

# Walking to Observe, Explore, Experience



Ways of walking as environmental humanities methodology

## Walking as integral to the human experience. Walking is an embodied way of knowing the world.

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Walking is shown to be absolutely fundamental to how we think, how we act and how we dwell.

-Christopher Tilley

Walking...is how the body measures itself against the earth.

-Rebecca Solnit

When you walk, lessons may present themselves to you in a variety of situations and disciplines, as in formal education. This particularly true of environmental studies, which is touched by the hard and soft sciences. But lessons presented on the path less taken are often experiential. They can even come from the mouths of bears.

-Dr. John Francis, 245

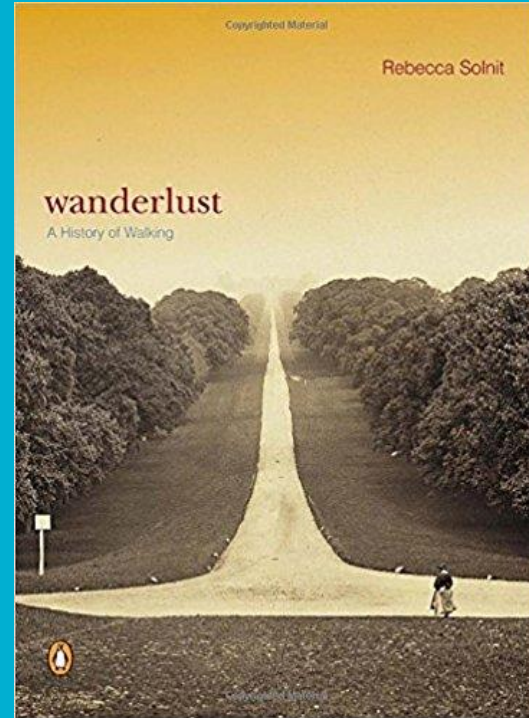
# Ways of Walking

Observe, Explore, Experience

How is walking as a mode of investigation, ritual, or meditation *different* than walking to work or class (or walking as work, e.g. a postal worker)?

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# Rebecca Solnit, writer



Ch. 1 Tracing A Headland (PDF)

<https://oss.adm.ntu.edu.sg/17s1-dp2010-tut-g01/wp-content/uploads/sites/1694/2017/08/Rebecca-Solnit-WANDERING-Chapter-12.pdf>

# Walk The Walk


Environmental Listening,  
Communication, and Practice

Why do you think we define empathy as “the ability to imagine yourself in someone else’s shoes”? How does the idea of footprints relate to a number of social and environmental concepts? To past and future generations of earth’s inhabitants?

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# Dr. John Francis, planetwalker

**TED** Ideas worth spreading WATCH



John Francis | February 2008

## Walk the earth ... my 17-year vow of silence

19:21

**Details** **Transcript** **Comments**

About the talk 28 languages Join the conversation

783,600 views

TED2008 | February 2008

Related tags

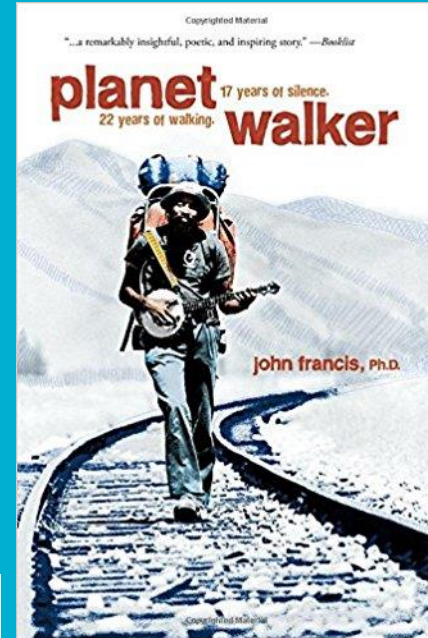
This talk was presented at an official TED conference, and was featured by our editors on the home page.

