**Fireweed Sangha of Mindful Living**

**Walking Mediation Guide**

Note to Walking Meditation Leader: Text in ***bold italics*** is to be read out loud to the sangha. The rest is informational for you to read silently to yourself. Before practice, please also read the final page of this guide, which summarizes the role of the Walking Meditation leader. (Note that “Thay” is pronounced like ‘tie’)

**Order of Practice** (Times are approximate)

GENTLE TRANSITION to Walking Meditation after Check-In

Silent if possible, look for nod or eye contact from Bell Minder

7:05 – 7:07 INTRODUCTION

(~2 minutes) READ: ***“Now is the time for our walking meditation.***

***‘Walking meditation is practicing meditation while walking. It can bring you joy and peace while you practice it. Take short steps in complete relaxation: go slowly with a smile on your lips, with your heart open to an experience of peace. You can feel truly at ease with yourself. Your steps can be those of the healthiest, most secure person on earth. All sorrows and worries can drop away while you are walking. To have peace of mind and attain self-liberation, learn to walk in this way. It is not difficult. You can do it. Anyone can do it who has some degree of mindfulness and a true intention to be happy.’***  *From A Guide to Walking Meditation by Thich Nhat Hanh*

***In Thay’s tradition we walk somewhat slower than regular speed, but without pauses. The four elements of walking meditation to hold in consciousness are the walking, the breath, an object of attention such as a short gatha or mantra, and the smile.***

7:07 – 7:15 BEGIN WALKING

(~8 minutes) Use the small bell to open and close walking meditation.

Give instructions for how the inner and outer circles should exit, re-arranging cushions if necessary to allow for a clear walking path. Also, please narrate the three opening bells:

1. ***On the first bell, stretch your legs and stand up***
2. ***On the second bell, bow to the sangha and turn to the left (clockwise - turn right shoulder into the circle)***
3. ***On the third bell, begin walking***

CONCLUDE WALKING MEDITATION

When all members have re-entered the room and are at their places, please narrate the three closing bells:

1. ***The first bell signals the close of our walking meditation***
2. ***On the second bell, bow to the Sangha***
3. ***On the third bell, bow to your cushion, honoring your practice, and sit***

Give a nod to or make eye contact with the Dharma Reader for a gentle, silent transition.

**About the Walking Mediation Role**

[in development]

Things to clarify:

* What is an “object of attention”
* Perhaps provide some “object of attention” options in the script to choose from, e.g.:
  + - in breath – I have arrived; out breath – I am home
    - in breath – I am solid; out breath – I am free
    - in breath – Mother/Father/Ancestor/other person; out breath – I am here with you
* How to choose and describe a smooth exit and re-entry pattern for the group
* Being very clear on the final three bells so there is no confusion and random bowing