

For the Good Woman Who Runs Too Much: Walking and Stopping Meditation

If the pace of your life is too fast and your time is swallowed by obligations, practicing walking meditation outside, back and forth in a lane, provides a wonderful opportunity to stop, wake up, and calm down.

Decide on the length of your walking lane, and mindfully walk until you reach the end of the lane. Then stop. Plant your feet firmly for a moment before you turn to walk back down your lane. Bring your awareness to your feet connecting with the earth, the beat of your heart, and the stillness after being in motion. Then, slowly expand your field of awareness to include all that is in front of you to be seen, to be heard, to be felt. Breathe it in and out once, twice, three times. Then hold this awareness while including awareness of your feet again. Gently shift and lift each foot to slowly turn in place, like a panning camera. With each slight turn of your body back towards your lane, and with each breath in and out, slowly drink in, again and again, what is there to be seen, to be heard, to be felt. And then, when you have turned your body around 180 degrees, and you are again facing your lane, narrow your field of awareness back to your feet and legs. Plant your feet firmly, breathe in and out, and begin to walk.