Mindful walking

A moving practice, for when sitting still does not suit.

Walking is a good practice if you are restless, sleepy, or find the breath a difficult anchor. There are two ways to do it.

Slow practice (5 to 10 minutes)

1. Find a place where you can walk ten or so paces in a line, indoors or out.
2. Stand still. Feel your feet on the ground and the weight of your body.
3. Begin to walk, more slowly than usual. Notice the heel lifting, the foot moving through the air, the heel touching down, the weight shifting.
4. At the end of the line, stop. Turn slowly. Walk back.
5. When your mind wanders, pause, notice where it went, and return to the feeling of your feet.

Ordinary walking

On any walk, at normal speed:

- For a few minutes, attend only to the sensations in your feet and legs.
- Then switch to sounds. Then to what you can see: colours, light, movement.
- Notice the air on your face and the temperature.
- When you notice you are lost in thought, pick one sense and come back.

Tips

- Leave the headphones off for the first ten minutes.
- You do not need to look any different from anyone else out for a walk.
- Nature helps, and a street works too.

Where and when I will try it

What I noticed

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