

## Mutuality in Walking Meditation

Walking meditation provides measurable enhancement to the sitting or lying down meditative process. As you walk, you are continuously maintaining intention, balance, and focus. These functions occur while in the meditative placement of attention, which realizes an “immutable mutuality” between you and your environment.

In the practice of walking meditation we become aware that we do not walk without the earth to walk upon. “Walking” and “the earth,” appearing to be separate, are clearly one and the same when walking. Pause to consider this mutuality. This awareness courts the transformation of consciousness, associated with spiritual enlightenment. We are standing upon our own hearts, immersed in our own nature.

Mutuality, in the broader sense, is the synthesis that provides for the adventure of living, and it is the Spirit of God, that is venturing in time-space. As we stand, the earth, so to speak, stands with us. It couldn't happen otherwise. So too, as we mindfully step forward, the earth moves in mutuality. Without the earth moving as the person moves, there would be no moving. This simple model points to the underlying singularity—our TrueNature.

We walk through an “intention” to walk. This intention, though imagined to be personal, is better understood as cosmic in origin, as “walking” is revealed to require the accord of our personhood, and our environmental context. In the synthesis that is walking meditation, we select to relinquish personalizing, and step in mutuality with all creation.

Mutuality lies at the heart of, both, identity and reality. Mutuality suggests that relationship is our foundation. The notion of a substantial self, independent of our environmental context, is illusory. It is the veil that hides God's face from the angels. (an Alan Watts remark—Smiling). Coming into the light requires the courage to leave illusions behind, and commit to the practice of non-conceptual awareness. Such a commitment is a bright day for all creation.