

Walking Meditation

- ***Begin session***

- Begin by just standing for a moment. As you are standing, sense how awareness is permeating your entire body; there is a knowing quality that extends to the sensations in your body.

- ***Main practice***

- Next, begin walking normally with your eyes open, and simply be aware of the sensations in your body as you walk. You can be aware of your feet touching the ground or any other place in your body where sensations are prominent.
- There is no need to focus very hard. All you need is a light touch of awareness of whatever sensations are present.
- Do not block any other experiences that are taking place as you are walking. Simply let the awareness rest with sensations as you walk.
- It is completely natural to get lost in sights or sounds as you are walking. Just recognize that this is happening, and gently bring awareness back to the sensations in your body during movement.
- Bring an attitude of playfulness to this practice, noticing how the mind is present, then gets lost, and then comes back, over and over.
- During this practice, there might be pleasant, unpleasant, or neutral sensations. All three equally support the recognition of awareness.

- ***End session***

- As you reach the end of your walking meditation, stop for a moment and notice the sensations in your body as you stand. Also, appreciate the time you have taken out of your day to engage in this practice.

These instruction were taken from the Tergar Institute Website & the course, Joy of Living, <https://beta.tergar.org/>