

## Fact Sheet Mindful Walking Meditation

Walking meditation has the advantage of bringing the meditative experience into our activity. There are a number of different walking meditations and the one which follows is a very simple version to practice, preferably outdoors.

Start to walk at a fairly slow but normal walking pace, become mindful of how you are walking as opposed to changing it. Like breathing you know how to walk already! At first bring your attention in the soles of your feet, being aware of the alternating patterns of contact and release; being aware of your foot or heel as it makes contact with each step to the floor. Notice as your foot rolls forward onto the ball and then gently lifts into the air. Be aware of all the different sensations in your feet. Can you notice space between the toes, the feeling of the inside of your shoes, the material of your socks. Just be aware of the quality and sensations of movement through the feet. As with the Body Scan move up through the body becoming aware of the sensations in your ankle the joints and in the legs and knees.

Just naturally expand your awareness into your thighs, aware of the skin, contact with your clothing, the temperature. Bring your attention to the muscles. Now becoming aware of your hips – the muscles around your hip joints — and relaxing those muscles, consciously relax even more and notice how that changes your walk. Notice how the rhythm and the gait of your walk change as your hips relax. Be aware of the pelvis and how the legs carry the whole weight of the torso, move up through the spine, to the neck and shoulder, not any sensations in the shoulders and consciously relax them further.

Become aware of the arms are gently folded in front of you or are they hanging by your side. (note to gently place one palm over the other and slightly tilt the head forward invokes a beautiful sense of humility. Now be aware of how the neck support the weight of the head. Now simply scan your body again maybe you can be aware of the whole of your pelvis – and notice all of the movements that are going on your pelvis.

Remain mindful of your experience are you bored? Are your relaxed? Are you irritated? Is your mind clear, or busy? Are there things that feel pleasant; are there things that feel unpleasant – in your body, or outside of you. Like clouds let all of these thought just pass by observing them without getting involved in them.