

EXERCISE 18

Mindful Walking

Access the audio file at estrangementenergycycle.com.

Select a flat surface free of obstacles for walking, either indoors or outdoors.

- Step 1:** Take several deep breaths as you straighten your spine, imagining a pole coming out the crown of your head that elongates your neck, spine, and torso. Take several more deep breaths, noticing any shift in your breathing by adopting this upright posture.
- Step 2:** Begin to notice your feet. As you prepare to lift one foot to begin walking, become aware of your muscles shifting, balancing the movement of your body weight as you lift your foot.
- Step 3:** As you proceed to lift one foot to begin walking, embrace an exaggerated slowness, as if you are moving in slow motion. Without losing your balance, notice the muscle groups that activate as you begin to walk, including the lifting of your foot, bending of your knee, balancing on one foot, and placing your foot on the ground in a stepping motion, heel to toe.
- Step 4:** Repeat these slow-motion movements as you walk, noticing how your body uses muscle and balance as it moves. Continue your walking with relaxed belly breaths and a straight, strong spine.
- Step 5:** As you finish your mindful walking, what do you notice in yourself? Is there a burst of energy? Increased oxygen? An improved flow to your breathing?
