



# THE GET READY PROJECT

## **Walking Meditation**

Walking is one of the skills we do with such automaticity that we can move about without paying any attention to what we're doing or how. We may think about our plans for the future, remember something from the past, worry, reminisce, talk on the phone, even check our email! But walking also provides us with a valuable opportunity to practice mindfulness and present awareness in a new or different way. When we achieve a meditative state while walking, we become fully engaged in the present moment, we connect our brains and bodies, letting go of distractions that may not be serving us and bringing greater balance to our system.

Walking Meditation:

- Choose a space to complete your walking meditation; it doesn't need to be expansive. A lane, inside or outside 10-20 paces long is a great place to start to help hone your focus, but you can practice a walking meditation on any path.
- Bring your awareness to your body and breath. Take three deep breaths to establish a grounded, centered state before beginning.
- Turn your attention towards the sensations in your body, specifically to the feeling of your feet being supported by the ground beneath you.
- As you take your first step, notice the sensation of lifting your leg, moving your foot forward, placing your heel and then toes on the ground..
- Bring your attention to your second foot, notice as you lift your leg, move it forward and press your heel and then toes to the ground.
- Walk at a pace that is comfortable for you, slightly slower than your normal pace to hone in on the sensations accompanying the movement.
- If you're walking a short lane, pause at the end, turn around, and take a deep breath before starting back. Refocus on that first step and begin again.
- As your thoughts wander, simply notice and return your attention to the body and the movement.

For a guided walking meditation check out:

Jon Kabat-Zinn on [mindful.org](https://mindful.org/mindful.org/walking-meditation)