

*The Mindful Movement: Walking
Meditation Guide*

A STEP-BY-STEP PATH TO PRESENCE IN MOTION



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Prepare Your Space

Choose a path where you can walk 10-20 paces in a straight line or a circular path in a park. You don't need to go far; the goal is to eliminate the need to "navigate."





Find Your Posture

Stand still for a moment. Feel your weight distributed evenly. Hands can be clasped in front of you, behind your back, or hanging loosely at your sides. Soften your gaze.



The Movement Sequence

Begin walking at about half your normal speed. Break the step down into four parts:

- *Lifting the foot*
- *Moving it forward*
- *Placing it down (heel first)*
- *Shifting weight onto that foot*





Coordinate the Breath

Find a Rhythm that feels natural

Inhale: Step, Step

Exhale: Step, Step

If your mind wanders, gently label the thought as
“thinking” and return your focus to the soles of your
feet.



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Closing the Practice

When you reach the end of your path, stop completely. Take one full breath. Feel the stillness before you turn around and begin again.

Pro TIP

If you feel self-conscious in public, walk at a normal pace but keep your internal focus entirely on the sensation of your feet touching the ground. No one will know you are meditating.

