

## Mindfully Walking

Many times, we rush from one thing to the next, meetings, patients, tasks and activities. We forget the vast number of muscles, ligaments, even laws of nature it takes to simply take one step. The practice of mindfully walking invites you to become aware, thoughtful of each movement, and how you are connected to the Earth. If possible, take the time to do this exercise barefoot on the grass.

Begin to become aware of your feet.

What part of your feet is touching your shoes (if you have them on) or the ground?

What is the texture like?

Where does your arch naturally lift off the surface?

Which toe is the longest?

Where do your toes touch the ground or the sides of your shoes?

Is the pressure equal on the sides of your foot, or do you lean to one side.

Now begin to take a step.

As you lift one foot, what are the muscles in your legs doing?

How about your stomach? Your arms? Your face?

Are your hips swaying to the side?

Do you come up on your tiptoes?

How does it feel to be on only one foot for a moment?

As you set your foot down, which part touches first ?

Do you set your foot down hard, or do you step lightly?

Can you feel the gravity pulling you down?

What does it feel like to place your foot on the ground?

How does it feel to be connected to the Earth?

In these moments, we can take time to become aware of our bodies, our connection to ourselves and the world around us, and our connection to our beautiful Mother Earth.

