

Walking Meditation

With walking meditation, we use the experience of walking as the focus of meditation. We become mindful of our experience while walking, and try to keep our awareness involved with the experience of walking. This type of meditation can be practiced both indoors and outdoors.

Before you start look back over the document "Prepare for Meditation". This will remind you of some of the steps to consider before you start practising this technique.

If you are practising this technique indoors dress comfortably and ensure that you have a path of at least 10 to 20 steps in front of you without obstacles. If you are practising this technique outdoors, ensure that you take weather conditions into account and dress accordingly.

- Begin by standing upright and notice that your feet are firmly on the ground. Breathe naturally and normally. Notice if your weight is leaning more to one side compared to the other.
- Your arms should fall naturally, with your hands gently clasped in front of you.
- Allow your eyes to look on the path approximately two to three metres in front of you in order to avoid distractions.
- As you begin to walk slowly breathe naturally and normally. Notice when your left leg touches the path and when your right leg touches the path. Do not think or analyse what you are doing just be aware that your left and right foot touches the path when it does.
- After a few minutes start noticing that you are "**lifting**" your left foot, "**pushing**" your left foot forward and "**dropping**" your left foot on the path as you take that step. Notice that you are "**lifting**" your right foot, "**pushing**" your right foot forward and "**dropping**" your right foot on the path as you take that next step. Keep your mind focused on the three parts "lifting", "pushing", and "dropping" of each step as you walk.



Remember that if your mind wanders to other thoughts, do not be too concerned just bring your focus of attention back to walking.

Do this technique for at least ten to fifteen minutes a day.

However, as a mindfulness exercise, feel free to practice it whenever you can. Remember for any technique to be useful it needs to be practised consistently.