



**Mohanji Wellness Walking™** is a millennia-old method from India reintroduced by Mohanji for the purpose of achieving alignment of the energies in our body to complement health, immunity and awareness.



## Why walk this way?

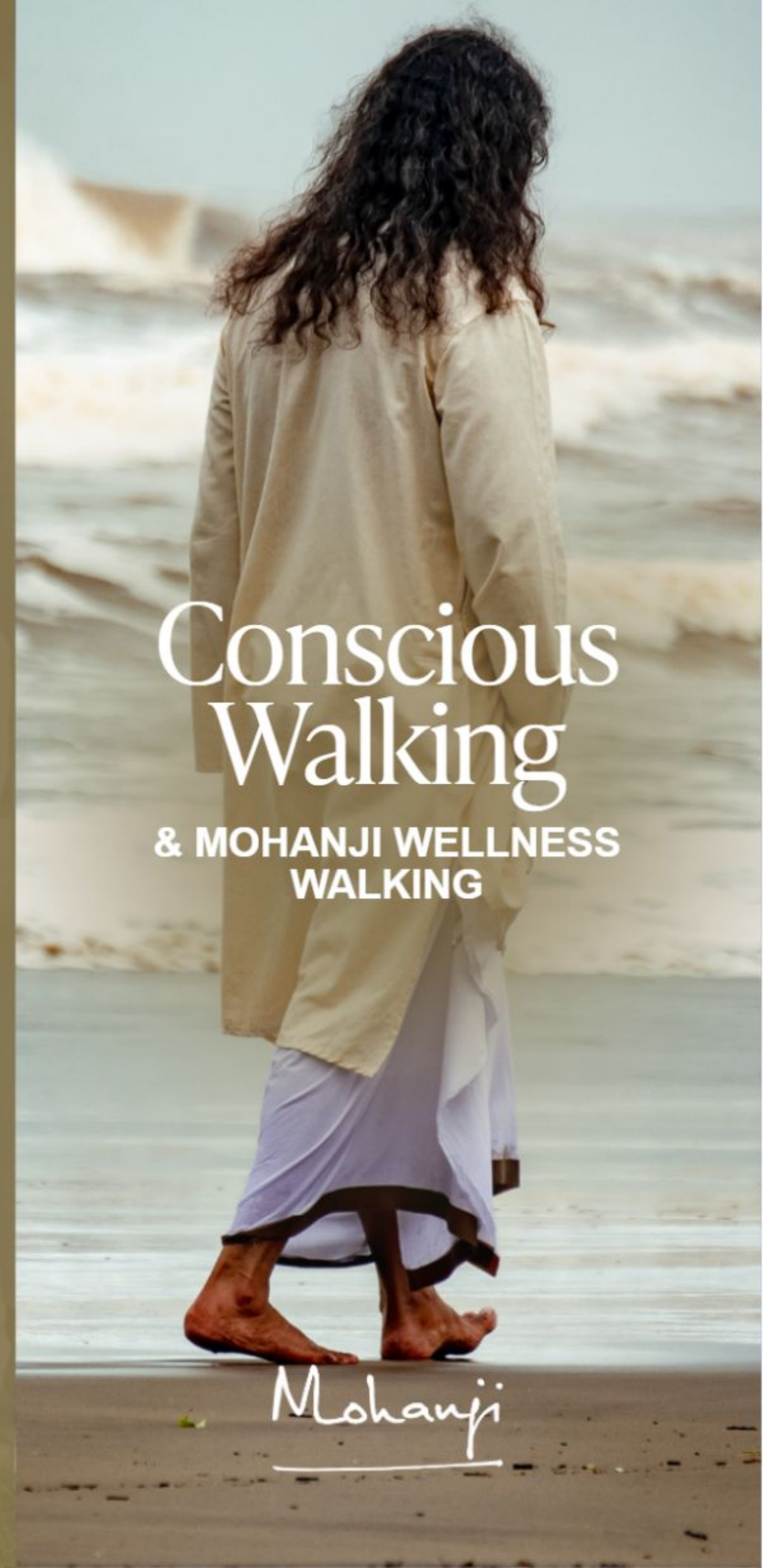
One easily gets distracted while walking in a straight line, or dizzy while walking in a circle, but walking in a continuous curve, towards and against Earth's magnetic field, calms the mind, strengthens the inner witness, energizes the body and aligns the chakras. Constant shifting of the weight from ankle to foot is beneficial for the knees and joints.

## Guidelines

1. Start from the middle point of the Infinity Symbol and walk clockwise towards the North. Continue walking along the Infinity Symbol 5 to 10 times. If time permits, continue for approx. 20 minutes.
2. Eyes should always remain focused one foot in front of your feet and never wander. Spine erect, neck slightly bent, chest open, shoulders straight. While walking, do a deep humming sound like a bumble bee from your stomach region (on the inhale bloat the belly, on the exhale start humming).
3. To soak in the effect of Mohanji Wellness Walking, sit down for meditation and use the new state of alignment for positive affirmations, blissful silence and connection with the Infinite in you.

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Conscious  
Walking  
& MOHANJI WELLNESS  
WALKING

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**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.



## 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 energised and rejuvenated. If properly done, 30-minute Conscious Walking™ is almost as effective as a 3-hour meditation.

## Guidelines

1. Walk only on even ground and familiar terrain to avoid accidents.
2. Terrain such as public parks & walking yards are fine.
3. Walk with eyes focused one foot in front of your feet.
4. Spine erect. Neck slightly bent. Chest open. Shoulders straight.
5. Walk at your own pace. The speed of walking is individualistic. Focus is more important.
6. Always be aware of your spine.
7. Thoughts may come and go. Just concentrate on keeping your eyes firmly rooted one foot away from your feet while walking.
8. 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.
9. 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 the mind is travelling ahead too. Mind travelling ahead is the root cause of anxiety and many fears.
10. Eyes should always remain one foot away and never wander.
11. No chanting. Only spine awareness and focus on one foot in front of your feet.
12. 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.