

German –Green-Walking retreat 5.9.-9.9.2014

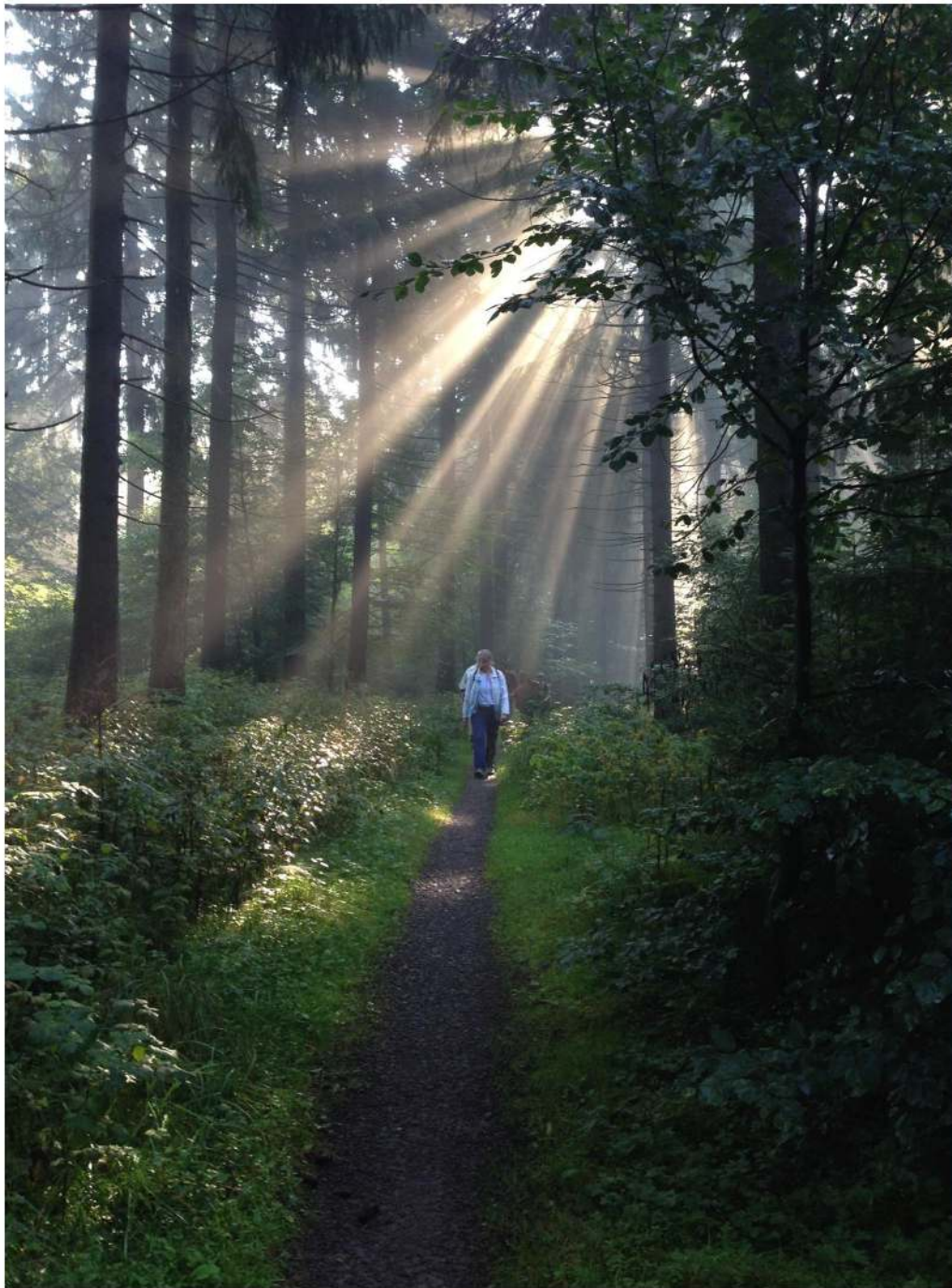
listen – look – love 09/2014

Green German Walking Retreat



14 have taken a challenge:

3 days out in nature, walking the Rennsteig - reaching Eisenach and conquer the famous Wartburg – where Martin Luther once started a reform.



