



PRACTICING THE ART OF WALKING MEDITATION



**Meditation
LifeSkills**

LEARN HOW TO MEDITATE
MORE EFFECTIVELY

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Practicing the Art of Walking Meditation

The art of walking meditation is not as popular as traditional methods of meditation where you sit down in a form of a cross-legged position. However, *walking meditation can prove to be more accessible and easier to renew your inspiration and energy.*

[Learn more about Walking Meditation Techniques HERE...](#)

The Art of Meditation - When you engage in walking meditation, you'll be using some of the same principles as regular meditative practice.

Here are some tips to use when beginning with meditation:

- Schedule yourself plenty of time, at least 30 minutes to an hour.
- Focus all of your attention on your breath.
- Try to avoid making noise as it may distract you.
- Concentrate solely on the present moment.
- Go with the flow.
- Follow the energy that your mind is giving you.

Introduction To Walking Meditation

Walking meditation differs from regular meditation in a few core ways. The most obvious is the fact that you're walking instead of staying still. This is beneficial for those who think more clearly when they're moving around.

Also, when you practice walking meditation, ***you can eventually engage in meditation as you complete day-to-day tasks.***

This is useful because you won't always have enough time for a standard meditation session. Making time for daily meditation is one of the biggest challenges for any one wanting to learn how to meditate.

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Using both sitting and walking meditation will allow you more options to stay constant in your meditation practice day-to-day. You should always be exploring different meditation methods so you can create a tool box of fun and interesting meditation methods.

Use these strategies to enhance your experience as you begin walking meditation:

1. **Start by standing.** Don't begin walking right away. Stay calm and give yourself time to get into a steady pattern of breathing. Once you've achieved this balance, you can begin walking. This stage can take anywhere from a few seconds to a few minutes; just do what feels right for you at the time.
2. **Choose your location.** Have an idea in mind about where you're going to walk before you start the practice. If you don't have a plan in mind beforehand, you may be too distracted thinking about where you're headed.
 - It's up to you where you want to walk, but choose a place that tends to be calm instead of busy. You can walk in a park and take in nature, or you can even walk in circles in a large empty room.
3. **Watch your pace.** Your pace will probably vary from session to session, and that's okay. Try starting out faster than intended, then slow down to a pace that makes you feel balanced and almost like your body is doing the work automatically.
4. **End your session.** Most sessions last about 30 minutes to an hour. This should be enough time for you to enjoy the meditative practice as well as get some exercise in the process.

To end your session, slow down and stand up straight for a few minutes. Focus on your breathing just as you did at the beginning of your session.

Bringing Meditation Into Everyday Tasks

It's a good idea to master the art of walking meditation before trying to bring your regular meditative practice into your everyday living. Doing so will give you a better idea about what it's like to meditate while your body is in motion.

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While you won't be able to meditate while you're talking or engaging in activities that you're not familiar with, you can start to make it a part of your daily routine, whether it be in the mornings during your commute or during your lunch break.

Watch Your Emotions

Walking meditation and regular meditation have ***the power to get you in touch with your true emotions***. Some people are unsure about what they're feeling and may end up repressing feelings or acting out in anger.

Your emotions will generally rise up during a walking meditation session, which is why it's a good idea for you to engage in these meditation sessions often.

So be gently compassionate with yourself when your thoughts flit away from your footsteps.

From your grounding. It's what minds do and yours is simply doing what comes naturally to it. Smile and gently draw your mind's attention back to your footsteps.

That is what we are doing here. We are building that skill. We are teaching our mind how to hold onto focus just for a little while. Just for a few breaths. And then the mind skips off, like a playful puppy, and we draw it back in again. We guide it to a position of greater strength.

Summary

Walking meditations have been done in every culture, in every part of the world, since the beginning of time.

Pilgrimages and foot travel are a built-in aspect of who we are. Add walking meditation into your regular practice as one way to reconnect with who we are and where we are going.

You'll find that its strengths and benefits are quite vast, and it provides another way of approaching meditation and mindfulness which heal the body and soothe the soul. Namaste.

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[Other Resources For Learning How To Meditate More Effectively](#)

Learning how to meditate can give you the balance and peace of mind in your day to day activities that really do make for a better and more focused life.

These ideas on how to meditate are very easy to understand and incorporate into your life. Also, learning about these meditation methods will give you a good start to build your meditation practice. Easy tools that will bring peace, joy, and relaxation into your life.

Meditation is not a means to an end. It is both the means and the end. So, go ahead and pick a subject and learn how to meditate more effectively.

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