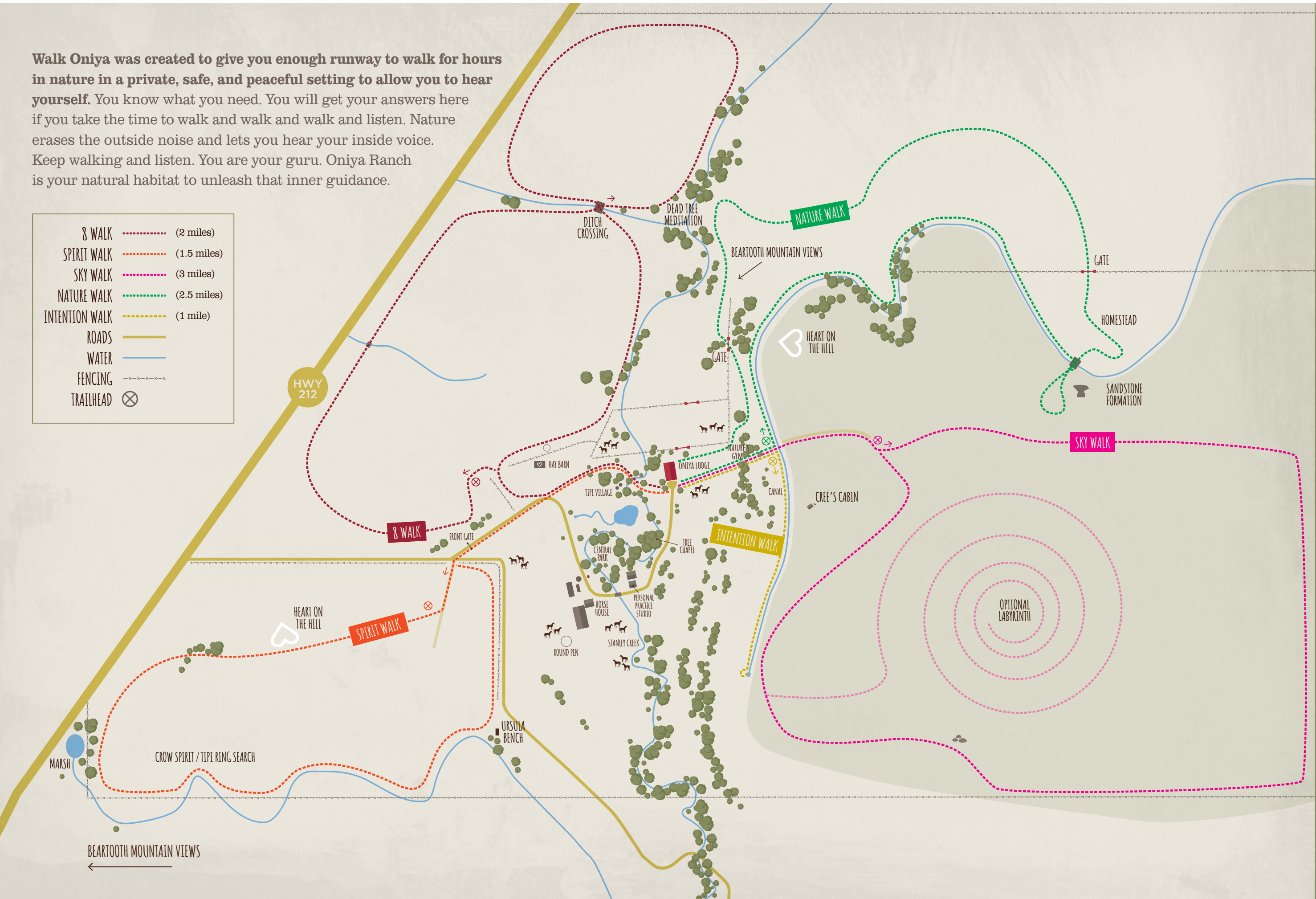


Walk Oniya was created to give you enough runway to walk for hours in nature in a private, safe, and peaceful setting to allow you to hear yourself. You know what you need. You will get your answers here if you take the time to walk and walk and walk and listen. Nature erases the outside noise and lets you hear your inside voice. Keep walking and listen. You are your guru. Oniya Ranch is your natural habitat to unleash that inner guidance.

