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Daily Articles and Tips on Meditation, Yoga, and Ayurveda

HOW TO PRACTICE WALKING MEDITATION

In the practice of mindful walking, you place your entire awareness in the process of walking. Walking meditation is a more practical approach to mindfulness meditation for people who are not used to meditation while sitting.

STEP 1



Find an unobstructed space where you can walk for about ten feet. This is the instruction given in *Satipatthana Sutta* itself. It's also recommended to walk bare feet as it brings more awareness to what happens in the body when you're walking.

Bring your awareness down to your feet. Notice the sensations here. Shift your weight from your left leg to your right leg.

STEP 2



Shift your weight from your left leg to your right leg. Lift your head and look straight ahead and hold your chest high. You can hold your hands loosely to the side or clasp them behind your back.

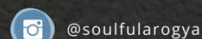
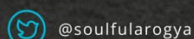
Now begin the process of walking. Extend the right leg forward and notice the weight redistribution.

STEP 3



As the weight shifts forward, notice how the heel of your left leg begins to lift. Swing the left leg forward and repeat. At the end of the walking path, come to a complete stop and take a deep mindful breath. Now turnaround and walk to the other side following the same practice. To start with, practice mindful walking for 5 mins and gradually increase the duration.

Satipatthana Sutta, a widely studied discourse in *Theravada* Buddhism, lays the foundation of mindfulness meditation practice. In *Kaya Sutta*, walking is one of the postures to be mindful of along with sitting, standing, and lying down.



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