<http://planetwalk.org/>



## About Planetwalk

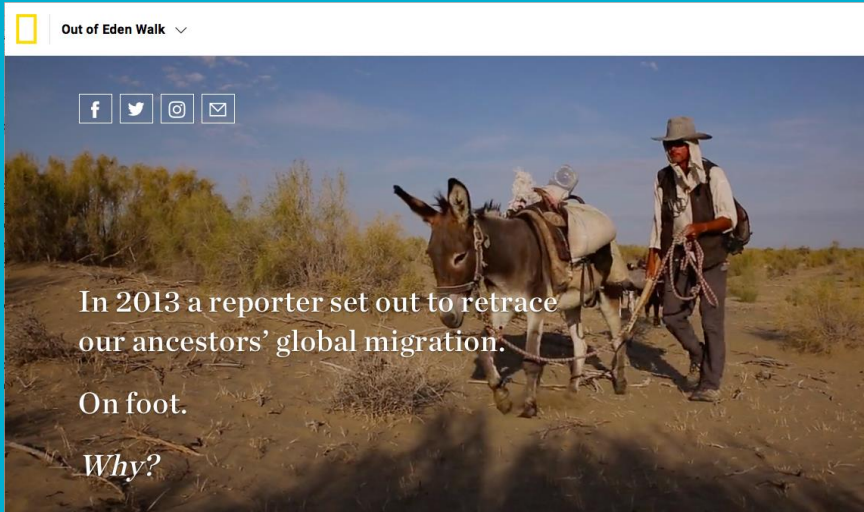
Planetwalk's core mission is the development and coordination of a global network of Planetwalkers. Planetwalk will sponsor walks nationally and internationally with the purpose of promoting environmental education and responsibility and a vision of world peace and cooperation. Planetwalk is modeled on Dr. John Francis's worldwide pilgrimage that works to transcend cultural, social and political boundaries by fostering communication between young people, scientists and environmental practitioners.



[https://www.ted.com/talks/john\\_francis\\_walks\\_the\\_earth?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/john_francis_walks_the_earth?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

# Out of Eden - Nat Geo

## Slow time, slow journalism in a fast world



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INTRODUCTION

## Slow Down, Find Humanity

Paul Salopek's 21,000-mile odyssey is a decade-long experiment in slow journalism. Moving at the beat of his footsteps, Paul is walking the pathways of the first humans who migrated out of Africa in the Stone Age and made the Earth ours. Along the way he is covering the major stories of our time—from climate change to technological innovation, from mass migration to cultural survival—by giving voice to the people who inhabit them every day. His words, as well as his photographs, video, and audio, create a global record of human life at the start of a new millennium as told by villagers, nomads, traders, farmers, soldiers, and artists who rarely make the news. In this way, if we choose to slow down and observe carefully, we also can rediscover our world.

The map illustrates the 'Walk route' (solid red line) starting in Africa and traversing Europe, Asia, and the Americas. A 'Route by boat' (dotted red line) is shown across the Pacific Ocean. A 'Human migration route' (green shaded area) covers the landmasses. The map is labeled with continents: EUROPE, ASIA, NORTH AMERICA, SOUTH AMERICA, AFRICA, and AUSTRALIA, and the PACIFIC OCEAN. A red dot marks the 'Start' in Africa and another marks the 'Finish' in South America.

— Walk route  
- - - Route by boat  
Human migration route

<https://www.nationalgeographic.org/projects/out-of-eden-walk/#section-0>

# Mindful Walking

Human Body as  
Environmental Sensor

How does mindful walking generate different effects for bodies, minds, and environments?  
How does close attention to sensory experience while walking enhance our observational capacities?

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# Guided Body Scan

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**UCLA Health** UCLA Mindful Awareness Research Center

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Weekly Podcast at the Hammer

### Guided Meditations

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<http://marc.ucla.edu/mindful-meditations>

**ENGLISH:**

Breathing Meditation (5 mins)	<a href="#">Play</a>	<a href="#">Transcript</a>
Breath, Sound, Body Meditation (12 mins)	<a href="#">Play</a>	<a href="#">Transcript</a>
Complete Meditation Instructions (19 mins)	<a href="#">Play</a>	<a href="#">Transcript</a>
Meditation for Working with Difficulties (7 mins)	<a href="#">Play</a>	<a href="#">Transcript</a>
Loving Kindness Meditation (9 mins)	<a href="#">Play</a>	<a href="#">Transcript</a>
Body and Sound Meditation (3 mins)	<a href="#">Play</a>	<a href="#">Transcript</a>
Body Scan Meditation (3 mins)	<a href="#">Play</a>	<a href="#">Transcript</a>
Body Scan for Sleep (13 mins)	<a href="#">Play</a>	<a href="#">Transcript</a>

### Weekly Podcast at the Hammer

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Free UCLA Mindful Awareness Podcasts at the Hammer Museum

**Upcoming Schedule**

**May 31: Diana Winston**  
**June 7: Diana Winston**

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[HEAR DIANA'S CD](#)

Every Thursday at 12:30pm, MARC holds a free, drop-in, 30-minute [guided meditation session](#) at UCLA's Hammer Museum. You can download or stream\* these podcasts below.

