

EXERCISE 2

Meditation for stress - a method of mindful walking

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Some relax in the gym, others while doing puzzles, and still others in a spa or at the cinema. According to experts, the best solution in this situation are daily walks and meditation.

Why? This connection is supposed to be a lesson of mindfulness for us.

Mindfulness is deliberately paying attention to the present moment and being aware of your own body, mind and feelings. Mindful walking is an easy way to incorporate meditation into your daily routine. It's much easier than learning to meditate sitting down.

Mindful walking helps to cope with stress and anxiety, and supports the treatment of depression, although of course it will not replace professional therapy.

Frequent practice of this type of physical activity can help establish not only better contact with your own body, but also with the environment.





EXERCISE 2

Medytacja na stres - metoda uważnego spaceru

Mindfulness Meditation:

A tree is born with a cause and grows according to the law of nature until it buds, blossoms, and bears fruit.

The fruit appears, and we just eat it.

Sweet, sour, or bitter – this is the essence of the fruit.

We watch the leaves slowly wither, die and fall from the tree.

Sometimes we only notice that the leaves have fallen from the tree.

We walk on them, we sweep them.

Nature teaches us.

New leaves sprout and growth begins again.

The birth of a tree is no different from our birth.

Our body comes into the world and lives depending on the conditions and the elements of earth, water, air and fire.

Every element of the body, every part of it, changes according to its nature.

It is no different from a tree.

When we understand the essence of natural phenomena – we will get to know ourselves.

The tree and I.

I am.

I am alive.

I'm breathing.

