

Thai walking meditation

A reminder of the sequence if you want to do it at home ...

Begin just standing	Say to yourself three times "Standing, Standing, Standing"
Notice in your mind when you intend to walk	Say to yourself three times "Intending to walk..."

Stage 1

Moving left foot first	Say to yourself "Left goes first"
Moving right foot	Say to yourself "Right goes first" and so on

Reaching end of track, stop	
Just standing	Say to yourself three times "Standing, Standing, Standing"
Notice in your mind when you intend to turn	Say to yourself three times "Intending to turn..."
Turning slowly using about six steps	Saying to yourself "Turning, Turning, Turning"

Moving left foot first (repeat as above)

Further stages ...

Stage 2 (Said to yourself with appropriate movements of foot)

Lifting	Treading
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Stage 3

Lifting	Moving	Treading
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Stage 4

Heel Up	Lifting	Moving	Treading
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Stage 5

Heel Up	Liifting	Moving	Lowering	Treading
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Stage 6

Heel Up	Liifting	Moving	Lowering	Placing	Treading
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If at any time something else is going on that is taking you away from the above, stop and repeat three times what it is ("Thinking, Thinking, Thinking), ("Worrying, Worrying, Worrying"). When its intensity has subsided, pick up where you left off with the walking. And it is OK to settle at any time on the stage that is most comfortable for you.