Each week has a different theme and usually includes introductory comments, guided meditation, silent practice time, and closing comments. Each also offers a new daily life practice for the week.

Sessions are led by Diana Winston, Director of Mindfulness Education at MARC, and by guest leaders.

**For a more in-depth class experience, see our 6-week online classes\***



[SUPPORT OUR PODCASTS](#)

\*To stream: click the "Play" button  
To download: right click the "Play" button and then click "Save Link As"

Date	Topic	
May 24, 2018	Now & Past with Mitra Manesh	<a href="#">Play</a>
May 17, 2018	Difficult Emotions	<a href="#">Play</a>
May 10, 2018	Making Decisions	<a href="#">Play</a>
May 3, 2018	Focusing on Ourselves with Lovingkindness	<a href="#">Play</a>
April 26, 2018	Mindful Meditation with Gloria Kamler	<a href="#">Play</a>
April 19, 2018	Mindful Meditation with Diana Winston	<a href="#">Play</a>

# Mindful Walking

MAGAZINE | PRACTICES

## Walk This Way

Try these simple set of instructions for walking meditation, and keep this chart handy for practicing on-the-go.

By Editor-in-Chief Barry Boyce | April 3, 2013



TIME: 10 minutes



- 1.** Stand up **STRAIGHT** with your back upright but not stiff. Feel your feet touching the ground and let your weight distribute evenly.
- 2.** Curl the **THUMB** of your left hand in and wrap your fingers around it. Place it just above your belly button. Wrap your right hand around it, resting your right thumb in the crevice formed between your left thumb and index finger. (This creates some balance for you and keeps your swinging arms from being a distraction.)
- 3.** Drop your **GAZE** slightly. This helps you maintain focus.

- 4.** Step out with your left **FOOT**. Feel it swing, feel the heel hit the ground, now the ball, now the toes.

- 5.** **FEEL** the same as the right foot comes forward.

- 6.** Walk at a **STEADY** pace, slightly slower than in daily life but not funereal. When your attention wanders, bring it back to the sensations of your feet touching the ground.

in practice

techniques

## Walk This Way

TIME: 10 minutes

At some point today, you will most likely walk. You may even go for a walk. It's one of our greatest gifts, and when we manage early in life to use our legs to get around, it's cause for celebration. Parents call their parents just to report on the event. The very fact that walking—or whatever form of ambulation you use to get around—is so central to our lives makes it a ready focus for mindful, meditative attention.

Here's a simple set of instructions for one form of walking meditation. There are many variations. This one relies on a pace that is close to how we might walk in everyday life, and in fact it can be adapted for walking in the street—just as long as you remember to pay attention to street lights, other people, and not looking like a zombie.

- 1.** Stand up **STRAIGHT** with your back upright but not stiff. Feel your feet touching the ground and let your weight distribute evenly.

- 2.** Curl the **THUMB** of your left hand in and wrap your fingers around it. Place it just above your belly button. Wrap your right hand around it, resting your right thumb in the crevice formed between your left thumb and index finger. (This creates some balance for you and keeps your swinging arms from being a distraction.)



- 3.** Drop your **GAZE** slightly. This helps you maintain focus.

- 4.** Step out with your left **FOOT**. Feel it swing, feel the heel hit the ground, now the ball, now the toes.

