

Inner Studios: Walking and Listening

A Walking Meditation

This exercise can be adapted to a smaller space – like a backyard, or to an inside space if the weather or other circumstances keep you from going outside.

Materials: Print this page or save on your phone, bring a pen and a journal (or use the back of this page).

WALK AND LISTEN DEEPLY

Read this paragraph through once so you know the flow of it. Begin to walk and simply notice all the sounds around you. Name as many as you want. Then begin to let the names of the sounds go and just listen to the sounds. Notice the layers of sounds. There are sounds that are obvious. Listen for the sounds under the obvious ones. Then listen to the sounds under that layer, etc. If you get interrupted by something, notice your thoughts (a form of listening) then bring your attention back to your sense of hearing.

After walking for 15-20 minutes, find a place to pause. What was it like to listen like this? What did you notice? How did it make you feel? Write down what you want to remember about it.

Then keep walking until you find a good place to stop for the next portion of the exercise. If this takes a while, that's ok. Just keep listening. Perhaps let your attention move back and forth between what you hear externally, and what you hear internally (thoughts, feelings, bodily sensations).

BENEATH THE SURFACE

Find a private place along the path. As you get comfortable, choose a direction to look that is intriguing to you and let that be your view for the next 20 minutes. Breathe deep and take in the scene. Then consider these questions: What in your life is hidden by noise? (Or what's at a lower volume and getting drowned out by louder things?) What would happen if you turned up the volume on it?

Pay attention to the scene in front of you. If God were to use it to speak to you, what would God be saying?

~ Write down what you want to remember.

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