

WORKSHEET 3.6: MINDFULNESS PRACTICE

WALKING MEDITATION



Adapted from Bardacke, N. (2012). *Mindful Birthing*. New York, NY: HarperCollins Publishers.

Find a place
where you can
walk 10 paces or
go outside for a
walk

Before you begin walking, take a deep breath and relax your body
Let your arms hang loosely at your sides or clasp your hands in front or behind you (whichever is most comfortable)
Soften your gaze (not at any fixed point)
Then begin to walk, slowly
Bring your awareness first to your feet...

GROUND

Bring your awareness to the sensations of your feet and legs, starting with the soles of your feet, as each heel touches the ground, then the base of the foot, then the toes, and then as they lift
You can actually say to yourself, “heel, foot, toes, lift”
This is a way to connect the action of walking in the present moment

COME TO
YOUR SENSES

Walk slightly slower and begin to open your awareness to all your senses, one by one
Sight, sound, taste, feeling, smell
See what is around you, listen to the sounds, taste the air or whatever is in your mouth, feel the warmth, coolness or breeze on your cheeks, smell the air
Then stop for a moment and see if you can take in all the senses

SAY A HELPFUL
PHRASE

Recite some sayings while taking a few steps
For example, take a few steps and, during an in-breath, say to yourself, “Breathing in, I have arrived, breathing out, I am home”
Or, “Breathing in, I calm my body, breathing out, I relax”
Or make up your own sayings