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—Barry Boyce



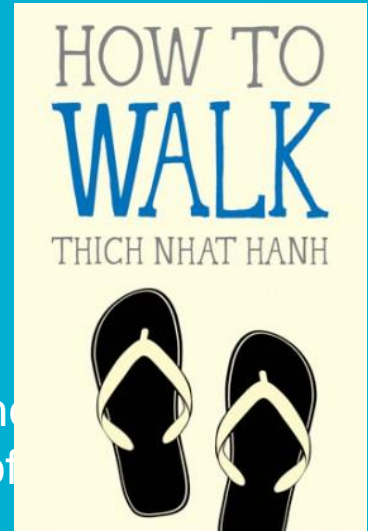
For more on mindfulness practice, go to [mindful.org/inpractice](http://mindful.org/inpractice). To submit questions about techniques, the workplace, or relationships and homelife, email [inpractice@mindful.org](mailto:inpractice@mindful.org)

mindful  
[www.mindful.org](http://www.mindful.org)

<https://www.mindful.org/walk-this-way/>

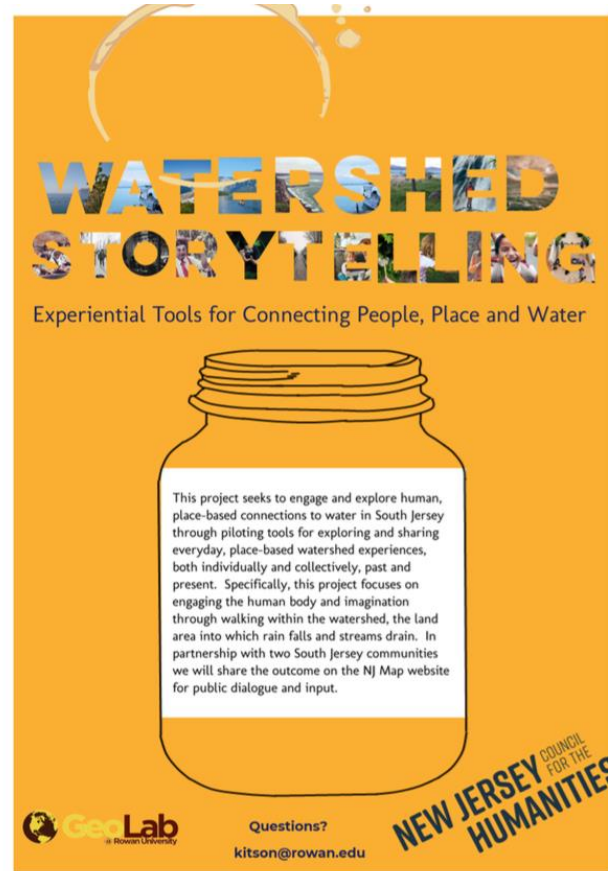
When you walk mindfully, just enjoy walking. The technique to practice is to walk and just to be exactly where you are, even if you are moving. Your true destination is the here and the now, because only in this moment and in this place is life possible. The address of all the great beings is “here and now.” The address of peace and light is also “here and now.” You know where to go. Every in-breath, every out-breath, every step you make should bring you back to that address.

-How to Walk, Thich Nhat Hanh, Life's Address 2015, pg.31



# Watershed Walking

Experiential Tools for Connecting  
People, Place and Water




The poster features a bright orange background. At the top, the title "WATERSHED STORYTELLING" is written in large, bold, blue letters, where each letter contains a small image of a natural scene. Below the title, the subtitle "Experiential Tools for Connecting People, Place and Water" is written in a smaller, black font. In the center, there is a white rectangular area with a black outline of a jar, containing a paragraph of text. At the bottom left, there is a logo for "Gec Lab" with a globe icon and the text "© Rowan University". To the right of the logo, the text "Questions? kitson@rowan.edu" is displayed. At the bottom right, the text "NEW JERSEY COUNCIL FOR THE HUMANITIES" is written in a bold, black, sans-serif font, slanted upwards.

## WATERSHED STORYTELLING

Experiential Tools for Connecting People, Place and Water

This project seeks to engage and explore human, place-based connections to water in South Jersey through piloting tools for exploring and sharing everyday, place-based watershed experiences, both individually and collectively, past and present. Specifically, this project focuses on engaging the human body and imagination through walking within the watershed, the land area into which rain falls and streams drain. In partnership with two South Jersey communities we will share the outcome on the NJ Map website for public dialogue and input.

 **Gec Lab**  
© Rowan University

Questions?  
kitson@rowan.edu

**NEW JERSEY  
COUNCIL  
FOR THE  
HUMANITIES**

# Walking Water

## Connecting 'pedsheds' to watersheds

**WALKING WATER**  
MONO LAKE • OWENS VALLEY • LOS ANGELES

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[The Pilgrimage](#)

[Water Stories](#)

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Walking Water is not a demonstration, it is not a march against something, instead it is a celebration of the possibilities we have when we come together. Walking Water asks us to think together, feel together, work together, resolve together, create together and walk together. Walking Water refuses to be enemies, to judge or to take sides. Instead it chooses to create space where everyone involved in trying to deal with the situation that has been handed to them can share their vision, their dreams, their story, as well as their pain and grievances.

