

Walking Meditation

Mindful Walking Meditation Overview

The objective of walking meditation is to bring mindfulness to activities, beginning with walking.

Preparation

In Walking Meditation the meditator focuses on the subtle feelings and movements of walking. It can be done individually or as part of a group meditation, however, each person should walk independently, not as a group. Choose a location where you have 10-15 feet (3-5 Meters). The walking will be done in straight lines, back and forth, not in circles.

Walking Meditation

- ◆ Hold your hands in front of you, one resting on top of the other.
- ◆ Start at one end of your walking area and begin walking forward.
- ◆ Concentrate on the feeling and movement of your feet as you are lifting, moving, and placing.
- ◆ Once you reach the end of your designated area, mindful turn around 180 degrees.
- ◆ Repeat, returning to where you started, continue back and forth for the duration.

Observe

- ◆ Lifting: Observe your foot as it gently lifts off of the ground.
- ◆ Moving: Observe your foot as it slowly moves forward.
- ◆ Putting: Observe your foot as it is placed on the ground.
- ◆ Concentrate your attention as you mindfully walk.

Acknowledge

To learn from our experience we need to observe and acknowledge. See what is happening and take note. If we get distracted we can acknowledge and return to watching our breath.

Mindfully Acknowledge:

- ◆ Wandering? Acknowledge that your mind wandered, and return to your breathing.
- ◆ Thinking? Acknowledge that you are thinking, and return to your breathing.
- ◆ Distractions? Acknowledge that you are thinking, and return to your breathing.
- ◆ Feeling, tired, bored, or uncomfortable? Adjust, acknowledge, and return to your breathing.

Assessment

Concentration on your walking is a great way to get started on bringing mindfulness into your daily activities. The more you are able to concentrate on the basic steps of walking, the more you will be able to concentrate on your other activities.

**Observe and acknowledge:
Allow mind to see!**