

Walking Meditation Instructions



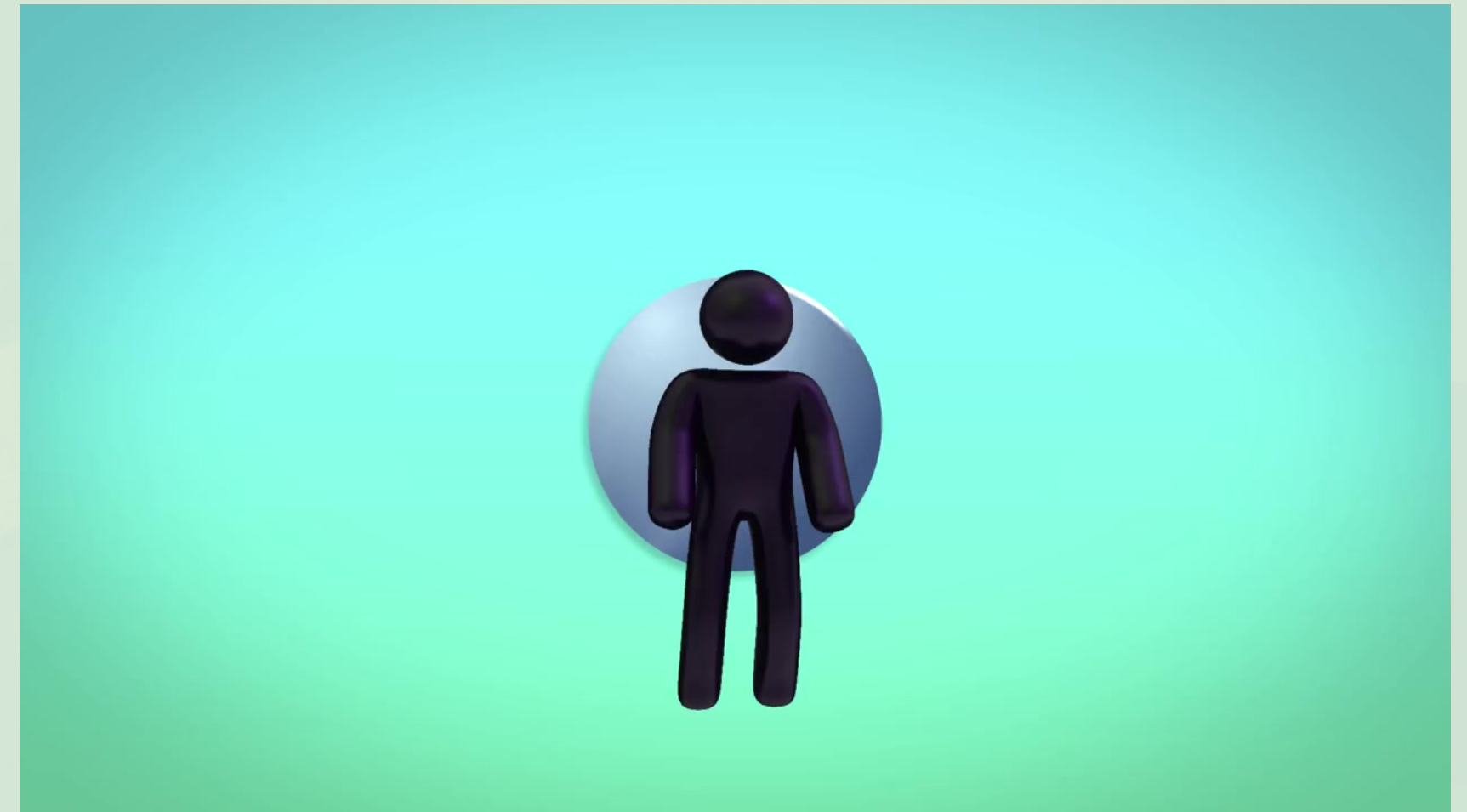
Step 1: Get set up.

- Find a safe and private area that allows for 10-15 feet of walking space.
- Shoes are optional. Remove them for sensory input and grounding. Wearing them may offer more support and balance.
- Minimize noise/distractions and set a timer if you use one.



Step 2: Get focused.

- Stand still for a moment.
- Feel your feet on the floor.
- Take some deep breaths to center yourself.
- Decide on a focal point in your body (feet, legs, sensations of movement, etc.).



Step 3: Begin walking.

- Walk slowly and deliberately, back and forth, in the designated space.
- Move slowly enough to separate and feel each movement.
- Feel your body as it moves, alternating between your left and right legs.



