**Week 2 dag 2**

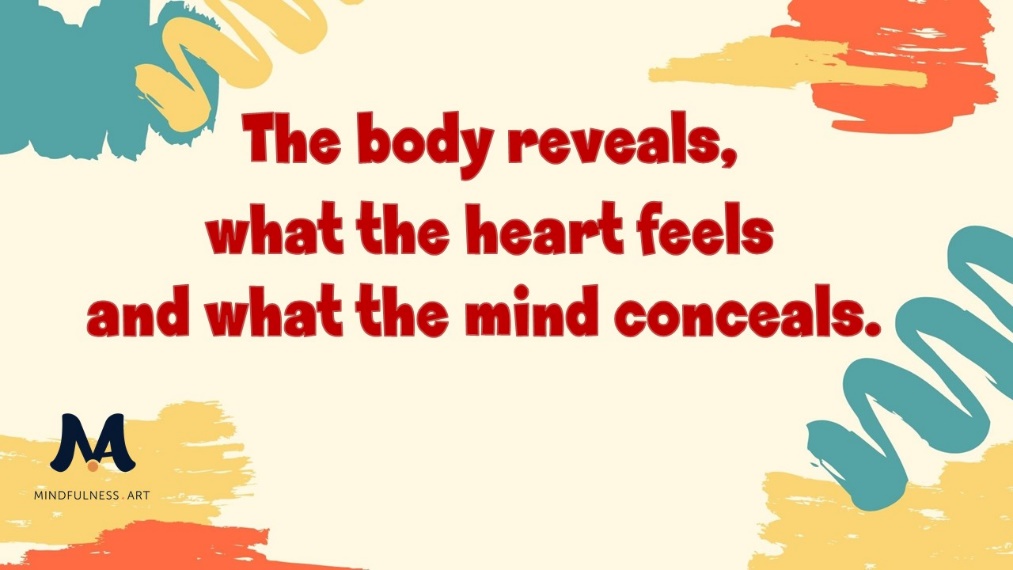
Die skakel na die video van Woensdagaand se tweede sessie op Zoom oor die Gedagtewereld en Liggaamlandskap is hier onder. Die elektrisiteit in die woonbuurt het afgegaan een minuut voor die aanbieding sou begin. Kry die geimproviseerde resultaat hier: <https://youtu.be/sJJeK7-J6yk>

Fokus deur die dag om te luister na boodskappe van jou liggaam: plekke van spanning, pyn, tinteling, moegheid of naalde en spelde. Probeer ook soms pyl hoe die kwaliteit van jou asemhaling is: Haal jy vlak asem of diep? Vinnigie tempo of stadig? Is die vloei van lug vloeiend of stotterend? Hoe reageer jy teenoor die sensasie as jy agterkom dit ‘n boodskap of sensasie is wat jy nie van jou nie. Toets die effek om die ongemaklike sensasie as jy daaraan aandag, spasie en deernis bied.

#### **Aandagtige stap**

Gaan stap ’n entjie en doen iets met jou aandag om dit te help om ’n bietjie rus te kry in die beweging. Hier is so paar opsies:

1. Stap baie stadig en laat jou aandag in jou voete rus en telkens daarheen terugkeer, want ander gedagtes sal ook opdaag. Laat jou aandag rus in die waarneming hoe elke voet die in die volgende volgorde funksioneer:
   1. gewig op hak
   2. gewig skuif vorentoe na bal van voet
   3. bal van voet druk jou vorentoe
2. Vir my werk dit goed om bogenoemde te reduseer. Dan hoef ek nie so stadig te stap nie. Ek laat my aandag net rus in die voorste deel van my voet, die bal en die tone. Ek voel alles wat ek daar kan voel. Waaraan ek alles daar raak. Hoe daar gewig op die bal kom en hoe ek myself daarmee vorentoe stoot.
3. As jy daarin geoefend geraak het dat jou aandag na jou voete kan gaan soos in (1), kan dit jou dikwels help wanneer jy in jou huis of waar ook al moet loop. Probeer die verskil lyflik voel as jy in gedagte en onbewus stap teenoor die ervaing as jy bewustelik stap.
4. As jy dalk draf, fiets ry of in die gimnasium oefen, fokus op die sensasies in jou spiere en gebruik dit as die rusplek.



**Mindful Walking**

Here are a few mindful walking practices from Dr. Chris Willard.

**1. Basic Walking Meditation**

A basic walking meditation is pretty simple. All you need to do is notice yourself walking as you walk, making your body sensations the anchor of the meditation. To break out of the autopilot we are often in, you might ask yourself, “How do I know I am walking?” and then check in with your senses.

It also may help to bring awareness to certain aspects of walking. For example, you can bring mindfulness to your body as you notice the sensation of your feet on the ground or the movement of your muscles, especially as you encounter different surfaces beneath you. Notice not just what your legs are doing, but also your arms, torsos, spine, and head as you walk.

You might be able to detect subtle shifts in your pulse, body temperature, or breathing rate before, during, and after you begin moving. You can also focus on the gentle rocking motion of your weight shifting.

Sometimes in sitting practice we use our breath as our anchor and focus on the point between the in-breath and the out-breath, where there is a moment of stillness. Likewise, in walking practice, we can notice the points of stillness where the right step becomes the left step and the left step becomes the right step.

**2. Adding Words or Phrases**

One simple way to focus your attention is to bring words or phrases to your steps. For one, you can count in rhythm with your steps. Whenever your mind wanders off and you lose count, simply notice where your mind has wandered, and return the count to one again. The key is to do this without judging yourself, and your wandering mind.

It may also help to have something to say along with the movements. You can, for example, say thank you and send gratitude or compassion to your feet and body as you move—a practice from Christopher Germer and Kristin Neff’s program Mindful Self-Compassion. Or, you can quietly or internally repeat reminder phrases to yourself.

You might enjoy repeating the following phrases, suggested by mindfulness teacher Thich Nhat Hanh, with each step:

I have arrived, I am home, in the here, in the now.

I also heard some other wonderful phrases once from a friend, saying for each footstep:

Nowhere to go. Nothing to do. No one to be.

Experiment with any or all of these on your next walk, or come up with your own phrases that resonate for you next time you are out.

**3. Sensory Walking**

This adaptation for the walking meditation is simple, and just involves really tuning into our five senses as we move through space. As we get into the moment with our senses, we can really savor the precious moments we do have to be outside and moving, and all that is around us. Our senses keep us grounded in the moment while our thoughts drift to the past or future.

• First, walk while keeping your eyes still and watching the view change as shapes and objects shift in and out of your line of vision.

• Next, focus just on the soles of your feet, aware of different sensations there as the surface changes.

• Then, focus on sounds. Those of your own footsteps, as well as the changing sounds in the world around you as you move.

• Lastly, focus on smells and tastes in the air, and how they change depending on where you are.

Learn more ideas to get started with mindful walking at mindful.org.