

WALKING MEDITATION

The art of walking meditation is to learn to be aware as you walk, to use the natural movement of walking to cultivate mindfulness and wakeful presence.

Begin by standing at one end of this “walking path,” with your feet firmly planted on the ground. Let your hands rest easily, wherever they are comfortable. Open your senses to see and feel the whole surroundings. After a minute, bring your attention back to focus on the body. Centre yourself and feel how your body is standing on the earth. Feel the pressure on the bottoms of your feet and the other natural sensations of standing. Let yourself be present and alert.

Begin to walk a bit more slowly than usual. Pay attention to your body. With each step feel the sensations of lifting your foot and leg off the earth. Then mindfully place your foot back down. When you reach the end of your path, pause for a moment. Centre yourself, carefully turn around, pause again before walking back. Feel each step mindfully as you walk.

(Jack Kornfield)

Many thanks to our friend Dr Anne F. O'Reilly for creating this beautiful free resource for all who visit our centre



IN BEAUTY MAY I WALK

In beauty may I walk.
All day long may I walk.
Through the returning seasons may I walk.

On the trail marked with pollen may I walk.
With grasshoppers about my feet may I walk.
With dew about my feet may I walk.

With beauty may I walk.
With beauty before me, may I walk.
With beauty behind me, may I walk.
With beauty above me, may I walk.
With beauty below me, may I walk.
With beauty all around me, may I walk.

In beauty it is finished
In beauty it is finished
In beauty it is finished

Extract from a Navajo ritual called the Night Chant.



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WALK WITH AWARENESS & LOVING KINDNESS



***The real miracle is not to fly or walk on fire.
The real miracle is to walk on the Earth, and
you can perform that miracle at any time.
Just bring your mind home to your body,
become alive, and perform the miracle
of walking on Earth.***

(Thich Nhat Hanh)

The Margaret Aylward Centre is delighted to offer guests of our centre access to the Loop Walk on-site. All walkers must be signed in (and out) at the centre for health and safety reasons.
Thank you

BE PRESENT WITH THE POETS

I don't know exactly what a prayer is.

I do know how to pay attention,
how to fall down into the grass,
how to kneel down in the grass,
how to be idle and blessed,
how to stroll through the fields,

(From The Summer Day by Mary Oliver)

These are hard paths we tread
but they are green
and lined with leaf mould
and we must love their contours
as we love the body branching
with its veins and tunnels of dark earth.

(David Whyte)

What we need
is here. And we pray, not
for a new earth or heaven, but to be
quiet in heart, and in eye,
clear. What we need is here.

From Wild Geese by Wendell Berry

Seek out a tree and let it teach you stillness.

(Eckhart Tolle)

YOU MAKE THE ROAD BY WALKING

The Margaret Aylward Centre – a place of prayer, tranquility, conversation and dialogue for all

You don't have to make any effort during walking meditation, because it is enjoyable. You are there, body and mind together. You are fully alive, fully present in the here and the now. With every step, you touch the wonders of life that are in you and around you. When you walk like that, every step brings healing. Every step brings peace and joy, because every step is a miracle. *(Thich Nhat Hanh)*