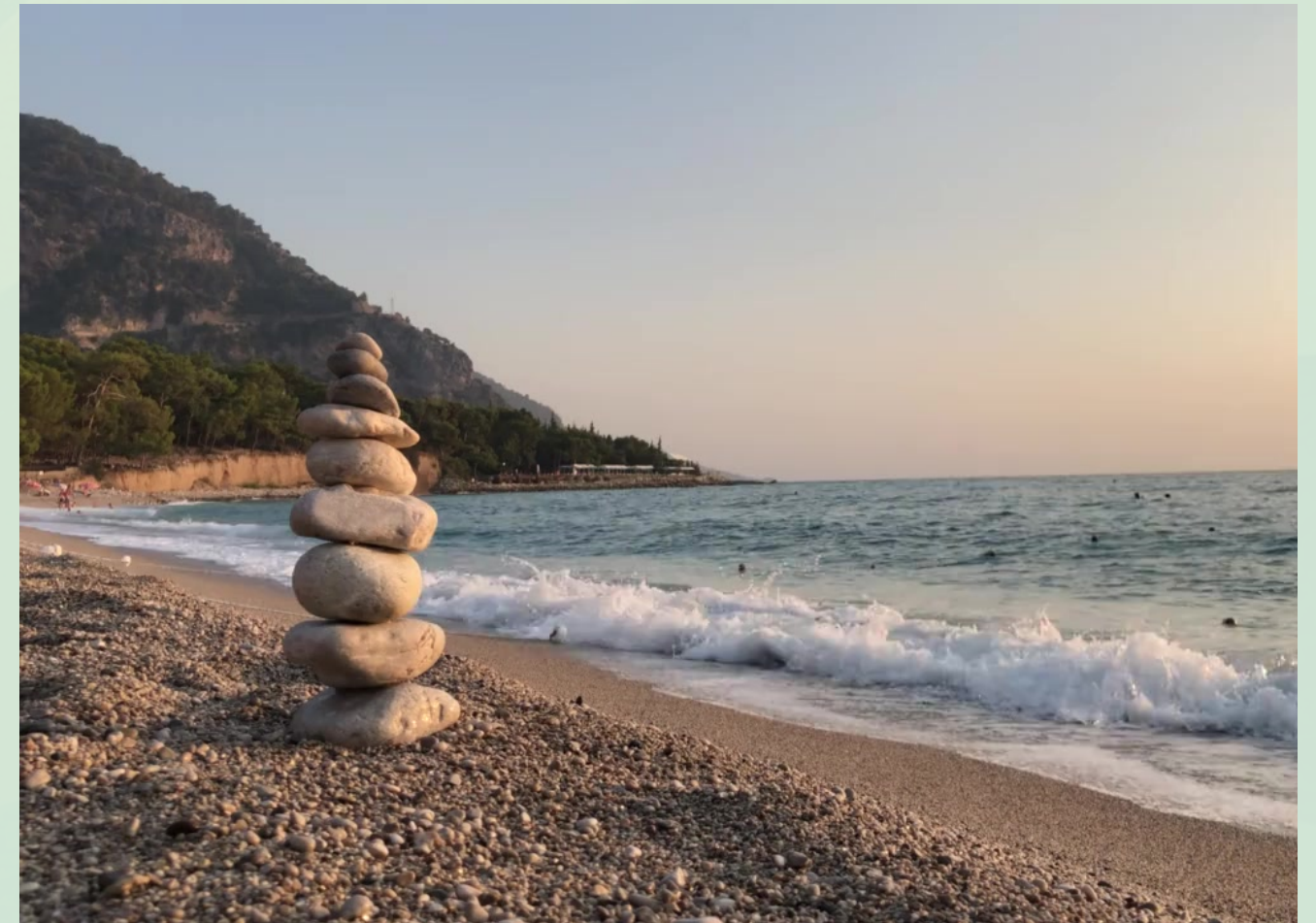
If your mind wanders . . .

- Notice it and return to your focal point.
- If needed, pause your movement and collect your attention back in the body.
- Be gentle with yourself when this happens.



If you feel unsteady . . .

- This is normal. Doing things slowly can be difficult when we are accustomed to rushing.
- Pause your movements and feel your feet on the ground until you regain steadiness.
- Slightly hastening your speed or widening your stance may help as well.



Step 4: Closing your practice.

- Stand still and notice your surroundings.
- Take several deep breaths.
- Note how you feel.
- Congratulate yourself for taking the time to practice.
- Slowly move on to your activities.



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