

Mindful Walking

START: Take a 'snapshot' of how you're feeling - physically, emotionally, mind-wise.

1. Start to walk SLOOOOOWLY.
2. Allow your awareness to rest in the soles of your feet. Feel the physical sensations in your body - those amazing muscles, bones, joints, tendons, ligaments and nerves that do such an amazing job of keeping you upright.
3. Notice your posture - feeling those physical sensations and the way you are holding your body.
4. Really FEEL the soles of your feet, as they support your weight with each step, supported by the earth, in return.
5. FEEL your connection with the earth beneath you, as your mind's awareness rests in each step.
6. As you breathe in, silently say, "I am supported"
As you breathe out, silently say, "Thank you"

END: Take another snapshot. Compare it to the one from the beginning. Notice what has shifted.