

# *~ How to do Walking Meditation? ~*

Mingyur Rinpoche

I would like to teach you walking meditation. Normally, after a long time meditating, doing walking meditation really helps. Especially, if you sit too long, when you walk it feels really good.

I went to the Himalayan mountains to do retreat. Sometimes, I would sit too long. Then I would come out of my cave or the retreat house — sometimes I would get a small house — and I would walk.

While walking, you can be aware of the movements of your body. The feet walking: right, left. You can be aware of that. Or just be aware of any sensation in your body. Also, when you walk, the air touches your body. There is a cooling sensation, or sometimes a warm sensation, or sometimes a tactile sensation. Anything that happens in your body, any experience in your body, just be aware of it and continue to walk. You just walk naturally. You do not need to walk very slowly. You do not need to walk very fast. Be natural and just walk, mind and body together. When doing awareness of the body practice, you sit still and bring awareness into the body. You can do the same thing while walking. Bring the mind into the body. Mind and body together.

This walking meditation is really beneficial. It especially helps to integrate meditation in everyday life. Sometimes you can meditate in everyday life, while you are walking or in different places, but it can be quite difficult that suddenly you can meditate like that. Sitting meditation is quite easy. Walking meditation is sometimes a little bit more difficult than sitting, but not chaotic like everyday life. It is in between. So it really benefits the conjunction between sitting and everyday life.

So, this is finished now!

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