Turning Up for the Moments of Your Life: Being Here and Now

1. WALKING MEDITATION FOR GROUNDING

Welcome to this guided walking meditation intended to promote a more peaceful and calm state of being through grounding and reconnecting with the Earth.

**As a society, we are accustomed to the doing mind, rushing through Life, ticking out boxes from our busy schedules, and always looking for something to do, or achieve. We stay stuck in our heads and “float away”, either mourning over the past, overanalysing the present, or worrying about the future. We have forgotten how to be present to ourselves and those we are in relationships with, missing out on all the small, yet magical moments that make life worth living.**

[INSTRUCTIONS] For this meditation, choose a space where you may wander freely, whether that be your room, or outdoors in Nature in a quiet spot, and you may take off your shoes, or even your socks, to fully connect your feet to the ground. If you prefer to remain indoors, you may slightly open the window to feel the breeze against your skin during this exercise.

[PREPARATION] Stand up with your arms hanging loosely by your sides and close your eyelids whenever you feel ready. You may keep your eyes closed throughout the meditation if this feels comfortable. Notice any tension or stiffness in your body, which may have accumulated throughout the day. If needed, you may make slight, gentle movements to come into contact with these parts, awakening them.

[BREATHING AND CONNECTION] Take a few mindful deep breaths: in through your nose, then down to your abdomen, and out through your mouth. Repeat this sequence as many times as you would like, and at each exhale notice how your body responds, how does it feel? Your job is to simply observe, without trying to change or expect anything to be different than what it is at this moment in time.

[AWARENESS OF LOWER BODY & THOUGHTS] As you continue breathing consciously, bring your awareness to your lower body, including your hips, thighs, knees, calves, shins, and finally your feet. Notice any physical sensations or thoughts, which may arise, without judging or assigning any particular meaning to them, rather just befriending and allowing them to be.

[FEET] As your attention moves down to your feet, notice how they feel: Do they feel stable and rooted, or maybe a bit wobbly, so your body tilts slightly from one side to the other, or even back and forth.

[MOVEMENT & STILLNESS] Whatever the case may be, slowly begin walking around your space in a circular motion, in a straight line, or in whatever way feels good to you, know that there is no right or wrong way to do this. While walking, alternate moments of stillness to movement, and whenever your mind wanders off to thoughts you do not wish to explore for now, gently bring your awareness back to your feet and know that you may return to those after this exercise.

 Notice the pace your body has chosen, become aware of the temperature and texture of the ground, as well as how the soul of your feet feels at every touch. Curiously pay attention to every shift in the weight of your body every time you move. Notice how you lift your toes and how you lift your heels. Perhaps you have become aware that your weight is placed differently at each movement. Have you noticed whether you lose balance or whether you remain steady?

Pause, take 3 deep breaths and continue exploring all of your physical sensations. Are your feet itchy or do you feel like they are being enveloped by warmth and softness? Listen to your mind, have you noticed a particular pattern?

[RETURNING] Now, you may choose a spot where your body feels completely comfortable, or where perhaps your feet have brought you many times during this meditation. Take a few moments to simply stand still and feel rooted to the Earth. Notice your breath and enjoy the heaviness of your body being held and pulled down to the ground. Take a final deep inhale and sense your entire body being filled from the feet to the crown of your head with new energy.

By Asia Charles