



## Richard Smith

Although quite a few inches shorter than Andrew Stuck, **Richard Smith** was one of the few people Andrew has interviewed who has walked faster than he does do. Andrew had to stop a couple of times while recording the interview just to catch his breath! Not only a fast walker, Richard is someone who packs a lot into one life: a gynaecology cancer consultant and surgeon, internationally acclaimed womb-transplant specialist, academic author and father of four. However, it is his enthusiasm for walking long distances, chanting while walking, and discovering pilgrimage sites that has drawn Andrew to him. Andrew was introduced to him by one of his neighbours, fellow Scot, Tim Ingram-Smith whom Andrew has also interviewed, and who invited Andrew to the book launch of another of Richard's books: *The Journey: Spirituality, Pilgrimage, Chant*. Richard accompanies Andrew on a short walk along the Regent's Canal and within the breadth of their conversation, they discuss the value to him of walking, chant and walking in silence, as well as the benefits that walking can bring to women as they grow older, whether cancer sufferers or not. 22'48" 10.7MB

Notes from the podcast interview by **Andrew Stuck**: Recorded on a walk beside the Regent's Canal in May 2017. Published in March 2018 on <http://www.talkingwalking.net>

*The Journey: Spirituality, Pilgrimage, Chant* by J Richard Smith: <http://dltbooks.com/titles/2164-9780232532326-journey>

Richard is surgical lead of Womb Transplant UK <http://wombtransplantuk.org/uk-research-team> and a consultant at Charing Cross Hospital part of Imperial NHS Healthcare Trust: <https://www.imperial.nhs.uk/consultant-directory/james-richard-smith>

Walks a lot in Greece and has been travelling frequently since he was a teenager. Richard is an advocate of chanting while walking - repetitive chanting and breathing, and a parallel to your heart best.

The Way of Pilgrim - a Russian book, possibly written by Tolstoy - unceasing prayer. [https://en.wikipedia.org/wiki/The\\_Way\\_of\\_a\\_Pilgrim](https://en.wikipedia.org/wiki/The_Way_of_a_Pilgrim)

Richard has practised hypnotherapy as a physician. Dr Tony Yardley-Jones <https://www.hcahealthcare.co.uk/consultants/dr-anthony-yardley-jones/> has a device that teaches you secular chant. Richard works beside, hypnotherapist Shaun Hammond <http://www.132harleystreet.com/speciality.php?speciality=42>

Sufi - and chant [https://en.wikipedia.org/wiki/Allah\\_Hoo](https://en.wikipedia.org/wiki/Allah_Hoo)  
Whirling Dervishes - and chant <http://www.contempaesthetics.org/newvolume/pages/article.php?articleID=514>

Heart rate variability <https://hrvcourse.com/heart-rate-variability-vs-heart-rate/>  
Richard's walking companion on the longer, faster walks has been Rev Andrew Wakeham Dawson, a zoologist and entomologist <http://iczn.org/content/andrew-wakeham-dawson>

Walks in Bute and in the Chiltern Hills, Ricard often recalls while preparing to undertake surgery.

Celtic concept of "thin places" where you feel you become closer to one's God <http://www.explorefaith.org/mystery/mysteryThinPlaces.html> - Richard finds most of his walks follow ley lines and he described as his thin places. [https://en.wikipedia.org/wiki/Ley\\_line](https://en.wikipedia.org/wiki/Ley_line) Richard's thinnest places are Iona <https://en.wikipedia.org/wiki/Iona>, Jerusalem <https://en.wikipedia.org/wiki/Iona>, Mt Athos [https://en.wikipedia.org/wiki/Mount\\_Athos](https://en.wikipedia.org/wiki/Mount_Athos) and Assisi [https://en.wikipedia.org/wiki/Eremo\\_delle\\_Carceri](https://en.wikipedia.org/wiki/Eremo_delle_Carceri)



Listen to Tim Ingram-Smith talking walking: <http://www.talkingwalking.net/tim-ingram-smith-talking-walking/>

**Richard's recommendation for a walk:**

For his 50th birthday Richard and a group of friends walked from Rochester to Canterbury in the footsteps of Chaucer <http://www.britishandirishwalks.com/walking-holidays/england/the-pilgrim-path-rochester-to-canterbury/>

South Queensferry to St Andrews <http://www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-18672984> following the Fife coast <http://www.fifecoastalpath.co.uk/> Significance of scallop shells <https://caminoways.com/the-scallop-shell-and-the-camino-de-santiago>

Or a one day pilgrimage: The Chiltern Hills <http://www.chilternsaonb.org/explore-enjoy/walks-rides.html>