A five-minute walking meditation

- Choose a stretch of path you can walk without checking directions: a loop of a park, the way to a shop, a quiet street. Ten steps back and forth on a patio is enough.
- Put your phone on silent, or press play on your own recording and keep it in your pocket.
- Walk with your eyes open. Wherever there are people or traffic, keep their pace and slow down only on the quieter parts.

Arrive

> Stand still for a moment at the start of your path. Let your feet take your weight, and let your arms hang loose.
> Pause, about 10 seconds
>
> Breathe out slowly. There is no need to change your breathing. Just notice the next breath arrive.
> Pause, about 10 seconds
>
> Feel where your feet meet the ground. Your heels, the balls of your feet, your toes.
> Pause, about 10 seconds

Walk

> Now start to walk, a little slower than usual. Feel one foot lift, move forward and land. Then the other.
> Pause, about 25 seconds
>
> If it helps, say three words to yourself as you go. Lifting. Moving. Placing.
> Pause, about 15 seconds
>
> Your mind will wander. When you notice it has gone somewhere else, that moment of noticing is the practice. Come back to the next step.
> Pause, about 25 seconds

Widen

> Let your attention open out to sound. What is the nearest sound you can hear? What is the farthest?
> Pause, about 25 seconds
>
> Now the air. Where do you feel it? On your hands, your face, the back of your neck?
> Pause, about 20 seconds
>
> Let your eyes rest a few steps ahead. Find one thing that is growing, or one patch of light, and watch it come closer as you walk.
> Pause, about 25 seconds
>
> If something catches you, stop and stay with it for as long as you like. Then walk on.
> Pause, about 20 seconds

Return

> Come back to your feet for the last few steps. Slow down a little more.
> Pause, about 15 seconds
>
> Now stop, and stand still. Feel the ground again. Look back along the way you came.
> Pause, about 10 seconds
>
> Take one more breath out here. Then carry on, at whatever pace your day needs.