

A walking meditation



How about trying a walking meditation? A time to walk in silence if you prefer.

A chance to stop, to take a moment, and to make the choice to really start to notice and become aware of the beauty of the nature around you.

You may feel a sense of awe! It may bring a smile to your face.

Enjoy the moment.

Allow nature to nurture you, to nourish you, to help you feel relaxed and refreshed. Immerse yourself in your surroundings, being fully present, right here, right now.

To begin, you may wish to pause, just taking a few moments to let go of any thoughts on your mind. Take a moment to feel your feet on the ground. Become aware of your body as you are standing there.

Then focus on what it feels like to walk or move. Immerse yourself in the physical sensations of each step. Notice your foot rising, the shifting of weight in your body, and then your foot returning to the ground. Walk at a pace that feels right for you.

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If you are in a wheelchair or bed, notice the physical sensations as you are moving.

Expand your awareness.
Consciously engage your senses.

Look.

Enjoy a few moments as you look around. You may notice the play of the light of the sun, the shadows, the colours. Bring your attention to the trees, their branches, the leaves, the flowers. Notice the flora and fauna around you. Look closely, noticing the fine and delicate qualities of the leaves and their textures.

Listen.

Notice the sounds around you. You may notice the sound of the wind in the trees, the birdsong, the voices of other people. Just stop to listen, paying attention to the sensation of hearing.

Touch.

Maybe stop to feel the sensation of the sun or cool breeze on your skin. Perhaps notice an object with an interesting texture – a rock covered in soft, velvety moss. Explore with your hands and focus on the sensation of touch.

Taste.

Can you taste the sea air? You may stop and enjoy something to eat; food can taste so much better when you are out in nature!

Smell.

Bring your awareness to your sense of smell. Be patient as you allow smells to come to you. Smells can be quite subtle and hard to detect. You may be surprised at what you begin to notice.

Drinking in the beauty and simplicity of the nature around you as you walk can be truly nourishing. At the end of your walk, simply stop and notice how you are feeling. Notice what it feels like to be fully awake and aware right in this moment.

If you require this information in an alternative format please call 01803 210800