

Conscious Walking™ is a dynamic walking meditation created by Brahmārishi Mohanji and launched on International Yoga Day, 21 June 2015. The philosophy behind Conscious Walking™ is rooted in ancient Vedic and Buddhist principles and practices. This simple yet very transformative technique is available free of cost and people can easily practice and adapt to the Conscious Walking™ lifestyle regardless of age or gender. As with most of Mohanji's techniques, the simplicity of the technique belies its immense transformative power.

The Technique

- A. Spine erect.
- B. Neck slightly bent.
- C. Chest open.
- D. Shoulders straight.
- E. Be always aware of your spine.
- F. Walk with eyes focused one foot in front of your feet.



Why Conscious Walking

Eyes use maximum energy from our system. An oscillating mind that travels between past and future rarely stopping in the present consumes a huge amount of our energy. Energy is precious. The more energy you have the more quality in life you can achieve. When we are walking unconsciously, letting our senses loose, we are spending much more energy than usual. When eyes are locked one foot away, this is within our own aura field or energy field. Even though we are walking, with our eyes locked within our energy field, there is lesser energy loss. When we circulate our energy within our own energy field, we become totally energized and rejuvenated. If properly done, 30-minute Conscious Walking™ is almost as effective as a 3 hour meditation.



“Conscious Walking takes all my pressure away and rejuvenates my whole body and mind.”

Bojana Fabel from Singapore



Guidelines

- A. Walk only on an even ground and familiar terrain to avoid accidents.
- B. Terrain such as public parks & walking yards are fine.
- C. Walk at your own pace. Speed of walk is individualistic. Focus is more important.
- D. Thoughts may come and go. Just concentrate on keeping your eyes firmly rooted one foot away from your feet while walking.
- E. When you want to look ahead or around, STOP, LOOK, and again lock your eyes one foot in front of your feet and continue walking. When you walk never look around.
- F. Do not look ahead or sideways while walking. Stop, look and start again. Whenever you look ahead, mind also tends to go ahead. Looking ahead means mind is travelling ahead too. Mind travelling ahead is the root cause of anxiety and much fears.
- G. Eyes should always remain one foot away and never wander.
- H. No Chanting. Only Spine Awareness and Focus on one foot in front of your feet.
- I. No preparation is required prior to commencing the Conscious Walking™. If you have a routine that helps you settle in, follow it by all means but please remember that this is individualistic.

Benefits of Conscious Walking™

- ◆ Increases equilibrium and balance in life
- ◆ Increases energy and integrity
- ◆ Reduces anxiety and worries
- ◆ Increases Self-Confidence & Self-Esteem
- ◆ Helps Self-control
- ◆ Lesser emotional blockages
- ◆ Presence of mind
- ◆ Better clarity and purposefulness
- ◆ More immunity towards negativities
- ◆ Increases concentration
- ◆ Reduces anger, insecurities and fears



“Conscious Walking brings me to mindfulness, a state of total calm and living in the present.”

- Shanthi Mohan from Mumbai, India



“After Conscious Walking I feel more fresh, fulfilled and ready for a new day.”

- Helena Bjelaković from Split, Croatia



Contact Us



consciouswalking



mohanji.org/conscious-walking



consciouswalking@mohanji.org



CONSCIOUS™
WALKING



A Dynamic *Walking* Meditation