

Walking Meditation for Writing Motivation

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SUMMARY KEYWORDS

writer, notice, walking, feels, body, writing, intention, breath, breathing, exhales, steps, playful, upward, awareness, continue, projects, courageous, mind, shoulders, outward

SPEAKERS

Beth Godbee

Beth Godbee 00:04

Okay, so for this meditation, I just want to invite you first to set an intention. Think about something that you would like to center into, ground into, a quality of yourself as a writer. You could set the intention in present tense as though it's already true. I am showing up for myself and my work. I am a writer. I write with passion. You know, feel into what feels right for you as an intention.

Beth Godbee 00:35

And then, once you set the intention, just feel into it as though it's already true. You might take a few steps of this walking meditation and just, as you take each of the steps, repeat the intention or affirmation to yourself: I am a writer. I write with ease. I show up for myself in my writing. And then you know, fill in your intentions. Keep walking and affirming.

Beth Godbee 01:12

And then, what I'll do is offer throughout this meditation some additional questions to kind of walk through -- to stand and move with. So, as you listen to my voice, anytime anything feels too tender, vulnerable, go back into the stance of checking in with your body, with your breath. And know that these are questions openings offerings. And you might just begin by noticing the pace of your walking, noticing if there's a way to synchronize your breath. Maybe every two steps or three steps you notice yourself taking an inhale. And every two or three steps you notice yourself taking an exhale. And just begin to notice the pacing you need for the number of steps with the number of breaths.

Beth Godbee 02:15

As you are breathing and walking, you might notice if where you feel the breath is any different than when you're seated or lying down. Noticing if you can actually feel the breath in the movement itself, if the breath is part of what's propelling you forward in the walking. Perhaps you bring more attention to the back body, knowing how the walking is in the steps that you take and leave behind.

Beth Godbee 02:55

And then as you continue to walk and breathe, you might begin to just do a full body check. Notice what other physical sensations are present, along with the breathing and as part of the breathing. Perhaps you notice how the body moves to be feels to be moving. You might notice that there's particular sensations as you take us step lifting the leg upward. And if there are different sensations as you place the leg and the foot downward. You might notice and focus on your feet. Notice the sensations as they touch down to the ground with each step.

Beth Godbee 03:43

Then you could come upward from the feet, noticing sensations through the ankles and the legs, through your knees and your upper legs, through your hips and the base of the body, the tailbone, sacrum. Coming upward to the torso through the back body: the low back, mid back, and upper back to the front of the body and the low belly. Up through the chest, the lungs, all the way up through the shoulders. Through the left side body and up through the right side body. Up from your fingertips to the palm and the back of the hands. Up from the wrists and the lower arms to the elbows and the upper arms and then up through your shoulders. Noticing how it feels to be walking through the shoulders, the shoulders as they connect to the back, as they connect upward through the neck to the base of the head, as they connect to the collarbones and the front chest. Then again up to the throat to the jaw. Noticing how your jaw feels, and how the face feels. The mouth, the teeth, the tongue, lips, cheeks, nose, your eyes and eyebrows, the forehead and third eye, the crown of the head, the top of the head. Then noticing how it feels to the back of the head and to the left side, the left ear and the right side and right ear, and then again up to the crown of the head. Bringing attention to the whole body -- the crown of the head down through the face, the head, the neck, shoulders, arms, the torso, the base of the body, hips, the legs, the ankles, the feet, the front body and the back body, the left side body and the right side body. Building awareness of how your whole body feels. Holding awareness of the body as it extends outward. You know that energetic presence like an aura of the body as it extends outward in all directions. Again, you could return to the intention or the affirmation that you said at the beginning and just feel that intention radiating outward from the inner body outward, beyond your physical body.

Beth Godbee 06:45

And then as you continue walking, I want to invite you to walk with the energy of that intention -- to think about the pace that it invites, if that that means slowing down a bit or speeding up or walking with your chest out or walking with a different sort of poise. You might think about what attitude you want to bring into the walking.

Beth Godbee 07:13

And then along with this invitation to walk in different ways, I just want to kind of run through some different qualities or characteristics of you as a writer and ask you to notice how it changes your walking -- walking pace, speed, how upright you are, how attentive you are to the inner world or the outer world around you, what senses come to mind. So walking with the attitude and the energy and the intention of being courageous: courageous in your writing. Noticing how it feels to be walking as a courageous writer.

Beth Godbee 08:01

And then seamlessly going from the stance of courage into one of daringness, perhaps a bit provocative or more than just courageous: a real sense of I will be daring as a writer.

Beth Godbee 08:23

And then moving from this walking pace into one in which you affirm that I am thoughtful and intentional as a writer. I show up with intentionality.

Beth Godbee 08:45

And then again, transitioning and noticing how it feels to be walking with the purpose, the intention of I am a purposeful writer. Purpose flows through every word.

Beth Godbee 09:10

Just continuing the walking. Notice how it feels to be walking with the affirmation that I am a relational writer. I'm writing with and for others. Relationality defines and flows through my writing.

