

## Walking Meditation

1. The purpose of walking meditation is to cultivate awareness and appreciation of your moment-to-moment experience. It also develops greater embodiment, groundedness, and serenity.
2. The focus of walking meditation begins with the sensations in your feet and legs. Notice the sensations as you pick up a foot, move it in the air, and place it on the ground ahead of you. Notice the muscles used, including muscles in your upper legs and rear. Feel the parts of your body from the inside as they are being exercised. Fully participate in the use of your body.
3. Expand your awareness to include the use of your entire body, including your posture and carriage. Notice the use of your arms. Notice the state of your belly and back. Pay attention to and live inside your whole body's experience of walking.
4. Include your breath in your awareness, noticing its various qualities. Notice if it is coordinating itself in some manner with your steps, and how this feels.
5. You may expand your awareness to include sounds, smells, and air currents around you.
6. At certain times, your attention may be drawn to a particular sensory perception or bodily sensation, but everything occurring inside and around you is within your overall scope of awareness.
7. A useful approach is one of fascination and curiosity—as though you were walking for the first time and noticing all the phenomena that occur in the process. At one moment a particular sound may seem interesting or enjoyable, at another moment the use of your muscles may attract your attention. Enjoy the process as you would any novel experience.
8. When a thought arises, simply let it go and return to your present moment experience, starting with the body parts used in walking. A useful practice is to stop walking and then recommence once you have regained focus.
9. Walking meditation is often easier and more fruitful at a slow pace, but it can be done at any pace and can be incorporated into the walking you do as a part of your daily life. It is better to practice at a fast pace than not at all.
10. Use walking meditation as a way of relishing your current experience rather than dwelling on the past or where you are going.