

Walking Meditation

Meditation isn't necessarily about being still. For some people movement is helpful for becoming more aware of their bodies and minds, as well as the present moment.

Here is a very easy way to try walking meditation:

1. Choose a route, preferably outdoors, where you can walk uninterrupted for at least 20 minutes. Dedicate the time solely to walking, not getting to a destination or running an errand.
2. Before beginning your walk, stand still for a few moments, focusing on your breathing, inhaling deep into your belly and noticing the experience of the exhale. Take note of how your entire body is feeling.
3. As you begin to walk, bring your full attention to the movements and sensations in your body. When your mind wanders, bring it back to the moment-to-moment experience of walking. You don't have to go slow, just be aware that you are walking.
4. Notice the way you carry your body—The feeling in your feet, legs, chest, and head.
5. Once you have connected with the sensations in your body, begin to open your attention to the sights around you.
6. If you find yourself distracted by other thoughts, simply return to the focus on the movements of your feet, your breath, or the sensations in your body.
7. If you like, combine breathing deeply and intentionally with your walking, perhaps inhaling for a certain number of strides and exhaling for the same number.
8. Do this for 20 minutes or more. When you are done, notice how you feel. What words come to mind to describe the experience you just had?