

# JU-SI ADVENTURES



## MEDITATIVE WALKING



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Mindful and Meditative Walking

We believe that through the process of walking, the individual will acquire greater understanding of what is important in their lives. They will return to their lives refreshed, renewed and inspired to change.

Many of us have tried meditation at some point in our lives. Sitting and focussing on our breathing, stilling the mind. It can be challenging. But meditation can also include movement. Try the Alexander Technique of walking, described on this website, while meditating. By focusing on altering your walking style, your mind will become focused naturally. We have found that this perfect combination of walking and meditation has offered us a sense of Flow or Bliss that opens us up to creativity. In this state, we believe, lies a creative space which is called the Liminal space.

*“The liminal space is where we prepare ourselves for change. It is where we move across the limits of who we were into what we are to be”*      David Guyer

## **The following are considerations for this practice:**

**Be aware of your body.** Being aware of your body does not involve any thinking per se. Instead you are noticing the different sensations and how your body is moving. By using the Alexander Technique of walking focus on how your body is moving through space.

- Notice how your feet feel touching the ground.
- Notice how your muscles contract as you take a step.
- What kind of sensations are you experiencing in each part of your body?
- Notice how your arms and shoulders swing as you walk.

**Be aware of your feelings.** As you walk, you may have feelings associated with your body or with what you hear and see in your surroundings. You may have feelings of comfort, discomfort, pain, pleasure, like, dislike, etc. There is no right or wrong feeling. Accept whatever you feel. You do not have to resist your feelings or try to change them.

- Do you feel any pain in your body as you are walking?
- Is the scenery pleasant as you walk?
- Do you like or dislike the sounds that you experience as you are walking?
- Is any part of your body uncomfortable as you place your foot on the ground?

**Be aware of your mental and emotional states.** The emotions you experience while you meditate will change. They can be affected by what is happening in your life at the time or the type of day you have had. Your emotions may also change during the course of your meditation.

- For example, if you had a hectic time at work, you may feel stressed or anxious at the beginning of your walk and feel more relaxed as your walk continues.

**Develop your ability to focus.** It may be difficult to be aware of your body, feelings, and emotions as you meditate. Start by only focusing on your body as you walk. Once you feel comfortable with that, incorporate being aware of your feelings and thoughts. Gradually build

up your ability to be aware of all of the different factors. The more you practice the better you will become.

- When you first start practicing devote 20 minutes to walking meditation because it may take you longer to focus. Once you have gotten the hang of it, you can incorporate this practice into your daily life. Meditate while you walk from your car to the grocery store or walk up a flight of stairs.
- Modify your focus based on your needs.

**Live in the moment.** Focus on the journey, not on the destination. Focus on the moment, not the past or the future. If your mind wanders, let it. Watch those thoughts pass, and let your mind come back to the present, to your breath and to your body. Take each step with the same intention and continue to be present.

- Have no destination to which you will walk. Walk just to walk and with no particular goal in mind. When having a destination, you are in the mindset of getting to that place only making the walk a means to the end.
- With walking meditation, walking is an end in itself so you are complete as you practice it. This will assist you being in the present moment rather than thinking about the future.



*Appreciating Every Moment*

## Understanding Walking Meditation

**Improve your mental health.** Regular practice of walking meditation reduces depression and anxiety. Try doing 20 minutes of walking meditation, 3-7 times a week to get these benefits. You should see changes in 8-12 weeks.

- Walking meditation will also help you when you try to concentrate or focus throughout the day.

**Improve your physical health.** If you practice walking meditation regularly, you can lower your blood pressure, decrease risk factors for cardiovascular disease, boost your immune response and decrease chronic pain symptoms. You can experience these benefits whether you are in good health or if you are managing other health conditions.

- You will usually experience some of these benefits after practicing walking meditation regularly for at least 8 weeks.
- You are also getting in some physical activity when you practice walking meditation. You may experience weight loss and improvement in your physical functioning as well.

Know the purpose. Life is very busy. You may be rushing to get from one place or always thinking about what is next on your to-do list. Walking meditation gives you an opportunity to slow down and tune into your mind and your body.

- Walking meditation is based on Buddhist teachings that focus on the importance of living in the present moment and being mindful. Mindfulness is achieved through reflecting on your feeling, body and mind.

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