

## Day 2: Linguistic Intelligence – Connection Through Language

Theme: Expression through words and stories



Today's walk focuses on the power of words and language. Whether you are walking in solitude or with a companion, use words to explore your environment.

Before the Walk:

Set a simple intention around language – perhaps to notice the names of things or to listen to the sounds of the world.

Walk Guidance:

As you walk, find words that describe your surroundings.

If you are alone, consider creating a mental narrative about what you are seeing. What is the story of this place?

Speak out loud, or in your mind, affirmations or poems that reflect your journey.

Reflection:

- Reflect on how words shape your perception of the world.
- Were there any words or phrases that captured your attention and transformed your experience of the walk?