



One way to help heal the mind and body,  
And to feel more embodied,  
Is by bringing more caring awareness to the body.

One way to do this in a practical,  
Simple way,  
Is by bringing mindfulness to the act of walking.

When we do walking mindfulness,  
It's important to remember  
That we're not trying to 'get anywhere'.  
The point is not to arrive someplace,  
Or even to 'get anywhere' internally.

Sure, we may want to feel peaceful,  
Or feel accomplished by having moved somewhere  
Closer you want to be.

But with this exercise,  
We're simply bringing awareness  
To the ACT of walking,  
The the physical sensations of walking.

The more you will practice this,  
The more you will feel embodied,  
Alive, relaxed and alert.

The more you notice within your body,  
the more choice you will have  
On how to respond to the requests and wisdom  
That it offers you.

**So with this in mind,**  
**We can begin an exercise in mindful walking,**  
Where you can either close your eyes  
and imagine that you're walking,  
Or, if the circumstances allow, you listen to this  
as you walk in a safe place  
Indoors



Or outdoors.

So you can begin  
By gently patting and loosening your body a little bit,  
Drop your shoulders,  
Soften your belly,  
And let your knees unlock.

And now shift your weight  
back and forth on your feet...  
from side to side...  
And feel the weight of your body touching the ground.

And now take a nice, full, slow, cleansing breath,  
and breathing out  
as fully as you comfortably can,  
relaxing your body.

And again,  
taking another slow, even, deep breath  
way down into the abdomen  
and exhaling as fully  
And as you comfortably can.

And now,  
still very aware of your breath  
moving in and out  
rhythmically and steadily,  
you can begin to walk  
at an easy,  
thoughtful pace

Notice how it feels to touch the ground  
with the bottom of each foot,  
the solid contact of your feet  
with the ground,  
feel the steady support  
of the earth beneath you,  
and so just letting your awareness



to rest there for a while  
where your feet connect  
with the earth  
Evenly and smoothly,  
just like your breath...

Feel the felt sensations of your body  
in motion  
as you continue to breathe in  
with full, nourishing breaths,  
and breathe out fully and easily,

You can notice your senses  
Of internal sensations, and also smells, and sounds  
as you go along,  
how the colors around you  
might seem to be  
more vivid and sharp,  
the fragrances of your surroundings  
richer and more distinct,  
how even the sound of  
your own feet on the ground  
is louder and more distinct to you....

Breath in and out  
rhythmically and deeply,  
continuing to move with  
balance and strength,  
steady and centered,  
and attuned to  
what's around you.

Feeling full,  
and supple,  
and stronger,  
Your full embodiment  
requiring only your own mindfulness,  
only that.



And so feeling peaceful and easy,  
continuing to walk  
for as long as you wish,

Keep bringing your attention  
back to the breath,  
back to the feel of your  
feet on the ground,  
and back to the beauty  
of your surroundings,  
coming to you  
through all of your senses.

Thank you for your mindfulness practice.