*“Absolutely unmixed attention is prayer.”* – Simone Weil

Prayer is so much more than words. In fact, prayer can be as simple as focusing on just one thing at a time, like doing the dishes, cooking a meal, or going for a walk.

Most of us are spending more time indoors than usual (and for good reason!) but if you’re looking for an excuse to get outdoors and stretch your legs, then give this walking prayer a try!

Walking is an easy way to cultivate calm, connectedness, and awareness. You can practice this prayer indoors or out, as you shop, walk your dog, or cross a parking lot. Here are some suggestions:

* Walk as you would naturally, taking a moment to notice your surroundings. Open your senses to take in the world around you.
* Walking prayer is about deliberately thinking about and doing a series of actions that you normally do automatically. Breaking these steps down in your mind may seem awkward at first, but it will help focus your attention.
* Notice your feet planted beneath you. Center yourself, feel how your body is standing on the earth.
* Notice how it feels to lift each foot and to place one foot in front of the other beginning with your heel.
* Observe the way it feels as your other leg swings forward, while the toes of that foot remain touching the floor or the ground.
* With each step feel the sensations of lifting your foot and leg off of the earth. Then mindfully place your foot back down. Feel each step mindfully as you walk.
* Repeat these steps as you walk, focusing your attention on the movement of your legs and feet—something that you’d ordinarily not give much thought.
* You can experiment with the speed, walking at whatever pace keeps you most present.
* Your attention will wander away many times. As soon as you notice this, acknowledge where it went softly, “wandering,” “thinking,” “hearing,” “planning.” Then return to feel the next step.
* Use the walking prayer to calm and collect yourself and to live more wakefully in your body.

It’s that simple!

Give it a try this week when you need a break from the news, Facebook, or just need a little sunshine ☺