Magic –

They have set out to cross the threshold of the ordinary world and enter in a different space.

Sunrays enlighten their path through the fresh morning green. The forest and its inhabitants are greeting the new ones.



...some have never
walked that far –
but they have
listened to the call
of time, opened
their mind and
came
- to experience
something new.

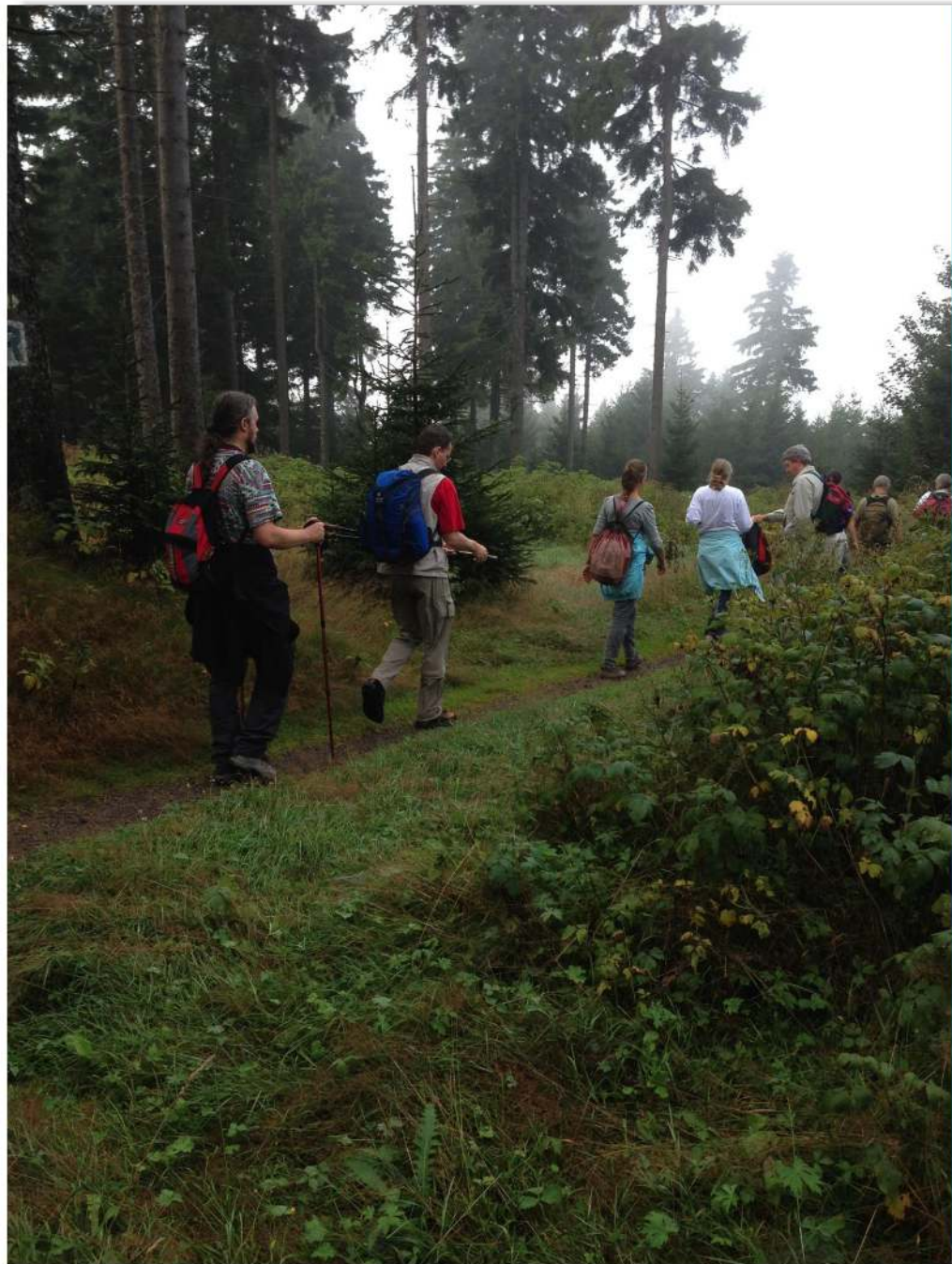


...25 km was the goal set for the first day from Ilmenau to Oberhof.



