

HANDOUT 4

WALKING MEDITATION: ANCHORING IN THE BODY

- Stand comfortably with your eyes open, feet about hip distance apart, weight evenly divided between the feet. Arms can be at your sides, behind you, or in front of you—whatever feels most comfortable. Let yourself feel connected to the ground.
 - Become aware of any sensations in the toes, soles, and heels. Feel free to shift your weight between the feet to make these sensations clearer.
 - Start walking slowly, remaining relaxed and alert. Feel your feet touching the ground. Silently note to yourself “touching, touching.”
 - Bring attention to each movement of walking—lifting, moving, placing.
 - Notice what is happening around you but keep your focus on the sensation of walking.
 - If you find you’re able to attend with some continuity to the sensations in your feet and legs, let your awareness expand to take in the light, colors, sounds, and smells around you. Notice whatever predominates in your awareness. No control, no effort, no explicit focus.
 - If you get overwhelmed, or if your attention gets hijacked by trains of thought—no problem, bring yourself back to the feeling of your feet touching the ground.
 - When you are ready to stop, return to your breath, the feeling of your feet on the ground, and stretch.
 - See if you can carry this awareness into your next activity.
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