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“What you are looking for is what is looking.”
St Francis of Assisi

These walking meditations created in Ignacio’s garden, Lanzarote will make you feel grounded and uplifted, centred and expansive, connected with your deepest purpose and your true Self.

Front: Playa de las Conchas, La Graciosa,
Back: Jameos del Agua
Lanzarote, Canary Islands
Photos by Jerry Lampson

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walking meditations
*an accessible introduction
to the way of the mystic
created by Phil Shankland*

“You find out that what
you’ve been searching for,
you already are.”
Van Morrison

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