

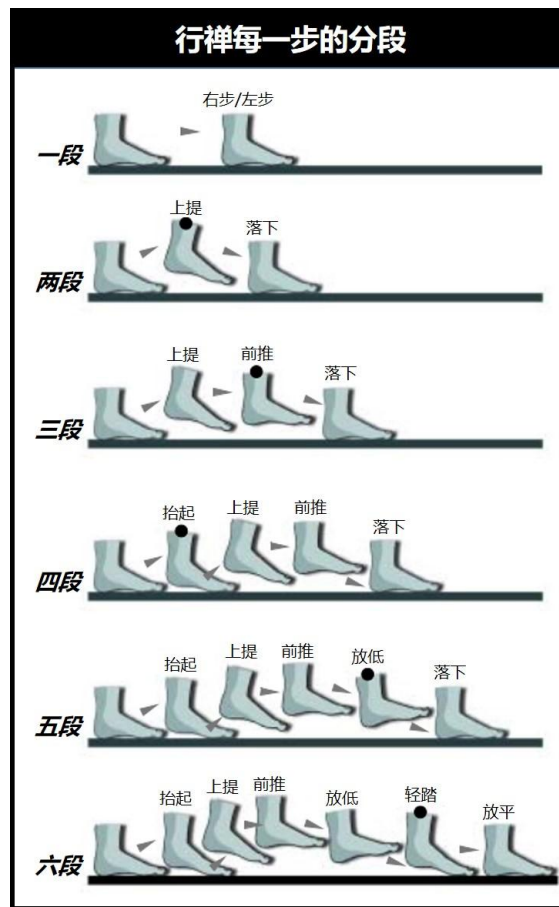
# Walking Meditation



# Walking Meditation

During walking meditation, the **Primary Objects** are the experiences of the foot. You should follow one foot at a time, focusing on the moving leg, even when the stationary foot produces stronger sensations which are nevertheless noticed by mindfulness.

The increase of phases per step comes together with mindful noting and it serves to draw your attention closer to the process. When the phases are increased, the pace of walking naturally slows down. The phases can be increased from one to six, depending on the conditions that warrant it. Six phases would include 1. Raising (heel), 2. Lifting (leg), 3. Pushing, 4. Dropping, 5. Treading (foot), and 6. Pressing. What is important is the progress of mindfulness, not the speed or number of phases.



● 黑色圆点代表新增加的标记阶段

All other objects are treated as **Secondary Objects**. When you are mindful of the foot, the **Secondary Objects** are naturally noticed as one walks. **Secondary Objects** are considered to have been automatically taken note of mindfully. You do need not especially note them unless it becomes obvious that you need to (for example, someone comes to speak to you, a strong vision or sound distracts you, etc.).

Eventually, the sensations and their flow are noticed mindfully. When this happens, the form of the foot is left out. This may happen either unintentionally or intentionally. The types of Dhammas (**Dhamma 1** / **Dhamma 2** / **Dhamma 3** ...) experienced include the “Ultimate Realities” (consciousness, mental factors, and matter).