

How to take a Mindful **WALK OR HIKE**



AS YOU WALK OUTSIDE, TAKE A MOMENT TO FIRST CLEAR YOUR MIND. NOTICE WHAT THOUGHTS, FEELINGS, BODY SENSATIONS ARE COMING UP. ALLOW THE FIRST FEW MINUTES TO LET THEM FLOW WITHOUT JUDGEMENT AND WITHOUT LETTING THEM “STICK”. JUST NOTICE AND OBSERVE WHAT TYPES OF THOUGHTS AND FEELINGS ARE COMING UP.

NEXT, IMAGINE ALLOWING YOUR THOUGHTS TO LEAVE ON A CLOUD. TAKE A LITTLE BIT OF TIME TO WATCH EACH THOUGHT FLOAT AWAY. GIVE YOURSELF PERMISSION TO BE FULLY PRESENT TO WHAT IS HAPPENING AROUND YOU IN NATURE.

TAKE A DEEP BREATH AND SO A 360 TURN AROUND. WHAT DO YOU SEE? NAME 5 THINGS YOU ARE SEEING. BEGIN WALKING.

NEXT, NOTICE 4 THINGS YOU CAN HEAR. JUST BE PRESENT WITH THE SOUNDS.

TAKE A MOMENT TO TOUCH AND REALLY FEEL THE TEXTURE OF 3 THINGS OUTSIDE ON YOUR WALK.

NEXT NOTICE 2 THINGS YOU CAN SMELL.

FINALLY, TASTE SOMETHING. NOTICE IT. WHAT IS IT LIKE?

Lets not forget that walking is a form of bilateral stimulation: When both sides of the brain's hemispheres are stimulated, this can promote increased mental, emotional and spiritual health. (EMDR anyone?). Integrating a posture of inviting the Divine while walking/hiking can be a powerful form of change and soul care.