



# Mindful Walking

## Transcript

Mindful Walking...Begin by finding a space where you are able to make at least 10 or so steps before you have to turn around. Initially it may be helpful to remove your shoes if possible. Place your feet parallel to each other, slightly apart, knees unlocked so they can flex gently, arms hanging loosely by your sides or clasped in front or behind your body, and direct your gaze straight ahead.

Now, as you are standing straight, start bringing your awareness to the feeling of your body in space in the present moment. Bring your attention to the soles of your feet and notice the physical sensations of weight and pressure between the ground and your feet... Flex your knees gently a few times to really feel the weight of your body transmitted through your legs and pushing against the floor or the ground you are standing on.

Now slowly shift your weight onto the right leg and, as you are doing this, observe the changing sensations... the increase in pressure under your right sole and the “emptying” sensation in your left leg and your left foot. Now shift your weight onto the left foot and observe the sensations. If your mind wanders, gently bring your attention back onto the physical sensations associated with standing.

When you are ready, slowly begin to initiate movement with the leg that feels most natural to you. Slowly lift your leg and as you are lifting it observe the change in the physical sensations in your ankle... your knee... your hip... in the other leg that is now supporting you... Lift your leg off the floor slowly, noticing the rolling of your foot off the floor... from the heel... to the toes... As you lift your toes and swing your foot steadily through the air to take the first step, notice the sensations of the air passing against your skin... as you place your foot back onto the floor, notice the sensations of touch, and the shifting of the weight forwards. Allow your foot to make contact with the floor slowly from the heel to the toes... As your weight shifts, begin to notice the same sensations of lifting... detaching... swinging... placing... connecting... supporting... and pushing off your other foot. Notice the tensing and releasing of all the muscles in your body as they work to allow you to achieve balance.



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(Silence 5 sec)

Take a few more slow steps, noticing and observing as many different and changing physical sensations as possible until you reach the end of your path... When you reach the end of your walk, stop for a few moments and notice once again the sensations associated with stopping, regaining balance and standing still.

(Silence 10 sec)

Now begin to turn slowly, being aware and appreciating the complexity of all the movement involved in your body changing direction. Continue walking slowly... mindfully... taking time to turn at the end of your path. As you continue to walk up and down, begin expanding your awareness to the rest of your body... Noticing the sensations in your back... arms... neck... and shoulders... Once you feel comfortable walking slowly with awareness, allow your body to adopt a natural pace... You may wish to walk faster if you feel particularly restless... but remember; this practice is not only about bringing awareness to movement of your body, but also to any other experience arising in this moment, like an urge to speed up your pace...

If your mind wanders, as it naturally will, see if you can be gentle with it... there is no need to be critical... no need to judge or change your experience... See if you can gently acknowledge that your mind wandered and bring it back to the physical sensations associated with walking and noticing the stillness when movement ceases... If your mind keeps wandering, stay still for a moment... gather your thoughts and gently bring your focus back using the physical sensations in your legs and feet as an anchor to the present moment.

Continue to walk for a few more moments and appreciate the time you have spent today, practicing mindfulness of walking. See if you can bring the same kind, open awareness and appreciation to your normal, everyday experiences of walking.