

Walking Meditation Instructions

- 1. Select a safe and peaceful outdoor space to walk (indoor spaces may be used due to weather issues).**
- 2. Walk in a clock-wise fashion (this is optional and is done to maximize chi or positive energy).**
- 3. Hold your hands behind your back gently as you walk.**
- 4. Walk at a slow to medium pace.**
- 5. Visualize footprints in the sand as the pressure of each foot is felt on the ground.**
- 6. When thoughts enter your mind, acknowledge the thought and go back to the footprints visual.**
- 7. Do the meditation on a daily basis for at least 10 minutes.**