**1. Do the experiment.** Walk for 1 hour, with no particular destination in mind. Walk for 1 hour without knowing in advance where you are going to walk.

* Don’t walk in the city.
* Don’t walk in any neighboring towns or cities.
* Don’t walk in your county.
* Don’t walk in your state, country, or continent.
* Walk on the earth.

Walk on the earth for 1 hour with no destination or direction. Just open your door and walk. It’s even better if you can do it without shoes (though you’re not required to be barefoot). And do it with beginner’s mind--as if you have never had such an experience before, and everything is new to you. See what you can see. \*\*If there is anything that makes this difficult or not possible, please email me for an accommodation.\*\*

**In at least 250 words, write an account of what the earth walk experience was like.**

**In another 250 words (or more), use Bernard McGrane’s “Earth Walk,” from this required reading, to develop an analysis of your experience.**