

Walking is Part of Everyday Life

A Guided Meditation

By Gael Rosewood

Walking is part of every day life. We, and the rest of the animal kingdom, were designed for this action. How we walk is patterned by many influences, such as: our footwear and clothing, our unconscious copying of family patterns, cultural norms and expressions of masculinity or femininity. Our own walking is so highly patterned that we never have to think about it. And yet, over time, this repetitive action affects our muscular/skeletal balance and our posture. Chronic tension patterns or areas of holding and stiffness are most likely being re-enforced or even created by our habitual patterns of ambulation.

In this guided meditative program you will be asked to bringing your attention to different aspects involved in the coordination of walking and to explore possibilities for release and ease. Through contrasting different coordination options you will be able to teach yourself new ways of moving through the world that feel better supported, easier, and more graceful. Meanwhile, this can be explored between the tasks that you are on your way to performing. It requires nothing but your curiosity, playful explorations, and an attuned ability to listen to your whole body in locomotion. Grace and ease in motion is our birthright. It is in our design.

To purchase this guided meditation [click here](#).