

WALKING MEDITATION **for LIFE**



Ten Steps to add Meditation to your Walks.

Step 1: Ground Yourself

Start off by grounding yourself. Literally feel the ground with your feet. Draw attention to your legs as they sway back & forth. Take a series of deep cleansing breathes through your belly (4 sec. in & 6 sec. out). Bonus: By deep breathing in stressful situations our bodies will begin to associate deep breathing with the calmness we create on our walks.

Step 2: Relax your Muscles

Get long in the neck like someone is pulling you up with a string attached to the crown of your head. Relax your jaw. Drop your shoulders. Widen your fingers and reach towards the ground. Don't walk around with clenched fists, grinding your teeth wondering why can't I find inner peace :) Tip: Think about creating length in your body.

Step 3: Set an Intention

Now's the time to set an intention for your walk. Whatever you are lacking. Strength, Peace, Kindness, whatever. Use 3 word phrases. They're more descriptive & they roll off the tongue better too. They're also easy to remember. Some examples: Peace of Mind, Strength to Endure, & Guidance from God.

Step 4: Set an Alarm

Set your phone to airplane mode, then set an alarm for 1/2 of the amount of time you plan to walk. For example if you plan on walking for 20 minutes, set the alarm for 10 minutes. This prevents you from checking your phone every 5 minutes and seeing that text or email and responding to it. You'll walk down the path in the forest preserve, when the alarm goes off you turn around. You'll also want to have the voice notes feature on your phone handy to capture any inspiring ideas that come into your head.

Step 5: Walk Tall

Start walking at a normal pace with a long neck and arms. Head on a swivel observing the beauty of nature. Try not to walk with your head down, zoning out at the asphalt that's directly in front of you. Create awareness of your body & surroundings. For Instance: Notice how free your body feels as your arms & legs wisp through the air. Observe the air rushing between your finger tips. Notice how the air fills your lungs as you breath. Feel how light and unburdened you are. Focus on all of your senses. Listen for the birds and the wind blowing through the trees. It all adds to the experience.

Step 6: Talk it Out

About one minute into your walk, thoughts are going to start coming in. At first it will be things like “What do I have on my schedule for tomorrow”, “Where’d I leave the car keys”, “What am I going to eat for dinner”, and other stuff you need to do. Talk it out & capture them in your voice notes or set a reminder on your phone. Do whatever works for you. The point is to just get them down so they won’t be distracting you.

Step 7: Observe your Thoughts

Once you get the stuff to do sorted out, then the random negative thoughts start invading. This is normal. Our minds are programmed to think this way. Every day you pick up the paper and every night you turn on the news and it’s nothing but CNN, Constantly Negative News. Most thoughts are automatic, like breathing. They just happen & serve no real purpose. Just observe them & avoid engaging with them.

Step 8: Let it Be

When emotions arise, just let them be & let them out. You’re emotions are like a balloon. If you keep filling that balloon with air eventually it’s going to burst. Same thing for our emotions. If we don’t let them be, let them out, they are going to burst. Usually out on the people we love & we regret it. Remember your thoughts are temporary & will pass. You need to release negative emotions to make room for positive ones. Don’t react to them. This only feeds them and makes them grow. Just observe them. If you start crying who cares. Tears are cleansing. Let them be, and let them go.

Step 9: Stay the Course

You’re going to shoot to walk a minimum of 20 minutes. Resist the temptation to give up. There’s no good or bad walk. You don’t brush your teeth and judge if you did a good or bad job. You just do it. Apply that logic to your walks.

Step 10: Return to Solid Ground

When you’re done. Don’t run to you car and peel out. Come out of your meditation gradually. Take a few deep cleansing breathes, notice how light and unburdened you feel and state your intention one more time. Remember these steps are just suggestions. There is no right or wrong way to meditate.

*For more tips visit us at: SmallStepsApproach.com
or email us at: team@SmallStepsApproach.com*

- These tips are not intended to diagnose or treat any known medical condition. Always consult your physician before engaging in any type of life altering plan.