

Practice: Walking with God

Walking with Atticus, Part I

One of the most beautiful images of God is Atticus, an eighty-five pound American Bulldog with whom I share my life with. My walks with Atticus are never boring. He's really interested in cyclists, cats and other dogs. By interested, I mean he lunges, growls and whines. He's mellowed over the last couple of years, partly due to the fact that he's older and partly, I like to imagine, due to my patience and excellent training!

As we were strolling along one summer morning, I began to recognize, to really see the relationship that was *Us*. As he stopped to sniff a plant, I could see pure contentment and curiosity in his being. I began to feel content just being with him, watching him in his dogginess. *I could see we were in union in that moment of infinity*. I then realized that we were in union with one another and with God. This expanded to include everything around us – the trees, insects, people passing by in cars, the sky, clouds, sun – everything, absolutely everything interwoven in God and of God. I became aware that I was plural; that God, all of existence and I were one. Being alone is an impossibility! Was this an experience of what it means to be both human and divine? And I knew that Atticus is both canine and divine. And the cat that Atticus just made a lunge for, she is both feline and divine.

This week go for a walk with God.

If you are able, take a stroll with your dog, as a family, or by yourself around your neighborhood. Or, imagine a time when you went for a hike or a walk. *Really immerse yourself in imagination with the Holy Spirit.*

How do you feel? What do you hear?

Do you recognize God in the clouds, insects and roadrunners?

What are the trees and flowers whispering to you?