online Communities**

- [Mindful Community](http://mindfulcommunity.com)
- [The Mindful Awareness Resource](http://themar.org)
- [Mindful America](http://mindfulamerica.com)

**Podcasts**

- [The MindfulMinute](http://themindfulminute.com)
- [The Mindful Minute](http://themindfulminute.com)
- [The Mindful Minute](http://themindfulminute.com)

**Videos**

- [Mindful TV](http://mindfultv.org)
- [Mindful Life](http://mindfullife.com)
- [Mindful Living](http://mindfulliving.com)

**Workshops and Retreats**

- [Mindful Living Community](http://mindfullivingcommunity.com)
- [Mindful America](http://mindfulamerica.com)
- [Mindful Retreats](http://mindfulretreats.com)

**Meditation Centers**

- [Mindful Living](http://mindfulliving.org)
- [Mindful America](http://mindfulamerica.com)
- [Mindful Retreats](http://mindfulretreats.com)
Glastonbury Abbey is a place of Christian hospitality. In that spirit, we welcome people of all faiths and of no faith, and invite you to enjoy our Prayer and Meditation Moments.

For hundreds of years this beautiful abbey was a place of worship, of learning and of sanctuary. As you enter its grounds, you may want to contemplate that your life is a spiritual journey.

Whenever you approach one of the areas indicated on the map (overleaf), slow down and pause. Take the opportunity to breathe calmly and find peace within yourself. Then, if it feels right, follow the brief instructions.

You can do as many or as few of these Moments as you choose. There is no particular sequence to them so you can do them in any order that works for you. We have however mapped two walks – a short one and a fuller one - which you might want to explore.

St Patrick’s Chapel

This chapel served the almshouses, which in the medieval period housed poor women in need. Take a moment to sit here in peace. As best you can, breathe calmly and allow your body to sink and be at ease. Quietly say this prayer:

I am grateful that I am safe and have a home.

May all people have a safe home.

Holy Thorn

This Glastonbury Thorn tree flowers twice a year in Winter and in Spring, like a Middle Eastern thorn. Legend suggests that it is a cutting from an ancient line of trees that dates back to the legendary visits of Joseph of Arimathea, who some believe was the uncle of Jesus. Quietly contemplate:

How wonderful that the cells of this tree carry its history and its future. May I always see the connections and wonder of all life.

Lady Chapel Upper Level

This chapel is dedicated to the worship and celebration of Mary the mother of Christ, who was the patron saint of the medieval abbey. The divine feminine can be found in many spiritual traditions. Quietly say this prayer:

Mother of the world, help me to love and care for all beings.

St Joseph’s Chapel Lower Level

This chapel was dedicated to Joseph of Arimathea, the biblical donor of the tomb of Christ, and became a focus for those in search of healing. Walk slowly and mindfully towards the altar. Quietly say this prayer:

I am open to receive the gift of healing.

May all people and creatures be blessed with good health.

Arthur’s Tomb

Legend states that King Arthur and Queen Guinevere were buried here. Their mythical court was home to the Round Table of chivalrous and brave knights. Quietly say this prayer:

In a world of injustice may I have the strength, courage and wisdom to support and champion the weak and vulnerable.

Cloister

Here in the cloister the monks walked slowly, praying and contemplating life. See how slowly you can walk around the cloister and at the same time calm your breathing.

May I be slow and calm. May I be wiser and more loving. Help me understand life’s difficulties and guide me into clarity.

Abbot’s Kitchen

In this kitchen, food was prepared daily for the Abbot’s visitors. Quietly say this prayer:

The food I eat comes from nature, plants, animals, farmers, transporters, traders and cooks. I give thanks to all of them.

May everyone be fed and well.

Herb Garden

A monastic herb garden would have supplied medicines, colours, aromas and flavours. Quietly say this prayer:

I give thanks for the beautiful diversity and healing power of nature, and I give thanks too for the gardeners and their care.

Orchard

Every year this beautiful orchard gives an abundant harvest of apples. Quietly say this prayer: (continued overleaf)
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Fish Pond (Lower)
Water is one of the four ancient elements. Earth.
Water. Air. Fire. This beautiful pond is cradled by earth. It is filled with water. Air and wind play on it. Light from the fire of the sun reflects from its surface. Quietly say this ancient prayer:
I am one with All That Is.

Wildlife Pond (Upper)
‘Ask the animals,’ said St Francis, ‘and they will teach you the beauty of this earth.’ At this pond we find fish and fowl. Pause. Calm your breath and be at ease. Notice the fish, the birds, and the insects. Be aware of the sky and the hills around you. Feel the air against your skin. Quietly say this prayer:
I give thanks for the blessings and gifts of all animals. May all creatures be treated with care and respect.

Park Area — Body Prayer
There is a beautiful tradition of moving your body in tune with a prayer.
Slowly raise your arms above your head and stretch upwards:
The universe is filled with mystery and love.
Slowly bring your hands down and place them over your heart:
I too am filled with mystery and love.
Lower your hands so that your palms face the earth — or kneel down and touch the earth:
I bless the Earth and all living beings.
Repeat the action as many times as you like.

Wildlife Area
In this area we celebrate untamed nature – God’s garden. Be quiet. Imagine our whole planet and humanity living in complete harmony with the natural world. Quietly say this prayer:
From the tiniest insect and wild flower, out to the greatest ocean and mountain, may I celebrate the beauty of all creation.

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Thank you mother nature for your beauty and your abundance. May I always remember and care for you.

Fish Pond (Lower)
Water is one of the four ancient elements. Earth.
Water. Air. Fire. This beautiful pond is created by earth. It is filled with water. Air and wind play on it. Light from the fire of the sun reflects from its surface. Quietly say this ancient prayer:
I am one with All That Is.

Wildlife Pond (Upper)
‘Ask the animals,’ said St Francis, ‘and they will teach you the beauty of this earth.’
At this pond we find fish and fowl.
Pause. Calm your breath and be at ease. Notice the fish, the birds, and the insects. Be aware of the sky and the hills around you. Feel the air against your skin. Quietly say this prayer:
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Choose any tree that you like. In many spiritual traditions, trees are a symbol of strength and wisdom. Pause and imagine that you are a tree. Imagine and sense that you have roots growing deep into the ground. Feel the strength of your trunk. Feel the flexibility and movement of your branches. Quietly say this prayer:

*In a world of endless change and noise, may I be like this tree - strong, flexible and wise.*