Walking and talking. Walking in silence –
becoming aware of the difference.

3 days out



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We get closer to each other- moving together and here, together as friends, we share something more personal from our life.



There is an awakening to the beauty of nature:

The fragrance of moss

The singing of birds

Wind in the twigs of the trees

The smell of mushrooms

Different shades of green

Little animals which live in
the forest

The noise of dripping water

Thunder in the distance.



Can we remain dry
and keep the rain
away?

Are we the real
master-weather-
shamans?



...

The sun comes back.
We have a break.

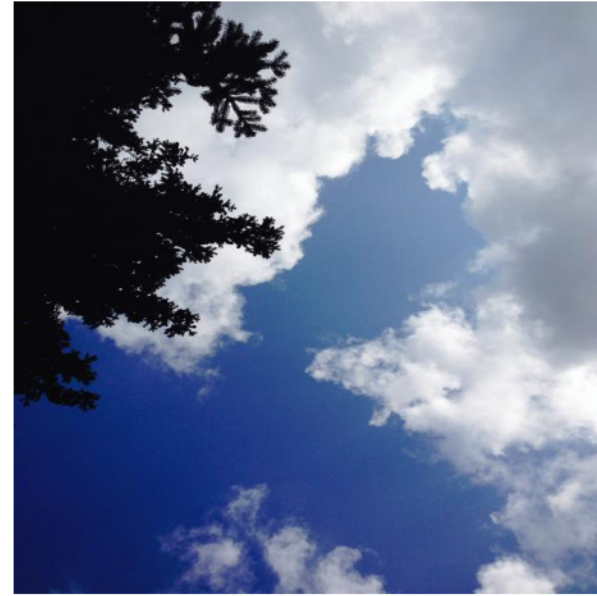
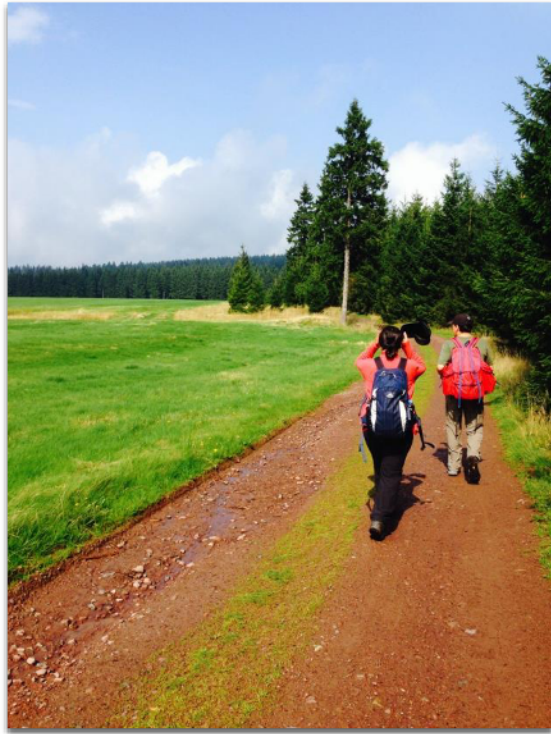
It is less far than we
thought ...

We can take time and
relax.



Time to recover –
sit together and
share our
impressions,
experiences,
feelings.

Enjoying the
group.



...the second day: 32 km was the plan. We know now that we can't make it. A group is only as strong as its weakest member. We place one car at km 20 from the start. The goal is now to reach there.



...and we reach just in time before the big rain.

Everyone has by now touched a limit, left the comfort zone behind. Feet are heavy, legs hurting, exhaustion, tiredness. Mood is down. Tension. How many fit in the car? We manage ten if we squeeze. Four courageous ones move on after the rain.



Hardly anyone can imagine to move any further the next day to Eisenach. Still more than 30 km.



