



Conscious Walking: This activity is best done outside with bare feet, but it can also be done inside with shoes on, say in a corridor or long room with plenty of space ahead of us. Firstly, we stand still. We feel our body just standing upright, on the spot. We feel the sensations, our hands, our feet, the weight of our body on the soles of our feet. We breathe consciously and deeply a couple of times and do a quick body scan with our attention, starting from the feet and going through all of our body to the top of our head.

With intimate awareness of our body, we gradually lift one leg up as if taking a step but in slow motion, becoming conscious of how the leg feels as we lift it up, sensing the weight going on the other leg as we maintain balance, sensing our leg stretching out and then the feeling of slowly placing it down again as we step forward. Feel the rest of our body moving forward and our weight shifting as we maintaining balance.

Next, we take another slow step with the other leg, again feeling the body sensations, the balance and weight distribution, our back posture and our arms moving slightly. We take a couple more slow steps maintaining our awareness in the body, noticing our balance and felt-sensations. And then we start to quicken the speed of the steps just a little bit with each step, until we are beginning to walk faster than we usually would, still feeling the body movements and sensations keenly within us. Then, we start to slow the strides down gradually, slower and slower, feel the balancing, the weight shifting. Eventually we are so slow in our steps that our movement is very gradual, as slow as we can go without losing balance. Then we stop. We scan our whole body again with our awareness as we stand still on the spot, noticing any sensations.

We then go about our normal business while being mindful of the conscious feeling of our strides as we walk. In this way, the everyday act of walking becomes a practice for cultivating somatic awareness and mindfulness.