

From Doing to Being

Practice Steps

Connecting to the senses

1. Establish an attitude of attention but also kindness in the mind

2. Connect and feel the feet touching the earth

3. Feel the support of the ground below

4. Walk slowly (or take a posture that is accessible for you) connecting to the sensation of the feet touching the ground

5. Have an attitude of kindness towards the wandering mind seeing it as part of the internal eco-system

6. Gently return the wandering mind to the sensation of the feet on the ground

7. Begin to connect into the senses – What can you

Feel

Touch

Taste

Smell

Hear

8. Gently bring the attention away from the story of what is happening and back to the direct experience of the senses