



WALKING MEDITATION

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INFORMAL MINDFULNESS TECHNIQUE

Walking meditation is a form of meditation that allows us to focus and pay attention to our breath and body, while we are walking and moving. It is a useful practice that helps us feel grounded and develop calmness and connectedness to our body and environment.



It is easy to practice after work, or during a break. Walking meditation is also useful when we find it difficult to meditate while sitting in one place.

HOW DOES ONE DO WALKING MEDITATION?

Some things to keep in mind while practising walking meditation:

- Locate a place which is calm and peaceful, where you will not be interrupted, observed or disturbed. You can practice this meditation in-doors or outside
- We can walk upto 10 steps, at an extremely slow pace and notice our breath and body through the component of each step. This meditation involves breaking down the act of walking into smaller series of actions and observing yourself in each of those actions.
- Try to notice these four basic components of each step:
 - a. The lifting of one foot;
 - b. the moving of the foot a bit forward of where you're standing;
 - c. the placing of the heel of the foot on the floor;
 - d. the shifting of the weight of the body onto the forward leg as the back heel lifts, while the toes of that foot remain touching the floor or the ground.



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- Then the cycle **continues**, as you:
 - a. lift your back foot totally off the ground;
 - b. observe the back foot as it swings forward and lowers;
 - c. observe the back foot as it makes contact with the ground, heel first;
 - d. feel the weight shift onto that foot as the body moves forward.

Through this process, you can **focus** on:

- The part of your foot on which the weight lies;
- Check in with your body if there is any part that feels uncomfortable;
- Notice if there are any sensations, itches, pains that you begin to observe in your body and stay with the feeling if you observe it
- If any thoughts are coming to your mind, that's alright, with all your gentleness shift your attention back to your feet
- Notice how your breath is, is it shallow, fast paced or deep and calm, and how your body is responding to the breath, how your abdomen expands or contracts as you breath while walking