

Become the Observer 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.

I invite you to become the observer.

Being the observer allows you to notice the thoughts that come and go, the emotions that arise and drift, the sensations in the body that change or persist and it allows you to do this without identifying with those things.

You are more than just your thoughts, your feelings and your body's sensations. To allow yourself to start this process bring your awareness to your breath. Just become aware of where you feel the breath in your body. Perhaps you feel the breath in the nostrils or the back of the throat. Maybe you feel it in your chest, in your ribcage or perhaps you feel your breath in your belly?

Notice how the body expands to allow the breath to draw in fully and how the body gently contracts to push the used air away.

Notice the rhythm of your breath. Is it fast? Is it slow? Does your breath synchronize with your movement?

Now as you are focusing on your breath, you may notice thoughts coming from time to time. Just kindly acknowledge those thoughts and then gently let them go. Finding your focus back on the breath.

You may feel certain emotions arise as well. I invite you to bring a lens of curiosity when they arise just observe. Where do you feel the emotion? How does it feel? Does it have a texture or any physical sensation associated with it?

Just as we notice and release our thoughts, let us kindly acknowledge any emotions that may arise and simply let them be once again finding our awareness centered on our breath.

When there are physical sensations, perhaps the feeling of your feet in your shoes connecting to the Earth. Maybe the feeling of your clothing moving across your skin or perhaps the feeling of some muscle tension, gently letting go.

Simply observe those physical sensations and find your way back to your breath. As you walk this path in nature, notice all the colors around you. Everything that you can see in your field of vision. Still anchored steadily to your breath. Observe the plants, the trees, the animals, the clouds coming into your field of vision and moving away.

Notice the sounds around you. The birds, the crunching beneath your feet, leaves rustling, wind blowing, people, cars, other animals. Simply observe as these things enter into your hearing and move on.

Notice how you can smell the aromas from various plants, trees and different scents that the breeze carries. Perhaps you can smell the damp earth below your feet. Notice any aromas and simply let them go.

Breathing steadily, mindfully. Thoughts, feelings or sensations arrived. Once again, just kindly acknowledge them and stay present. Connecting with your breath. Feeling your motion in the body, and observing the natural landscape all around you. This moment right now is all that matters. There's nowhere else you need to be and nothing else you need to do and simply be here now. Being the observer.

I invite you to stay within this practice of meditation for as long as you like. I thank you very much for practicing today. From my heart to yours, Namaste.