

Walking Instructions 2

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So some people find that it's easier to be embodied in the practice when they're doing walking. More of your bodies are moving and shifting and changing. And there's more sensations there to feel in the body. And so if that's the case for you, or even if for this next walking period, see if you can bring your body along for the walk. Let the body really experience. Like you're going to allow the body to experience what it's like to do walking, to be walking.

And I use that kind of language carefully because we so much identify with our thoughts or ideas, some smaller part of who we are, that little person in the control tower, right, that we seldom, many of us seldom, really give ourselves a chance to really let the body experience itself. It's like the body is the object of experience, what we judge ourselves by, or commentary by, or trying to fix or make better, or doing something. Our body is almost like just often treated as an object. But what if the body is like the subject, and you're allowing the subject, the body, to have a fuller experience of itself. And you're kind of getting out of the way or opening up or allowing awareness to be spreading in your body in the present moment.

And so this full body, so as you do the walking meditation, let's see if you can experiment with kind of a broad global sense of body as you walk, especially at the beginning. And then as you get into the walking, maybe you can allow your attention, your focus, settle into the rhythm of breathing in and breathing out, that alternation coming and going. And I said before to some people here that, you know, just one step is enough to be present for this step. To be more ambitious is sometimes a guarantee for the mind to wander off. But if you could do it all in short little pieces, then it might be easier to just stay in the present moment with the body, the experience, and not drift off in thought.

But if you've done a lot of walking meditation and one breath, just one step, it just seems like, I don't know, too little. You can set your intention to be as present as you can for one pass.

If you walk 20, 30 feet, and then before you, you know, that's the distance you're trying to be present. Then you turn around and do the same for that next pass. So that you have a kind of a bounded, clear idea of where the end is, of what you're trying to be fully present for. Because if it's open-ended, it's just too easy to get casual, to be kind of just kind of like loose touch.

But if you have this kind of clear time, look at this, I'm here. I'm going to really do this, and in a way that hopefully you enjoy. That is not a mechanical task to do. It's something to enjoy from the inside out as you go. To enjoy what it's like to be alive at this particular time and place.

So we'll start again in here at, we'll do a shorter period of time for walking meditation. We'll do 30 minutes. We'll start in here at 11:30. And so Kevin will ring the bells seven or eight minutes before. And I'd like to invite those of you who are new, who came up here at the end of the last sitting, if any of you want to follow up a little bit, now you have...