

Mindful Monday Message #4 – 30 May 2016

One of the ways of practicing mindfulness is walking meditation. Walking in nature is an ideal of reconnecting with yourself, but you can walk anywhere mindfully and it helps to keep you fit at the same time. The key is not rushing. Walking at a comfortable pace allows you to breathe slowly and steadily. Notice your feet on the ground, each foot in turn. Left then right. Left then right. Feel your weight moving as you take each step. It gets easier to safely navigate your way as you walk and do it mindfully the more you practice.

You might have noticed that regular meditators walk with their hands curled in front of their belly button or their thumbs hooked into the front of their belts. Although this is not essential for a walking meditation, it does help with balance whilst not being distracted by swinging arms. Give it a go and see how it feels.

Dr. Annmaree Wilson