



Walking Meditation


THE PATH OF MINDFULNESS


Breathing in, I calm my body,
Breathing out, I smile.
Dwelling in the present moment,
I know this is a wonderful moment.

Walking meditation can be very enjoyable. We walk slowly, alone or with friends, if possible in some beautiful place. Walking meditation is really to enjoy the walking – not in order to arrive, but just to walk. The purpose is to be in the present moment and aware of our breathing and our walking, to enjoy each step. Therefore we have to shake off all worries and anxieties, not thinking of the future, not thinking of the past, just enjoying the present moment. We can take the hand of a child as we do it. When we walk, we make steps as if we are the happiest person on Earth.

We walk in a way that we only print peace and serenity on the Earth. We can do this provided we want it very much. If we can take one step like this, we can take two, three, four, and five. When we are able to take one step peacefully and happily, we are working for the cause of peace and happiness for the whole of humankind. Walking meditation is a wonderful practice.

When we do walking meditation outside, we walk a little slower than our normal pace, and we coordinate our breathing with our steps. For example, we make take three steps with each in-breath and three steps with each out-breath, or whatever works for you. If you feel happy, peaceful and joyful while you are walking, you are practicing correctly.





Be aware of the contact between your feet and the Earth. Walk as if you are kissing the Earth with your feet. Now is the time for us to take good care of the Earth. We bring peace and calm to the surface of the Earth and share the lesson of love. We walk in that spirit. From time to time, when we see something beautiful, we may want to stop and look at it – a tree, a flower, children playing. As we look, we continue to follow our breathing, lest we lose the beautiful flower and get caught up in our thoughts.

When we want to resume walking, we just start again. Each step we take will create a cool breeze, refreshing our mind and body. Every step makes a flower bloom under our feet. We can do it only if we do not think of the future or the past, if we know that life can only be found in the present moment. Thoughts from Thich Nhat Hanh Peace is Every Step:

Breathing in: I stand in awe...

Breathing out: of all creation.

Two Assignments:

1. While walking if you see something that represents an idea or thought that you have experienced, and it is okay to pick it up you may want to bring it back to our meeting place. Or you may be inspired to create an altar in the woods or along the path. Perhaps you will want to gather a few leaves or stones to create an altar at your home. We will have some small bags to put them in.

2. While you are walking spend some time imagining that you are in Delphi in Greece, it is a beautiful, summer day and you have an opportunity to walk among the ancient ruins all alone. You have been told that you can ask the Oracle, who is present at Delphi, one question, but only one. Sometime on your walk you begin to formulate your question. When you return to our meeting room you can write your question and the Oracle's answer in your notebook.

