
MtM Meditation Series
Two Scaffolds: Standing and Walking

Mindfulness meditation can be expanded to standing and walking. Meditation is not always required to be about sitting. These meditations can be considered as a form of mindfulness on the move. A metaphor that Jon Kabat-Zinn has used to describe meditation techniques is “scaffolding¹.” The many ways of mediating are scaffold frameworks used to assist us in creating stillness. When the scaffolds are no longer needed, they are removed, and what remains is the essence of our inner work, right at the edge of the in-breath, out-breath, this body, this moment.

Let’s now start with a 10 minute sitting and let’s attend to following, sensing and feeling our breath. We can start by taking three deep breaths and then return to normal breathing for the duration of the meditation. During the first out-breath tell yourself to relax your jaw and your facial muscles, the second out-breath relax your shoulders, and the third out-breath relax your whole body. During this breathing meditation, when you discover you are not following your breath, make a brief note of it, release it, and gently return to your breath. Okay? Let’s start.

Now we are going to listen to a 6:19 minute Insight Timer meditation by Tara Brach called “Walking Meditation.” It provides basic walking mediation information by first introducing us starting with a standing meditation. Let’s us just listen to this recording and actively imagine doing what is said. Using the power of your imagination, feel the effects of mentally doing this work.

Following this Insight timer, we will, on our own, do a standing sense feeling meditation for three minutes.

Now let’s sit down and listen to two walking meditations, and actively mentally imagine doing the mediations as they talk. The first meditation is a very general “Walking Meditation” is by Mary Waldon is (Insight Timer 6:43 minutes). Then the second one goes into more explicit body sensing detail when doing a walking meditation. It is called “Mindful Walking Meditation” by Bangor University (Insight Timer 10:41 minutes).

We will follow-up by actually doing a 10 minute walking meditation. You can use any or all of the techniques you heard about during this session.

This “Two scaffolds: Standing and Walking” session is also provided as a PDF file:

<http://leafsfoundation.org/projects> .

¹ Kabat-Zinn, Jon (2005), “Coming to our Senses” Hyperion Press, New York, New York. pp 99.
“Meditation practice invariably requires a certain kind of scaffolding, especially at the beginning (but really, always, to some degree, only it can grow to seem so second nature that no “will” or “attempt” or “reminder” is any longer necessary), in the form of meditation instructions and a variety of methods and techniques.”