

HOW TO MEDITATE WITH MOVEMENT



When people hear the word meditation, they might think of sitting, laying down, or standing still while staying focused or “zenned out”. Well, that’s not the only position one can take during meditation; there is a form of meditation called movement meditation. This practice involves gentle forms of motion like Qigong, walking through the woods, gardening, and lots more. It is an active form of motion that is good for people who prefer their minds to wander and find peace in action.

Your focus in moving meditation may be repeating a mantra, your breath, how your feet feel in your shoes or on the earth, the sound of your foot on the ground, and lots more. When starting out, you should move a little slower than usual so that you can feel your anchor every step of the way. Here are different forms of movement meditations and how to practice them.

Shaking

This practice is a good way to burn off excess energy if you’re extra tense. You can begin by standing with your feet apart as wide as your hip and slowly start shaking one arm and then the other one. While shaking, you could use the ‘let go’ mantra to flow with the movement. When shaking one arm, you’d say let, and the other you’d say go. Repeat this mantra through the entire movement and bring it to an end by coming back to stand.

Running

Running is a meditation practice that can be done around your neighborhood or in the woods. You can start by breathing slowly and keeping your attention on the task at hand. Once you start running, the sound of your feet should be

your anchor. As you run, let your thoughts melt away with every step and if your mind wanders, bring it back to the sound of your pounding feet.

Cleaning

This practice may seem like a chore, but you also get a clear mind in addition to having a clean house. There are so many cleaning activities that involve repetitive movement. Using vacuuming as an example, you can exhale as you bring your arm in and inhale as you extend your arm fully. Any cleaning activity that doesn't require slouching but staying in a strong posture while keeping your body relaxed is good for meditation.

Dancing

You don't need to be a trained dancer to pick up this meditation practice. This movement meditation form is fun to do, plus it requires no skill or training. All you need to do is put on your favorite tune and start dancing freely. You can add more songs as you move along, but it's advisable that you have at least 2 to 4 songs in your move-and-meditate playlist. In dancing, your anchor should be placing your attention on each body part movement, starting from your feet all the way through your entire body.

Walking

Walking is a low-impact move meditation that is suitable for everyone. This practice involves walking at a slower pace around the block, in a long hallway, field, or back yard. Your anchor for this movement is the sound of your feet as it lifts and lowers and how your toes feel for the entire movement. Walk with an intention for about 10 or 15 steps and repeat.

You can move your way to stillness using any of the activities above, but you need to be intentional about what you're doing. Don't start cleaning as a chore or running as an exercise and call that meditation. Whenever you intend to carry out these activities for the purpose of meditation, ensure that your movements flow in a way that relaxes your mind. This way, you can achieve stillness of mind while carrying out these activities.