



Movement Meditation

Find a pathway that's about 10 –15 paces in one direction....

Coming to standing or, sitting on/using your mobility device, at the beginning of the path...

Sitting or standing with the feet hip width apart...

your knees are soft and stacked above the ankles... shoulders over hips.... spine and neck are tall...the arms by your sides....

First,

Allow the eyes to close if that's comfortable and feels safe for you...or keep them open and soften the gaze...

Bringing attention to your breathto the physical sensations of breathing in through the nostrils, feel your chest or belly rise...

Be aware of your body breathing and pay attention to the full inhalations and full exhalations...

Shifting the attention now to the soles of the feet...noticing the contact with the surface your feet are on...

if its accessible for you, gently shift the weight of the body forward and back ...and side to side...noticing pressure and the shifting of weight along the bottoms of the feet...

If movement is not accessible, or you are sitting in a chair, visualize your feet firmly planting down. Visualize and imagine the sensations as you rock gently front to back and side to side in your chair.

And then coming back to still...keeping your attention on the soles of the feet and the sensations of pressure...

For the rest of this exercise, I will use language for a walking meditation but know that you can visualize these motions if movement is not an option, or substitute arm movement for walking if that is an option for you.

Starting to take your first step....shift the weight of your body to the right leg...

lift your left leg....and swing it through the air...and then place the left heel down and then the entire foot ...noticing the contact with the ground ...how that feels in the body

then shifting the weight on to the left leg ...lifting the right foot...swinging that leg through the air ...and placing the right foot down.... noticing the contact with the ground and how this feels in the body....

Continue moving in this manner on the path that you've chosen...shifting...lifting and placing...and as best you can keep the attention on the sensations in the feet with each step...

When you arrive to the end of your path...PAUSE and come to a full stop...

With intention and turn your body and get ready to go back the other way...feeling the sensations of movement and contact...

Whenever you notice your attention has wandered, gently bringing it back to the sensations of movement.....It might be helpful to use a quiet mantra for your steps as you walk...

Perhaps you say, "With each movement I am moving forward", or "I am lifting and placing, lifting and placing" or even something as simple as "first my left, then my right"

Keeping the gaze soft...eyes slightly downward without looking at anything in particular... feel the sensations of movement from within...

If emotions or thoughts arise and take your attention away from the movement, stop your movement for a moment and acknowledge them. Meditation isn't to block or ignore, but to feel and acknowledge and then return to self.

When the thoughts are no longer filling your mind, return to walking along the path that you've chosen...

And now expand the attention to include the entire body...from foot to hip...hip to shoulders...shoulders to head.

Notice the sensations in your body...as it is moving through space ...

Movement is a process we don't really pay much attention to and many of us take for granted..

When you get to the end of the path stop...

come to stillness...close the eyes or soften your gaze... ..send all your attention to the body and any sensations that arise and pass...

And then allow your attention to widen and include the sensations of breathing...wherever you feel comfortable observing the breath...your nostrils, chest or belly...

Just be with your body, breathing...

Pay attention to every inhalation and every exhalation...being with the body breathing breath by breath...

As you move out of this meditation, slowly return your focus to the room or space around you,
and as you gently return to your day, try as best as you can to bring
the same quality of attention into your next moments.