

Meditative Walking

Mindful walking is a devotional practice in many religions. It is prayer in motion, walking calmly and confidently with an openness to God's revelation.

Begin the walk with only one intention—to experience God in the walking. Express that intention to God and ask for God's grace along the walk.

Ask God to use the walk to communicate something to you.

Keep your senses open to any sight, sound, smell or taste that you may experience. Be open and accepting but do not be anxious for this experience. Let it unfold.

Listen to your breath as you walk slowly. How many steps are you taking per breath? Just observe. Do not control.

Listen to your heartbeat.

Listen to the sound of your footsteps.

Listen to the environment around you.

When your walk is finished, say a prayer of gratitude for mobility, breath and life.