

Instructions for
Walking Meditation
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Walk at whatever speed keeps you most present

Stand up

Feel your feet on the floor

Notice what you sense around you:

- the light in the room
- the air around you
- whatever you hear

Drop your attention down to your feet, feel your connection to the earth.

Feeling each step, let your steps become the anchor of your meditation, just as your breathing does in sitting meditation.

- Be open and curious about your experience of walking
- Pause often, stand, take a few steps. If you notice you're lost in thought, pause, acknowledge the thoughts, feel your feet on the earth and begin again.
- If you're walking through the woods, notice a deer or a flower.
- Pause notice your experience, feel your feet on the earth and continue walking
- A few steps at a time is enough
- Naming what you're doing: lifting my foot placing it, transferring my weight, lifting my foot...
- Count your steps if it helps you stay focused.

If you start to feel shaky or loose your balance walk faster