

*“Let your awareness inter-penetrate every single cell. Do this most effectively through proper physical alignment”  
-Tai Chi Principle*

# ***Try this!***

*“Concentration of the mind on the body produces wisdom”  
- Lonny Jarett*

## **Walking Meditation**

### ***Gentle Exercise With an Inward Focus***

**Stimulates the heart, creates space for thoughts, emotions and other energies to be seen and expressed.**

#### **Directions**

- 1. Define your practice.** Decide where you will walk, and how long you walk for. Be as specific as possible. You might also just start walking, with the intention to stop once you feel satisfied. Sunset and sunrise are the most nourishing times to be out if you can arrange your life that way. Example intentions: I will walk around the park three times, I will walk down the block and back. I will set a 20 minute timer and walk for that long, when it finishes I will walk home. I will walk until I feel there is nothing left to think about. If really tired, you might just set a very small goal – 3 minutes, to the end of the block. If you have time to spare, by the time you complete your goal, you may find you have enough momentum and inspiration to do a little bit more – to set another small goal. You can keep going in this way until you feel enough trust and energy to set bigger goals, or until you are satisfied!
- 2. Pick a focus.** Will you focus on your feet? Will you simply walk and observe the plants and animals? In general, it is good to use the body as a focus – this has added benefit of helping you make sure your joints are in alignment. The knees and toes should point the same direction, the legs should line up with the hips and shoulders, gait should be smooth and even, like a river. If you pay attention to your arms, you can try to make them rounded (elbows out a little vs. compressed against the body), relax the face and shoulders, walk slowly with attention to breathing deep in the belly. Take time to stop from time to time and notice how your energy has changed. Just be still, let your energy relax (if in a city with lots of people, you can relax your gaze on a distant building (better yet, a tree, mountain – something with natural energy), to avoid the turbulence of people. Whenever your focus drifts too far into the thinking realm; remember to direct it back to the body. The Chinese have an expression “Energy follows intention, matter follows energy”. Basically, by bringing energy or rather – our awareness – to a particular part of the body – this begins a process where more blood and nutrition will actually move there too! If you’ve ever paid attention to your hands or feet and notice they warm up after giving them attention for a while, you’ve proven this concept correct.  
**Applying this concept,** it’s a great idea to try and bring your focus into feeling every part of your body – not only to nourish the body with the mind – but also because it gives the mind to let go of stuck patterns so that new inspiration can come up.
- 3. Things you can focus on include:** Number of steps, breathing, counting the number of steps while breathing in and counting while breathing out, expanding your feet on the ground to connect more deeply with it, moving smoothly like a river (don’t worry about looking silly!), moving the arms in a smooth way. This list is not exhaustive. There are about as many focal points as you can think of – these are just good starting points as they emphasize improving the ways that you move and stand within your body! However, anything that brings you into the present and helps create space for new inspiration will do! Be creative, and let me know your favorite focal points!
- 4. Become absorbed in the object of focus.** Whenever your focus drifts, gently notice it drifting. Feel free to explore it and follow it where it wants to go. Then, gently bring attention back to focus point.
- 5. Repeat and Observe.**

#### **Tips**

- A. Decide on an amount of time you will practice and set a timer beforehand.** This keeps you focused and from wondering about the time. You can download the Meditation App for free, which allows you to set nice-sounding bells and Chimes to go off at pre-set intervals, keeping your focused – and more pleased than by hearing the sound of an Alarm.
- B. Practice in a comfortable position and location with good air and ideally – aesthetic beauty.**



# Mindfulness Meditation: Generating Clarity

## Directions

- 1. Focus.** Pick something to focus on, like your breath, your feet, a book, a beautiful tree or flower, this music, or a specific work goal.
- 2. Refocus.** Become absorbed in the object of focus. Whenever your focus drifts, gently notice it drifting. Feel free to explore it and follow it where it wants to go. Then, gently bring attention back to focus point.
- 3. Relax and Observe.** Notice any built up physical or emotional tension. Release this by relaxing – whether this is simply through taking a breath and shifting your posture – or by taking a break and going on a walk to process your work differently. Keep your focus in mind, and let your actions flow like water, finding the most effective method to achieve your goal.

## Tips

- A. Decide on an amount of time you will practice and set a timer beforehand. This keeps you focused and from wondering about the time.**
- B. Practice in a comfortable position and location with good air and ideally – aesthetic beauty.**