8 WALK	(2 miles)
SPIRIT WALK	(1.5 miles)
SKY WALK	(3 miles)
NATURE WALK	(2.5 miles)
INTENTION WALK	(1 mile)
ROADS	
WATER	
FENCING	
TRAILHEAD	



INTENTION WALK



Pity party moves to after party.



This beautiful, shaded walk provides a serene path along a winding waterway bordered by chokecherry and cottonwood trees. The views allow another perspective of our beautiful Oniya herds peacefully grazing below you. Above you, the clouds roll over and become the witness to your journey. Views and interactions include the powerful flight of Oniya’s magical owls, racing deer usually followed by Tate, and the most extraordinary variety of birds sharing the soundtrack to your walk. There is one way out, and one way back.

Possible meditation: As you head out on the path, address all of your “*why me’s, WTFs, I can’t believe he/she did that, what if I never learn, I am all alone, I suck, life sucks, my heart is broken, she/he actually said that, poor me’s, what if’s, I can’t, I hate everything, I am lost, what am I going to do, who am I, what is my intention...*” and the endless negative self-talk. Feel it all. Cry. Enjoy crying. Be a little baby and complain about everything that isn’t working. Get it out. All of it.

When you get to the end of the path at the concrete box, turn, and look back. Hopefully you are exhausted with your negative story and ready for the new perspective of a positive direction. Now head back with your heart and ears open. Move into gratitude. What are you thankful for? Listen. Listen to the trees, feel the ground, and look to the sky of possibility all around you and hear your answers, your guidance, and your own heart. By the time you get back you will feel released of the baggage of your mind and sailing into the joy and thankfulness of the moment. We love this walk!

1 mile



SKY WALK



Gratitude from a higher perspective.



This walk gives you the immediate feeling of elevation as you climb a heart-pumping incline to the most expansive views of Oniya. You will be one with the clouds and guided by them as you take in a different and higher perspective of looking over your life. At this height you are alone with the blue sky of Montana and the endless native grasses. Views include the grounding Beartooth Mountains, resident deer, majestic eagles soaring, all-seeing hawks circling, and the burst up of nesting grouse. The center of Sky Walk takes you inward and the chairs at Cree’s Cabin focus you outward to a greater and bigger perspective of your life. This is where gratitude lives.

Possible meditation: When you reach the top of your incline, you will feel your heart pumping as you start out on the path to traverse the large circle around this highest plain at Oniya Ranch. With each elevated beat and grounded step, keep tuning into the feeling of yourself being fully alive and connected to your own nature. As your body starts to calm, start to list out everything you are grateful for and the gifts you currently have in your life. Pause and write in your journal or keep the beautiful list in your mind. Once you have your list and are filled up with the people, places, and things that bring you joy, continue and revel in your own energy as you walk in this higher vibration that gratitude always provides. Start this mantra or a mantra that resonates with you as your walk continues, Joy = Joy. Whatever vibration we are operating at is the vibration we will attract. Joy = Joy. Keep adding to your list as other gifts come to mind. After you have completed the perimeter of the great Sky Walk, you can either sit in the red chairs outside of Cree’s Cabin to journal about your journey of gratitude or you can continue your walk to form your own magical meditative labyrinth in the center of the Sky Walk as shown on the map. To arrive there, you will walk in a large inward spiral across the land until you come find yourself at the meditation chair in the middle of the field. Sit and see what happens. When complete you can skip back to the lodge with joy.

3 miles

8 WALK



This is where success lives.



In numerology the number 8 represents life achievements, success, inner-strength, authority, love of humanity, and desire for peace. As you begin your journey on this invisible figure 8 laid across a recovering wheat field that is in its regeneration stages of life, you get to listen to your 8 messages as you make your rounds. You may find yourself coming up with some very creative ideas during this walk.

The 8 Walk views include the powerful Beartooth Mountains, the jagged bluffs to the north, the pace of life happening on the adjacent Highway 212, herds of deer, our beautiful horses, story-telling trees, and the sun-glistening on the year-round Stanley Creek which keeps the entire ranch in flow.

