

Simply walking

Simplicity ~ just a human being

walking on the earth

slowly, quickly, or

as you wish

Attention ~ as fluid as the movements

- * not anticipating, expecting, or fixating, holding onto sensations

- * not fighting against thoughts, images, feelings

- * curious about what is called “walking” ~ all the many muscles, movements, textures...

Rhythm ~ one step at a time,

as if you have all the time

in the world

as if being moved by the earth

Centered ~ delicately connected to-

feet, legs, belly, or whole body

while also open, spacious,

allowing sounds, sights, mind

to happen in and around

Transparent ~ nature happening

"inside" as well as "outside"



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