

Walking Meditation

This simple meditation develops awareness, provides an opportunity for self-compassion and brings with it a sense of calm and connectedness

Start with choosing a place, somewhere safe that you can walk freely

Set a time for how long you would like to walk for - 2, 5 or 10 minutes

Agree to a quiet practice before you start

Now you are ready to go...

1. Feel the ground beneath your feet. Take 3 full breathes in and out
2. Think of those who have walked before you and will after you
3. Begin to walk at a slower pace than usual
4. Feel the sensations in the legs - heavy or light, pressure or tingling
5. Notice each part of the foot as it makes contact with the ground
6. Count how many footsteps you take when you breathe in
7. Count how many footsteps you take when you breathe out
8. When your mind wanders, smile to yourself and go back to step 4

A variation for our youngsters or those young at heart

1. Choose an object, maybe a small soft toy, a rubber duck or a tissue
2. Balance the object on top of your head
3. Slowly and carefully start to take footsteps forward
4. If it falls off simply smile to yourself, put it on your head and continue
5. Notice how you place your foot on the ground in each step
6. Notice how your body feels and moves as you walk

After the walk has finished, reflect on the experience

What happened in your body and in your mind as you walked?

Did you notice yourself getting caught up in thoughts?