Possible meditation: Kick off the figure 8 to the left. As you round the 8 start to look at how you could be successful in living a joyful life. We have heard from the highest source that joy is the reason we are here. Listen and stay with the messages coming through about your path to joy or what success means to you.

After crossing the dividing ditch line and following the path to the right, you will come to the Dead Tree Meditation. You will see a random sofa under a tree to sit in for an open-eyed meditation. As you look at the myriad of trees encompassing this special alcove along Stanley Creek, you will see that some of the trees have craggy, dying parts. Connect with anything that is stopping you from your joy and see them as the craggy parts. If you feel moved, rise, and begin to remove dead branches that represent any blocks you may have in reaching your success. Feel free to cross the creek at the river rocks and get into even more craggy trees. Once you feel complete, cross back over the water and leave the parts you want to dismiss right there. As the lighter you continues on to the right, enjoy the powerful, joyful feeling that is now empowering your walk. Feel free to make as many 8 rounds as possible as this is an important exercise in imprinting the path to joyful success.

2 miles



NATURE WALK



Remember your true nature.



This walk takes you into the center of the ecosystem of nature. We are not of the concrete jungle or the man-made environments. We are of this place. As you walk along this beautiful path the wildlife will surround you while you take in great landscape views, the foliage underfoot, time-designed sandstone sculptures, and the ranch’s original homestead. The homestead gives our walkers a great feeling of respect for what it took to live in this rugged landscape before all our modern conveniences. It gives you an even greater connection to our place in nature. We don’t own it; we are a part of it.

Possible meditation: As your start your journey along the rolling water, start to watch yourself. Who are you as you walk here? What is your true nature? Root into your own part of the ecosystem. What do you bring to earth? What animal energy are you starting this journey with? What animal energy do you want to shift into in this lifetime, or maybe right now or maybe you are rejoicing in the energy you embody today? Connect with your animal energy by smelling the air for any possible encounters, hear the birds’ joyfulness or warnings, what are the clouds telling you, how are you communing with nature and how can you be guided by it? This is your walk to remember your true nature and come back home. When you go back into your life, this journey should never leave you. This return to nature is available to you wherever you are after you have rewilded your inner compass.

2.5 miles



SPIRIT WALK



The universe is listening. Tell it what you want.



This walk takes you across the ranch towards the views of the Beartooth Mountains. The mountains are impossible to capture in photographs, so enjoy taking them in for yourself in the moment. The Big Sky above you is watching you watching it as you move along your path of waving grasses and rocky earth. You may start to get the sense that you are being watched by the sleepy eyes of the nocturnal coyotes on the hills above. Pay attention to your footing in case you come upon the fabled remnants of historical tipi rings from the Crow tribe that called this land home. The highlight of this walk is paying honor to Ursula at her gravesite. Ursula was a big, beautiful Fjord horse that sadly passed away in 2021. She represented a powerful lesson in living our lives outside of the corral and doing anything we wanted to do.

Possible meditation: There are three stages to this walk that you can tap into. First, you will pass through the Oniya Ranch entry heart. Here, stand in the center of the heart. Take a Heart’s Breath and continue walking with your heart wide open towards the beautiful view of the majestic Beartooth Mountain views. When you have them in your sites, start to call in the Crow tribe’s Great Spirit energy and feel their support washing over you from your guides and their ancestors. Envision their ghostlike spirits walking with you. Keep connected to this spiritual stream while watching the ground and the sky and listening for their messages.

Finally, you reach Ursula’s gravesite that is marked with branches and the Spirit Walk bench to your right as you come towards the road. Take this moment to sit on the bench and take in the view of the horses in corrals below you. They are confined to their fence boundaries. You are not. You are not confined to any place, situation, or story. Open your eyes around you and see that there are no walls, no locked gates, and no one can define what your life looks like except you. Own how fatal it can be to not choose the destiny you truly desire. Ursula didn’t have the ability to avoid her stress. You do. Metaphorically, take time to open the gate of anything that is keeping you fenced in, and start to do exactly what you want. Remember, you are free.

1.5 miles