WALKING MEDITATION

Adapted from *Jewish Meditation Practices for Everyday Life* by Rabbi Jeff Roth (pp192-3)

These instructions are designed to lead you to notice the changing sensations as each foot lifts off the ground, moves, and is placed back down.

Shifting weight while standing

Start by standing up and bringing your awareness to the bottom of your feet.

Close your eyes and take a moment to see what it is like to let your attention rest in the sensations in the bottom of your feet while you are standing still.

Now, pick one of your feet, and rest the attention on the sensations in the bottom of that foot. Slowly, shift your weight so that most, but not all, of your weight is on that foot. As you shift your weight, notice the changing sensations in the foot that is receiving the extra weight.

As you finish shifting weight to that foot, allow your attention to shift to the foot now carrying less weight.

Begin to shift your weight back so that more weight is on the other foot. Notice the sensation in the bottom of the other foot as you begin to return weight to it.

Continue this back and forth to get the experience of tracking changing sensations in each foot as you shift your weight.

Walking

Open your eyes.

Pick one foot, slowly lift it and begin moving it forward. Try tracking the changing sensations as the foot becomes free of any weight, lifts, moves forward, and is placed down. When it is fully down, shift your attention to the back foot and begin to notice the sensations as the heel and then the rest of that foot lifts and moves forward till it becomes planted. Do this for about ten steps, and then turn around and do another ten steps.

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10 Nov 2016