

OUTDOOR WALKING MEDITATION

Introduction:

Welcome to an outdoor walking meditation. This guided recording is approximately 20 minutes long, though you can stay in the outdoor meditative space longer if you wish.

Before we begin, choose where you want to go. If possible, choose a place where you can walk with your feet directly on the earth, rather than on pavement. If it can be a place with few people around, that's great. However, if there are people around perhaps you can stay within your own world of meditation and take in those people as you take in all of nature that surrounds you.

Enjoy!

Outdoor walking:

Having found a nice place to walk where there's earth, plants, sky, *walk* for a few minutes just to get the blood going, to find a rhythm with your own breath and your steps. Find some relaxation.

And then: another rhythm. Walk quite slowly for a few steps and then *stop. Listen.*

What is moving in the air? Do we hear some breeze in the treetops or rustling leaves? Are there some birds chirping?

Walking again a few steps,

what sound do we bring into the space? If you find yourself near water, what are the sounds?

Noticing some other senses now: *sense of touch*, the air on our skin, cool or warm?

Perhaps the sun is out, perhaps that warms us. Do you feel drawn to turn towards the sun, like a plant? We can greet the sun, give thanks; imagine the vast space between us and the source of our energy.

Pause again. Wherever you find yourself, what do you happen to see very close to you, within a couple of feet of where you are?

The *sense of sight*: bright, dark, light and shadow

Do you see texture? Can you touch that texture with your hand?

If there's a tree nearby and you can *touch* it and perhaps lean against it a little bit, and give thanks to this living being who speaks to the soil and the sky and the light and the water.....

When you're ready, *strolling on.....*

Is there something you see from another season, something that has passed?

Or something just beginning, since it's springtime in the north American region.....

and pausing again.....

Feeling our stance on the earth. Feeling our feet on the ground.

Letting our arms hang, relaxed. Checking for any tension in the body.....

Noticing any tight places.....and breathing and letting the tightness dissolve away into the earth.

Breathing, standing, sensing,.....

And strolling again.....

Noting always the sounds, smells, sights, the sensation of being in this body on this earth.....
the shape of the ground under our feet.
Is it flat? Is it steep? Is it bumpy or hard or soft or slippery or wet?

Walking, strolling, with attention at the soles of our feet.

What is the vibration that happens into the earth through our step? This conversation where
with every step we are letting all the living creatures around feel us, letting them know we are
here, with heavy step or shuffling step,

and pausing again.....

What do you see? Finding just one thing to look at, and *gazing*, gazing.....
noticing its detail, its light and dark, its color and shape.....does it move?

Letting the eyes soften focus while still gazing in the direction of that chosen sight.....
and while having the eyes in that one direction, taking in all the peripheral input that comes to
the eyes.....

what other sensations join this broad experience?

Does the sense of sight seem to merge with the sounds, or the sensations of standing, or of
breathing? Or of the air.....

and strolling on, in the totality.....

Can we walk with a very broad view with the eyes?
And be in the big sound of everything near and far?
And be this one small moving body that is part of the 'BIG' that is all around us.....
Be it forest or field or park or garden, wherever you find yourself.

This carefully, gently, slowly walking body is part of a very vast, huge living body of creatures and
trees and rocks and insects and birds and molecules and tiny things and flapping things.....
And everything that travels on the air.....

Just strolling now, at whatever pace feels good in your body.

Relaxing attention, letting attention roam and land where it will, letting our senses be taken and
caught and connected by whatever is around us.

Continuing to walk and periodically pause.

You'll notice there's no destination in mind. There's no need to anywhere in particular. We live
among.....we live among.....

We live.

At your own rhythm now, walking, pausing, standing, noticing one sense at a time,
and then all the senses in the 'BIG'.

Noticing your rhythm and your own pace. Walk for as long as you wish. Pause for as long as you wish.

Give gratitude to all the life around, to your own life, to the sky, the critters, the trees, the kiss of the wind..... letting the heart grow tender.

Perhaps there are no words.....when we are breathing with all of *this*, breathing with all of *this*.....

Enjoy your communing walk and stroll and pause for as long as you like.

Bring all of nature into your heart where it will be always, where we are always in the heart of nature ourselves.

Love in the world.

- Amala 2021