Beth Godbee 09:26

And then continuing the walking and imagining and affirming. I am a kairotic writer -- instead of chaotic, kairotic like Kairos. So I respond to what's needed now. I am timely. I'm at exactly the right time, in the right place. I know what's needed, and I show up for what's needed. So I make a kairotic, Kairotic writer.

Beth Godbee 10:10

And then perhaps noticing if, if the gait needs to change at all, as you imagine I'm a playful writer. I take risks in ways that are fun or playful or allowing me to bring in a childlike sense of wonder, or beginner's mind.

Beth Godbee 10:36

I write in ways that I see things anew with curiosity.

Beth Godbee 10:49

And then as you keep writing, just allow that playful energy to flow into, I am a curious writer, writing to learn.

Beth Godbee 11:04

Noticing again how it feels in the body -- if your walking stance changes at all. And then you might fill in a word or two of your own. So what other qualities do you especially want to be exuding and bringing into your writing? Affirm for yourself: I am a writer. Notice how it feels to be walking with that affirmation.

Beth Godbee 11:47

And then as you continue walking, you might just think about some of the writing projects that are most pressing, most important at this moment, the ones you feel especially called to show up for. And notice how your body feels -- if it changes at all. Perhaps your breathing changes or emotion or physical sensation. As you check in with yourself to think about these projects, as they come into your mind's eye, and as you really focus on the upcoming projects, do you notice that you feel any pressures or

stress or expectation maybe? If you can, just allow yourself to name what may be showing up, so naming any of the external circumstances that are coming to press upon you, allowing yourself the time and the space to name what those may be.

Beth Godbee 12:58

And then reconnecting with your sense of purpose for these projects and remembering why you said yes to them. Were there particular hopes, longings, desires that you had when you were saying yes, initially taking on these projects? And are those hopes or longings or desires the same now? Or have they moved in any way? What do they feel like at this moment?

Beth Godbee 13:27

As you continue walking and holding these questions, I want to ask another. And again, notice how it feels in the body as you receive the question and noticing what comes to, to as an answer, comes up as an answer. So, as you think about these projects, and anything that's weighing on you and any hopes that you still have, you might consider what would be one action or inaction that could make the writing flow with more ease. One action or more inaction that could lead to more ease for yourself as a writer.

Beth Godbee 14:32

Said differently, you might ask yourself if there's something to do or to keep doing? Or, in contrast, is there something to not do or stop doing, to let go of?

Beth Godbee 15:03

Is there also someone, a person, who comes to mind who might be able to read and lift the burden of figuring it all out on your own? Consider if someone comes to mind or perhaps multiple someones come to mind who might be able to support as readers, as thinkers, as responders.

Beth Godbee 15:35

And then thinking beyond your writing: Is there anything that your writing needs of you? Any changes in your overall life in order to be able to move forward with writing? Is the writing asking anything of you?

Beth Godbee 16:01

Then again, just notice if there's any other questions that are coming up for you, and allow yourself to hold the questions as you continue walking, as you continue allowing yourself to attend to and notice the physical sensations that are present, emotions that are present, the quality of the breath that's present.

Beth Godbee 16:33

Do you notice there's anywhere in your body that you're holding onto tension or tightness? Just notice what it is to allow that to be, not to force it to change. And to notice, if there's a way to allow it to dissolve just a little bit. Perhaps you just bring attention to it and stay focused on it and notice a bit can change at all. And then from the noticing of how things do change -- change in our bodies and change outside our bodies -- you might also notice if there's anything changing with your writing, changing and how you're feeling about your writing or approaching your writing.

Beth Godbee 17:19

Is there a way to soften into or allow for change to happen that's already asking to be made?

Beth Godbee 17:35

And I know you may continue walking. I just want to offer that you could breathe a little bit into any of the answers that feel important to hold onto or remember. So if you want to repeat to yourself one awareness that came up through these questions: repeat it to yourself. And as you repeat it, take a few walks, take a few breaths, and allow it to be true. And then you could do that same process with a second awareness, the second truth to hold onto. Taking a few more steps and a few more breaths, forming for yourself a second realization and awareness.

Beth Godbee 18:32

Then feel free to take more steps, then more breaths for any other awarenesses or realizations you want to hold onto.

Beth Godbee 18:46

And then when you feel that process is complete, I just invite you to thank your body for walking and sharing insights through the questions, through the meditation. Thank yourself for showing up for yourself as a writer and creating reflection space around writing. I want to think that ancestral traditions, the lineages that bring this guided meditation, and you might think about the practices, the lineages you especially call upon and hold some gratitude there. And then to seal or conclude the practice, I just invite you to take a few audible exhales, so as you continue walking, just allowing yourself to breathe deeply. And breathing the air in through the nose and out through the mouth, truly let it go. I'll do a few of these audible exhales.

Beth Godbee 20:02

When you're ready, you could turn off the recording or listen to it again or, you know, walk through some of these questions. Repeat them. Come back to them. Thanks for practicing.