This is Patrice Rancour for Ohio State University’s Your Plan for Health. We are bringing you this guided imagery exercise to promote your health and wellbeing. So close your eyes and remember: all you have to do is breathe. A walking meditation. Meditation is not just about sitting in a cave by yourself levitating on a magic carpet. It is much more of a challenge to practice mindfulness by being present in your daily life. What is meant by mindfulness? Mindfulness is the act of staying present to what is unfolding; moment to moment. As one wise thinker put it “the best way to prepare for the future, is to be here now.” Instead of worrying about what has passed or what is to come, feel the power that comes with focus on the only time in your life during which you have some modicum of control- right now. Use this exercise the next time you need to take a walk for any duration and notice how you feel once you arrive at your destination. Take a nice, deep breath. Another. And then another. As you stand, look around you, 360 degrees. Notice what is out there. The skies, the plants, animals, other people, the physical landscape. Inhale the air and notice what is blooming. As you continue to breathe, become aware of the sounds of the place in which you are walking. Birds, traffic, people talking. Notice them all without any judgement, without any need for it to be any different than how it is. As you continue to breathe, feel the pressure of the pavement under your feet or under the wheels of your wheelchair. And as you begin to move, feel the rhythm of your legs or arms as they propel you forward. Notice the pressure of each foot or wheel fall as you continue to move. As you continue to breathe, notice too the thoughts that keep wanting to distract you from the present moment. Perhaps thoughts about where you just were, or you are going, what you have yet to do today. Smile at this habit and gently bring yourself back to the present. Noticing the breath as it moves in and out of the body. Look up at the sky, look down at the ground. Look around yourself, 360 degrees as you continue to move through the landscape. Feel yourself fully inhabiting the body as it propels you through time and space. When you get to your destination, consider your state of mind upon doing so, and notice this can be yours any time and all you have to do to remember to get there is to take that initial signal breath.