

MINDFUL WALKING SCRIPT

This is a practice where you focus your attention on the act of walking, bringing awareness to each step, your body, and your surroundings. It combines movement with mindfulness techniques to create a meditative experience that keeps you grounded in the present moment.

Here are the steps of the Energy Flow® Mindful Walking exercise:

1. Find a quiet and safe place for your mindful walk, either indoors or outdoors.
2. Begin by standing still for a moment and taking a few deep breaths to centre yourself.
3. As you start walking, set a slow and deliberate pace.
4. Pay close attention to each step you take, focusing on the sensations in your feet.
5. Feel the weight shift from one foot to the other with each step.
6. Notice the way your heel, arch, and toes make contact with the ground.
7. Observe the texture and temperature of the surface beneath your feet.
8. As thoughts arise, gently bring your focus back to the physical sensations of walking.
9. Continue this mindful walking practice for a few minutes, or as long as needed.

10. When you decide to conclude the exercise, stand still again for a moment and take a few deep breaths to transition out of the practice.

Reflection questions:

1. What sensations did you notice in your feet as you walked?
2. How did it feel to be fully present with your body and surroundings during the walk?
3. What changes do you notice in your body when you stopped and took a few deep breaths at the end?