

Slow Walking Meditation Instructions

Walking meditation is meditation while walking. We simply coordinate our breath with our steps and fully enjoy our walking. As we breathe in, we gently take a step with our left foot and as we breathe out, we gently take a step with our right foot. Breathe, step left, breathe, step right. A half-smile can bring calm and delight to our steps and our breath, and can help sustain our attention. As a river is formed from many drops of water, we form one Sangha body, walking like a river. We stay aware of our surroundings and keep a steady distance with the person in front of us. When we notice our thoughts carrying us away, we simply return our attention to our breath and our steps. As we walk mindfully with each step connected to the ground and to the Sangha, we can restore peace and harmony in the here and now.

Walk for three revolutions. Wake the small bell at 2 1/2 revolutions and announce:

At the sound of the next bell, continue walking until you reach the place where you began.

Invite the small bell.

Optional Reading after Walking Meditation is Complete.

We can enjoy walking meditation part of our daily life by walking at faster pace and with larger steps **outside the meditation hall**. We note our steps as we breathe in and as we breathe out. During our in-breath we may like to silently say “in” with each step, and “out” with each step as we breathe out. Some like to count “in, 2, 3, out, 2, 3, 4.” By taking walking meditation into our daily life, we embrace and heal the sorrow, the fear, the pain in us and become solid and free.