

Ten Keys to Leading the Walks

by Kamae A Miller and Neil Douglas-Klotz

1. Practice. Practice Walks on your own. Take as much time as you need with each one until some part of you knows that you have made a deep connection with it. If you don't know whether you have it, you don't. If you do, no one can shake you out of it. An hour of actual practice and experience is worth a hundred hours of reading theories about the elements, planets or centers.
2. Before you begin to lead a Walk, attune yourself through the breath, concentration, feeling and body awareness. Whichever doorway takes you to the experience, use it. It is impossible to transmit an attunement if you are not feeling it yourself.
3. Remember to embody the Walk, the quality, element, planet or center, before saying anything. As you begin to walk, you should be able to hold a magnified, and magnetized, concentration on the quality. Even if this is a 'lunar' quality, its receptivity should be able to be felt throughout the space, not merely in your own personal atmosphere.
4. If you say anything, make it brief and succinct. You cannot talk a person or group into an experience (any more than you can yourself). Let your words come from the actual experience you are having now.
5. Allow others to have their own experience without intervention on your part. As Murshid Samuel Lewis said, "These Walks are about people finding their own rhythms in life." Each person has their own relationship with an element, planet or center. Even aversion is a relationship, and sometimes a struggle with a quality can be a great teacher.
6. The gestures given for the Walk are meant to enhance the experience. Outer appearances can indicate the type of relationship with a quality that a person is having, and sometimes a word can help clarify that experience. But the ability to perform a stereotypical gesture does not constitute embodiment of the quality.
7. Do not allow gestures to become limitations or fixed ideas about the Walk or the experience. In the beginning, you can act like an actor/actress in a cosmic play. As Murshid Samuel Lewis said, at some point you find that you are unreal and the role is real. That is, the sense of who you thought you were has been too limited to allow you to embrace the part of you that includes the quality. If one lets them, the gestures given for the Walks can also become this sort of limitation.
8. Let go of the unreal and keep the real. When you experience the quality in the depths of your being, the 'training wheels' of words, images and gestures fade into the background.
9. Let your deeper attunement move the Walk into a form that can be used in your everyday life. Beyond particular gestures, find the way that each quality breathes its way through your whole body—top, bottom, front, back. Allow others to have this experience, as you experiment with different forms of couple and group work with the Walks.
10. Always remember to breathe! Breath is soul. No one ever found her/himself by holding the breath. "Whosoever knoweth him/herself, knoweth the One Being."—Hazrat Ali.