

Walking Meditation

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Walking meditation is a traditional practice of meditation in movement that has roots in Buddhism. It can help us to bring mindful presence into our day to day activities that involve action.

Mindfulness can be brought to other movements as well, such as dance, swimming, or stretching.

For those that have difficulty sitting or that have already practiced quite a bit of sitting meditation, walking meditation is a wonderful practice to explore. It can be practiced anywhere you feel safe and comfortable: in your home, on the beach, or on your favorite walking trail.

PRACTICES:

1. Choose a location for this practice that makes you feel safe and secure. When you are ready to begin, come to a comfortable standing position, straightening the spine and softening the shoulders. Take a few mindful breaths and then draw your attention to the base of your feet. Note the sensation of the earth beneath you.

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2. As you begin walking, keep your gaze on the ground beneath you. In your mind, begin labelling each movement you make as:

- “Lifting” – as you lift your foot into the air
- “Moving” – as you push it forward into the space ahead of you
- “Dropping” – as you bring it back to the earth

3. Let these words – alongside your view of the earth – be your anchor. Mentally repeat, “Lifting... moving... dropping... lifting... moving... dropping” as you move along. You will need to walk quite slow for this so that you can be attentive to each movement.

4. Anytime the mind wanders, notice that you are thinking and then return to the movement labels.

5. Continue this practice for five to ten minutes if you are a beginner, lengthening the duration as you feel called to.

