

## Simply Notice with Jordan Scott

*Welcome to this guided walking meditation. This series is brought to you by the team members of Estate of Health in partnership with the Town of Kingsville's Communities in Bloom. We thank you for practicing meditation today and we hope that you enjoy this practice.*

Take a slow, deep breath in through your nose and release it through the mouth. Begin to relax your shoulders back and away from your ears.

As you're walking, notice how each foot feels as it presses lightly onto the earth. Notice if there's any space for softening something in your body. Perhaps relaxing in the belly so it can expand with the breath.

Maybe inviting some opening around your chest as the breath rolls in. Maybe you can find a little bit more ease in your shoulders or in your back. Notice the feeling of the air moving across your skin and hair.

Notice the feeling of the clothes on your skin, and your feet expanding into the boundaries of your shoes.

Notice the rhythm of your pace as you walk. Perhaps just slowing it down a slight bit.

As you're breathing here, notice if you start to sync your breath with your walking. Notice the sounds around you. Taking in those sounds that are closest to you, as well as those that are far away. And everything in between.

Notice the colors. All the range of colors in your field of vision. Their radiance, their brilliance.

Notice what these things in your environment evoke in you. Any emotion, sensation or feeling. Just be aware and allow yourself that experience.

Moving mindfully through your environment, over the next few moments. See if it's possible to slow down your breath just a little bit more. Perhaps relaxing the shoulders down just a little bit more. Noticing each foot connecting you to the earth just a little bit more.

As thoughts and sensations arise, just kindly notice them acknowledging them and then letting them go.

So that you can return to this moment the experience of truly being in your environment observing all of your senses.

Observing your feelings and your thoughts, and doing so without judgment without identification with those things.

Notice how it feels just to put a little separation between you and your thoughts, becoming the

observer of your environment and yourself.

Perhaps you may like to continue this practice just a little bit more. Or maybe it's time for you to take a deep breath in and sigh it out to release this meditation. I hope you enjoy the rest of your walk, Namaste.