

# Self-Experience Of Walking Meditation And Applying Steps Technique To Remove Obstacles In Nalanda University

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## Abstract

### Background

Walking meditation is one of the methods to practice and observe the inner and the outside mind. Applying the steps technique to observe deep movement of the body and inner mind. Daily life has many problems, including afflictions in thinking. Whatever happened started in mind; thus, the walking meditation technique was used to realize the subtle increases in the inner mind, consisting of gross and subtle aspects to improve oneself.

**Objective:** The main aim of the research is to find the obstacles when one practices the steps technique in walking meditation. Observing the gross and subtle mind to remove afflictions that arise in the mind.

**Material and method:** An exploratory, descriptive design was followed—a total of 40 days to apply the steps techniques of walking meditation. Seft walking meditation schedule to value the result of forty days of practicing walking meditation.

**Result:** Findings suggest that most of the first week, the mind was disturbed by outside situations. The two steps are easy to concentrate on while walking through reciting left, right, left, right, and more than the five-step technique. After two weeks of practice, the mind improved afflictions and defilements. A few days so busy that it could not practice walking meditation. Many problems in mind arisen and feeling the time passed so quickly. Hence, it was practiced daily to make the mind feel peaceful and mindful.

**Conclusion:** the study concludes that the quality of practicing walking meditation improved the afflictions in the inner mind. It is easy to realize the obstacles of the inner mind as well as the outside mind with situations.

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## I. Introduction

Walking meditation is a form of mindfulness practice where walking is used as the primary focus of awareness. It combines physical movement with meditation cultivating a deep connection between the body and the mind. This practice is common in many Buddhist traditions and can be adapted to secular mindfulness practices. Walking meditation can be practiced using different techniques based on the number of steps to focus on during each cycle of movement. Practicing specific techniques- two steps, three steps, and five steps to develop mindfulness and resolve the problems of the inner and outside mind's challenges. Obstacles are outside situations or arising afflictions of the inner mind.

## II. Methodology:

The time I have chosen to practice meditation one time, one day in the evening, according to the scheduled routine after finishing personal work. Every time I spent ten minutes focusing on my steps techniques. The report will lay down a few areas that the place I chose to practice is at the campus of Nalanda University where I walked to the Buddha statue to practice walking meditation for ten minutes around the Buddha statue or the way to the shop or the balcony near the room on the third floor

Applying the two steps, three steps, or five steps techniques to concentrate on the movement of each footstep. The right hand held the left one and placed the back of the body to keep the backbone straight for easy steps. Walking with slow movement, and with each step, make a mental note to focus on step stability.

## III. Self- Experience:

During the first two days, I practiced five steps, and then I felt that my mind still wandered with outside activities, and thinking about a lot of outside activities influenced my mind. Later, on the third day, I moved to practice two steps to reduce my thinking, and it was easy to focus on my mind by stepping right when moving the right foot and stepping left when moving the left foot.

From the fourth day to the tenth day of walking meditation, my mind focused on steps with the steps technique very stable. The mind is not influenced by outside situations.

On the 11th day, I had a fever, and I could not spend time walking.

On the 12th day to the 15th day, I walked for ten minutes every night and only concentrated on the mind based on the two-step technique. My mind also did not follow outside situations, and I felt very peaceful and comfortable in my inner mind.

On the 16th to the 18th, I had work to do outside the campus, so I could not record walking meditation.

On the 19th day, I practiced walking meditation for 15 minutes on the top near my room; many thoughts disturbed me and made my mind think a lot.

On the 20th day to the 25th day, I visited the Gangas River; I could not practice walking meditation at that time.

On the 26th day to the 29th day, I started again walking meditation from my hostel to the way to the Buddha statue with the steps technique. Many situations outside affected my mind; it taught me a lot of stories.

On the 30th day to the 32th day, I realized that the environment to practice so important, I practiced on the top near my room so peaceful and quiet. It was not disturbed by many students and situations outside. I can focus on steps very stability and develop mindfulness.

On the 35th day and 36th day, I practiced on the way to the Buddha statue at night time, this time is very quiet only heard the sound of insects like as music; the mind also felt soothing and easily to focus on mindfulness.

On the 37th to 40th days, I practiced walking meditation on the top near the mind room at night, very quiet; only the insect affected the mind and made me feel like I missed home.

#### **IV. Discussion**

The results present a quite big influence of the surroundings on the walking style of meditation. Places without many people like the balcony or campus night route caused very little noise pollution from the outside and that was the reason to them being areas of high silence and calmness which happened to be the findings of earlier studies (Hanh, 1991). However, the things went the other way when the buzz was created by more people working and moving around (for example, during the day on the campus)

It is obvious that the two-step method was way more beneficial than the five-step technique And it seems that the very reason for this is that the technique best performs on Orthograde™, and thus it plays to people's strong suits. That is, it's easy and the flow of information into your visuals can happen without creating any chaos or interference (Gunaratana, 2011).

This research proved that mindfulness anchors can sometimes be hard to meditate consistently depending on recurrent situations as sickness, journey, and laziness in daily life. The breaks in-between certain activities seemed like there were newly put and it wouldn't surprise you when the mental health issues started to arise more frequently which only goes to show that these practices are only truly healing when they are done regularly. Equally importantly, the spontaneous practice of the 'observer' during the walk was discovered both internally and externally with sounds as major obstacles (e.g., noise) coming to mind for the practitioner.

#### **V. Conclusion**

Based on the findings of the study following of practicing walking meditation is a useful method to observe the physical as well as psychological mind. The environment is so important to concentrate on an object when practitioners practiced walking meditation, the situations outside always disturbed the mind or many afflictions arisen inner mind without controlling. To improve the mindfulness, the practitioners also needed to spend more time practice and effort to maintain routine schedule on time every day.

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