

MEDITATION

Walking Meditation Script

A meditation done moving, outdoors, with the eyes open. No stillness, no closing the eyes, and a listener who has to stay aware of traffic.

12 min · 5 segments

Twelve minutes, five segments. The listener is outside and moving, so nothing here may require them to close their eyes or stop looking where they're going.

BEFORE YOU RECORD

- Record at a slightly higher level than your other scripts — this is heard through earbuds outdoors, competing with traffic and wind.
- Never say “close your eyes”, “stop” or “lie down”. The listener is on a pavement.
- Keep pauses to 20–30 seconds. Longer than that outdoors and people assume the audio has ended.
- Match your pace to walking, not to sitting. Slightly brisker than a seated meditation throughout.

01. Before you set off

1 min 30

[clear and practical — the safety framing has to be unmistakable because they're about to move]

This one is done walking, so your eyes stay open and your attention stays partly on the world. Roads, kerbs, other people — all of that comes first, always. If somewhere quiet is available, a park or a long pavement, take it.

Use one earbud rather than two if you're anywhere near traffic. You want to hear what's coming.

Walk a little slower than your normal pace. Not a dawdle — just below the speed you'd use to get somewhere. *[pause for 20 seconds]*

02. The feet

3 min

[the anchor of the whole practice — stay with it longer than feels necessary]

Bring your attention down to your feet. Not to walking as an idea — to the actual soles of your actual feet, one after the other. *[pause for 25 seconds]*

Notice the sequence in a single step. The heel lands. The weight rolls forward through the middle. The toes push off. It happens hundreds of times an hour and you almost never feel it once. *[pause for 30 seconds]*

Feel what you're walking on. Pavement is different from grass, which is different from gravel, and your feet know all of it without being asked. *[pause for 30 seconds]*

03. The rest of the body

2 min 30

[widen out from the feet — keep naming physical things they can check while moving]

Now let it widen. Your arms are swinging, probably slightly out of time with each other. Let them. *[pause for 25 seconds]*

Check your shoulders — most people walk with them slightly raised. Drop them. Unclench your hands if they're fists. *[pause for 25 seconds]*

And notice your breathing has found its own rhythm against your steps without you arranging it. Don't tidy it up. Just notice that it did that on its own. *[pause for 30 seconds]*

04. Looking outward

3 min

[this is the segment that makes walking practice different from seated — the world is the object of attention, not the breath]

Now let your attention go outwards, which is the thing you can do here and cannot do sitting in a room.

Look at what's actually in front of you. Not scanning for anything — just letting it arrive. Colours. The quality of the light. How far you can see. *[pause for 30 seconds]*

Now the sounds. Near ones and far ones at the same time. Traffic somewhere. Birds, maybe. Your own footsteps underneath all of it. *[pause for 30 seconds]*

And the air on your face and hands. Whatever temperature it is today. *[pause for 30 seconds]*

Your mind will have wandered somewhere by now. Come back to the feet. That's the whole practice — the feet are always there to come back to. *[pause for 30 seconds]*

05. Carrying on

2 min

[no winding down — they're still walking; end by handing the practice over rather than closing it]

We're nearly done, but you'll keep walking after this, so nothing needs to stop. *[pause for 20 seconds]*

You can let your pace come back up to normal whenever you want. See whether the attention stays with you when it does — sometimes it will, sometimes it won't. *[pause for 20 seconds]*

This is the practice that's easiest to keep, because you were going to walk somewhere today anyway. Any walk you take can be this one. Enjoy the rest of it.

USAGE

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