

**Stand to walk**

From a comfortable standing position, feel the weight sinking down into the ground while your head floats to the sky.

Feel as if you are standing on a surf board; there is a gentle wave action under your feet, as if your weight shifts slightly. Allow the weight to pour down into one leg, then into the other. Do not lean your body, but remain lightly poised and balanced upright. Continue this until you feel one side filling completely, and the other emptying completely. Notice how the “empty” leg has a tendency to float, as a natural consequence of filling the other. Don’t lift it, let it float. When it floats, it can settle back to earth in a different location. Now pour your weight into this leg. Each time a leg floats, let it shift to another place. Pretty soon you will find yourself moving around the room; each leg in turn sinks deeply into the ground making the other weightless. Notice how effortless and how stable this is!

Be sure to stay aware of all the aspects of standing: the head light and poised, the shoulders rolled open, the tail dropped. Pick up the pace a bit and just let the legs and arms swing effortlessly; walking happens all by itself! Enjoy the ride; your awareness is free to expand into the space around you.