

# MEDITATION: NATURE WALK

Adapted from  
M. Amos Clifford's book, *Your Guide to Forest Bathing*

## Time Required:

15 minutes daily for at least a week. Evidence suggests that mindfulness increases the more you practice it.

## How to Do It:

Walk slowly (or sit still), while silently noticing what is in motion in the forest. There is always movement, even when things seem perfectly still. Strands of a web drift in the air, trees move in the breezes, birds fly by, and squirrels scramble in the branches, grasses bend, insects crawl. . . .Until you become accustomed to it, walking slowly for more than a few minutes is, paradoxically, stressful. Because the mind and body are a single entity, slowing our body will also calm our mind.

The eternal movement of the forest gives our minds something to engage with. Just as with sitting meditation the breath is always there and available for watching, in the forest there are always things in motion.

Your mind will drift, and many other thoughts will arise. When they do, gently bring your attention back to noticing what's in motion. When you find you have automatically sped up, come to a complete halt for a moment. It's an opportunity to fully give your attention to one thing (the forest), noticing how that thing is in motion.

After a brief pause continue your slow walk and resume noticing the forest, releasing your thoughts and returning your attention to the forest.