

WALKING MEDITATION (*Sharon Moon, July 2012*)

Many traditions use a simple meditative experience that involves walking intentionally present to the moment. Walking meditation involves mindful walking; bringing awareness to the feeling of the feet as they touch the earth or floor; being aware of the movement of the body as it walks. It is about being intentionally in the experience of the moment. Most of us spend the largest part of our lives distanced from the experience of being fully present; to our selves; to our world; to the nudging of God's Spirit.



Walking meditation can be done anywhere; on the street, in the corridors where you work, in a park. It can also be done in a labyrinth. Labyrinths have become more commonly used in our congregations over the past ten years. There are vast resources on labyrinths in libraries, but particularly on the web (a place to start is www.gracecathedral.org/labyrinth/). An internet search will bring rich reading about not only creating, but also using labyrinths for walking meditation.

One can walk a question; a feeling; a struggle; a grief process; a scripture; or really any kind of spiritual work. Or one can simply walk with an openness to listen for God, and a desire to be fully present in the moment.

If you do not have access to a labyrinth, a simple way to introduce people to walking meditation is to invite them to a time of mindful relaxation and silence.

I often use a simple line from a psalm, or other scripture as a mantra for centering and focus. The line from scripture takes on new nuances and meanings as one walks intentionally with it. At times one word may jump out more powerfully than the others. Simply allow the experience to open you to the nudging of God's Spirit.