

**The Sacred Healing Walk  
on the Sacred Land of Guru Ram Das Puri**

**The 24<sup>th</sup> Annual International Peace Prayer  
June 20, 2009**

**The Blessing Ceremony:** as you enter the Sacred Healing Walk Circle, travel to the center meadow, to the **1<sup>st</sup> Altar** to begin the blessings and prayers. With eagle feather, sage blessings, and the sacred drum beat, **start the ceremony** dipping your feet into a pool of water – a symbol of health and healing. **Placing your 1<sup>st</sup> offerings on the Altar\* and pass under the Prayer Gate.**

**The Walk:** **The path has been cleared so that you can walk barefoot on your heels comfortably** – thus receive the blessings of our Mother Earth through her direct contact. **You will be barefoot throughout the walk.\*\*** Walk at your own pace. Please be courteous when passing others.

**As you walk barefoot on your heels,** the sound of drums and the power of the Sacred Healing Walk song will create a melodic rhythm to help take you through a healing meditative experience. At the end of the 3 ½ circles (1 ¼ miles), your second offering may be placed on the **2<sup>nd</sup> Altar**, in gratitude for the healing received during the walk.

There is a **3<sup>rd</sup> Altar** for a final offering. You may wear your shoes to leave the **2<sup>nd</sup> Altar**, to walk to **3<sup>rd</sup> Altar's** location at the end of the Peace Prayer (Tantric) Shelter. It is here where one offers prayers for harmony with each other and Mother Earth.

After finishing the walk, the ceremony is completed by joining together back at the stage area for a 1/2 hour of Dance. Dancing completes the process by **integrating the healing energy generated during the walk - balancing spirit, mind, and body.**

***Let us walk the Ancient Land, raise our Voices together, and Dance  
in Harmony and Joy, in a universal Prayer of Peace.***

\*Please do not touch the offerings after they have been placed on the Altar.

\*\*During the Sacred Healing Walk, we recommend have a day pack with the following items: **your offerings, water bottle, sunscreen, lip gloss, bug repellent, sunglasses, head covering (hat, turban, scarf, etc) and/or visor. Please keep footwear with you.** Healing Walk monitors will be carrying extra water and are available to give you any assistance you may need.