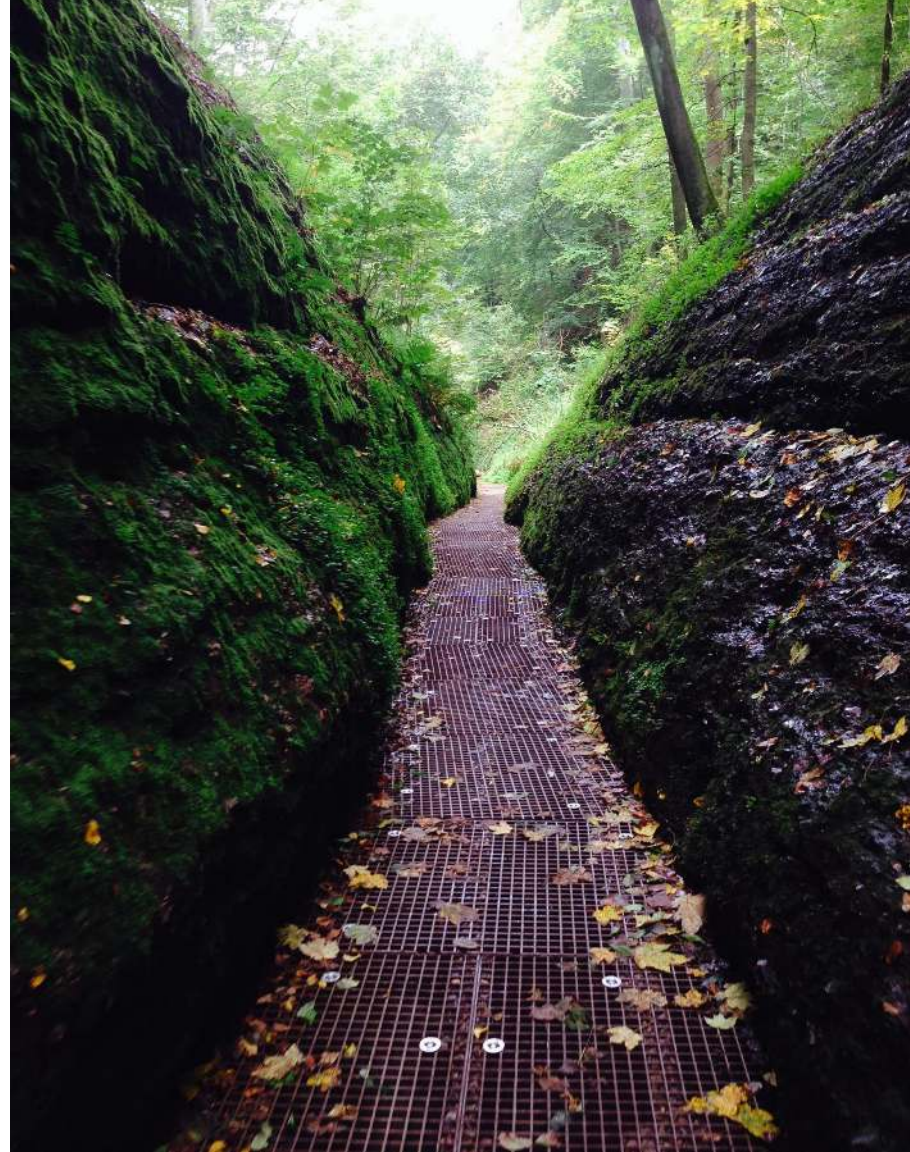
We change the plan:

Driving to Eisenach, walking through the Canyon of the Dragon to the Wartburg.



What a surprise: In the morning all are in good spirits and have recovered. We could walk 20 km more. The pain is gone. But our plan is fixed:

...through the canyon of the **Dragon** to the **Wartburg** high above on the mountain...





Reaching the final destination:

The Wartburg.

Martin Luther lived here ages ago at this huge old castle and worked on a new translation of the bible.



A white dove
welcoming us.



The reward:

Sitting in the
big Hall
listening to
music from
Wagner.
We con-
quered
obstacles
and our-
selves.
We are the
real heroes
of this
drama!



One thing is
for sure:

**It will not be
our last
moving
Green
meeting...**

Looking
forward to
meet you
too!

Simone, Sonja
Patrizia, Surya and
the german family