

Walking Just to Walk

The Buddhists have a formal practice of walking meditation. You can Google that and find out instructions for doing this formal practice. I do that. But, I also enjoy the more informal practice of “just walking”. Each night at dusk or after dark I take a slow walk up and down the street where I live. I walk intentionally and I say to myself that I am practicing listening. In the summer that is easy; the crickets, the birds, the Katydid. In winter it’s a challenge to listen to snow falling or the crunch of my boots. I also like to think that I am practicing slowing down – something that is a challenge for me.

So on this walk, I don’t try to meditate specifically – but I try to be present to the road, the weather, the sounds, my own walking. Buddhist writer, Thich Nhat Hanh has written *“The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive.”*

