

Stay Day 2016

A Mindful Arboretum Walk

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This exercise is based on “mindfulness” meditation (often called Vipassana). Take a 15 minute walk around campus or your neighborhood, or an area lake or park if you’d prefer. Walk slowly, and during the walk, remain as mindful as possible. In a nutshell, this mindful walk involves the following ingredients:

- While walking, focus your awareness on your breathing. Use this focus on the breath as an anchor or “home base.”
- From that home base, allow your mindful awareness to notice any sights, sounds, or physical sensations that may come up. Focus your awareness for a moment on that sight, sound, or sensation, then return your awareness to your breathing.
- If thoughts distract you from your mindful awareness, simply notice them, and return to your breathing.

When you are finished, consider the following questions:

- What thoughts, memories, or associations came up during the walk? What thoughts came up repeatedly?
- What sounds did you notice during the walk?
- What sights did you notice during the walk?
- What physical sensations did you notice (e.g. changes in the wind, the texture of the ground beneath your feet, railings on your hands)?
- What smells did you notice?
- What internal feelings came up during the walk?