

Walking Meditation

Ritu B Daga*

Classical Homoeopath, Obesity & Sleep Counsellor, Sleep Technologist, India

*Corresponding author: Ritu B Daga, Classical Homoeopath, Obesity & Sleep Counsellor, Sleep Technologist, India, Tel: 9425475871; E-mail: dagaritu28@gmail.com

Received date: November 14, 2017; Accepted date: December 12, 2017; Published date: December 18, 2017

Copyright: © 2017 Ritu B Daga. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Citation: Ritu (2017) Walking Meditation . J Sleep Disord Ther 6: 279. doi:10.4172/2167-0277.1000279

Opinion

Time zone we are living in is era of growth, growing competition and fight for survival. No doubt it's imparting mental stress, increase rate of depression and psychosomatic disorders. Substantially, we all are in need of mental relaxation and Herculean productivity. Most of us already had adapted relaxation therapies cognizable in different patterns. Though with our busy schedule and maladapted lifestyle, we find it very difficult to sit and meditate at one place as well as difficult to resume mental peace. Meanwhile these days, during my routine morning walk, following my basic instincts an idea struck to my mind. Due to scarcity of time why not try meditation along with the walk... surprisingly, it worked well. I found it fastest way of achieving mental peace. After practicing it for a month I have my beautiful experience to share with you. It also treated my insomnia naturally and resumes back my mental rhythm.

You must be wondering what a small walk is capable of. Here I am talking about Walking Meditation, which is different than our well known routine meditations and immensely beneficial for those having high kinaesthetic energy and vulnerable to easy distraction. This helps you to connect with your soul and let you fall in love with yourself.

“Technique is simple”

Do it when sun starts shining. Choose a peaceful place or a garden with less no. of visitors. Make sure to get good exposure of sunlight. Now start walking with even and moderate steps with mindful

breathing. i.e. Take long deep breaths then pause for 3 seconds and release it slowly. Feel your breath throughout its course. Do it every day for 30 minutes. Choose the same place every day, so that your body & mind get sensitized to straight paths and turns. Once you are well acquainted, start walking with closed eyes and over a period of time you will find the whole endeavour turned out to be effortless.

After completing 30 min. walk, sit down with closed eyes facing sun and you will experience a relaxed mind with no thoughts and worries. Feel the warmth of sun permeating your body with energy. You will feel connected to your soul. Tell yourself, “you love your soul” 3 times and you will feel the warmth of love spreading in each & every cell. Then send your love to beautiful sky overhead and the beautiful nature around. Love will reverberate in its purest form by Mother Nature. Energy of love releases all the negative emotions out of your body and turns you into more positive and peaceful person. There you feel more tuned till the end of the day.

“Benefit of Walking Meditation”

1. Soothes your nerves 2. enhance self love & motivation 3. improve receptive powers, memory & concentration 4. Improve interpersonal relationship. 5. Satisfactory sleep. 6. Extrasensory perceptions. 7. Improved awareness of other senses. Altogether you will unveil the hidden truth of universe. You will be more close to yourself and feel the vibrant energy reverberate with universe. So dear friends, it's worth giving a try for experiencing the true meaning of a life.