



# Walking Meditations

There are many ways to meditate. One of my favourite forms is walking meditation. So often when we walk we are too busy getting from place to place to be present for the walk. Our minds are on something else.

Walk mindfully by focusing your attention on the activity itself.

Feel the ground beneath you with each step.

Be completely aware of placing your feet. If you are bare foot bring your awareness to the textures of the ground beneath you.

Notice the different sensations with each step.

Breathe fully and deeply. Often our inward breath is shorter than our outward breath. Without forcing your breathing, work gently to find your own rhythm. Make it as deep and full as you can.

Notice your surroundings - the sky, birds in flight, the wind on your face, beautiful plants, the smells - all the sensations you're feeling.

If something takes your interest, slow down. Take a moment to appreciate it.

See if a walking mantra works for you. Does it help you concentrate and keep your mind from wandering?

Here is a lovely one from Thich Nhat Hanh :

In – Out

Deep – Slow

Calm – Ease

Smile – Release

Present moment

Wonderful moment.



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