

Compassionate Me

Week 4 - Compassion for Nature

Mindful Walking



Spending time in nature can be nourishing, healing and sustaining.

But, sometimes we could be spending time in nature - and yet not fully present! We are so wrapped up in our thoughts and worries that rather than enjoying where we are and what nature has to offer, we are stuck inside our heads.

So, Mindful Walking is a really good way to bring yourself into the present moment - and allow yourself to really enjoy what our beautiful planet has to offer us.

- Find a quiet, place - perhaps your garden or a park that's not too crowded.
- Practice the One Minute Breathing Meditation from Week 1.
- When you are ready, start walking – at a steady pace.
- Listen to your feet on the ground. What sensations are you feeling as your foot makes contact with the ground?
- Think about the sensations in your feet, the calf muscles, your knees, your thighs, your torso. What about your upper body? Is there any tension there?
- Pay attention to your breathing. Are you breathing fast or slow? Is it in rhythm to your footsteps?
- If your attention wanders, gently bring it back to your breathing and then your walking.
- After a few minutes allow your attention to widen to the environment around you.
- What can you hear around you?
- What can you smell?
- If you see something beautiful or interesting that catches your attention – acknowledge this – give it the attention it deserves – enjoy it.
- Throughout this exercise – be aware of the present moment. If you find your mind wandering bring it back firstly to your breathing, then to the environment around you.
- When you finish, take a moment to reflect on what you have just done – and write this in your Daily Diary.

