

Greenway Mindful Meditation with Jodi Nolin

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.

I invite you to join me on a wonderful journey into the present moment. Eckhart Tolle, a contemporary spiritual teacher says

"When your attention moves into the now, there is no alertness. If you are waking up from a dream, the dream of thought, the dream of past and future. Such clarity, such simplicity, no room for problem making, just this moment as it is".

So let us arrive in the now, right here together. Leave your worries and thoughts for another time. Join me in the magic of the present moment. This moment than now. The only place your life is happening. It is the only place you have a chance to make a choice to make a difference.

So we shall begin by taking one full, deep, slow breath fully inhaling and exhaling. Perhaps allowing a big sigh out on the exhale. Letting go a little more with each breath out. Noticing the subtle softening and the gentle release of tension with every exhale.

Continue to be aware of this life giving breath flowing in and out of your body as you slowly walk the path.

Nurture focus and attention to ride your breath from start to finish observing the air into your nostrils. Can you feel it? Flowed down the nasal passage down the throat, filling and expanding the lungs, the belly? Maybe you even feel the side and back body expand as the ribcage opens and fills with fresh air.

Then, with your focus to tension, follow the breath as it leaves your body. Knowing this breath is detoxifying, cleansing as it carries toxins and waste out of the physical body. Breathing is one of our cleaning systems. Imagine as you breathe out. You also release any thoughts or old patterns that no longer serve you.

Continue to breathe slowly, fully, deeply and observe that nurturing breath but let it shift to the background of your awareness.

Drop your attention into the bottom of your feet. Feel the shoes around your feet. Or perhaps you are barefoot. And you can feel the ground beneath each step. Notice if the feet are warm or cool. Can you feel sensations in the feet?

Begin to observe the body noticing any sensations in your own body? Anchoring your attention in the present moment with breath and body. To be mindful as to be aware of what is happening in each present moment.

Let us feel the hands from the inside. Noticing if they're swinging loosely freely hanging down alongside the body. Or perhaps they're tucked snugly into a pocket. Are they moving freely or touching some part of the body?

Bring your attention right into your fingertips. What do you feel? Perhaps the tingling of energy in the fingers and perhaps nothing at all. That is okay.

Move your attention and focus to your shoulders and neck. Release any tension that is there. Relax and soften the muscles of the neck, the shoulders, the jaw, relax the forehead, eyebrows eyeballs. eye sockets, relaxed the cheekbones and jaw. Feel the muscles in the face soften as we walk along. Allow the body to move, stand or sit with ease.

Move your attention outside of yourself now to your sense of sight. What do you see directly in front of you? If you would like you could take a moment to pause here on the path and really take something in visually. Perhaps pausing in front of a tree, a rock, a leaf, an insect, some animal or anything that catches your eye that catches your attention. Look closely.

Choose something to focus on visually. Notice that your sense of vision is suddenly very clear. You see colors brighten when you really look at something when you really examine something in front of you. Look at the texture, the size, the color.

Can you notice things you did not see at first glance? Then welcome to the present moment. We have arrived. Continue to mindfully see all the beauty of nature that is around you right now.

Take another full breath in a very conscious way. Allowing one more big release and sigh as you breathe out.

Thank you for joining me on this journey into the present moment.

You can visit and access to now anytime you'd like to step away from all the thinking in the mind by focusing on your breath, your body, sensations and just by really looking at and taking in the beauty of nature that always surrounds us. We're so fortunate to have this Greenway path. I hope you have a wonderful day.