Walking Water is about creating a new narrative, one based on both our common need and respect for water, our common endeavor to create meaning in our relationship with water and this world, and ultimately to live within our means.

Walking Water is about collaboration, common sense, cooperation and courage to think outside of what we know.

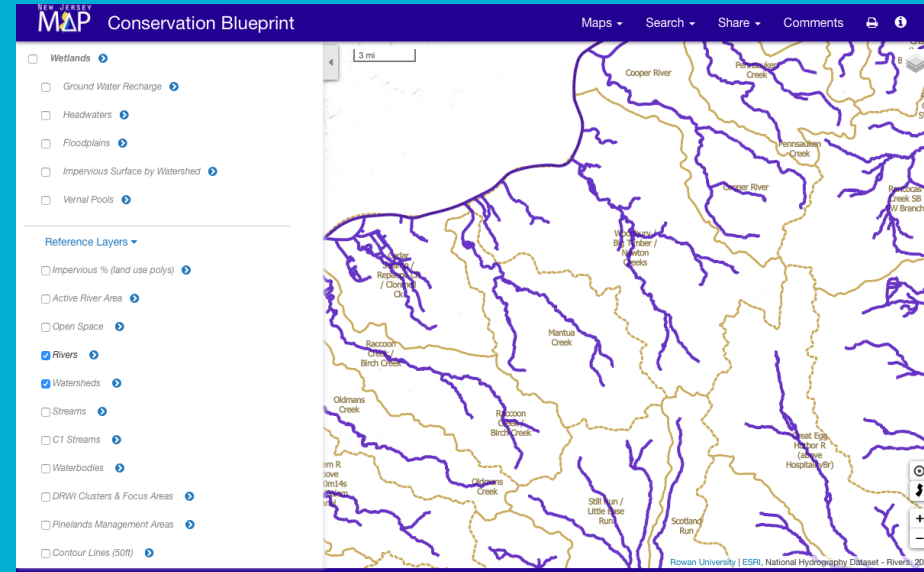
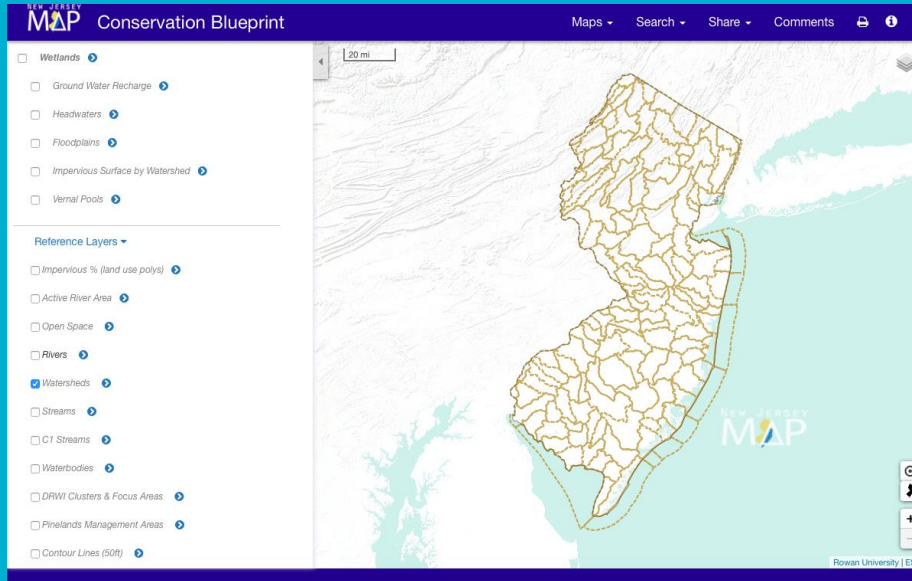
Walking Water is about contributing to a positive model of water usage, water management and complex, all-encompassing thinking and acting in how we use and treat the world's resources.



<http://walking-water.org>

# Hydro - Regionalism

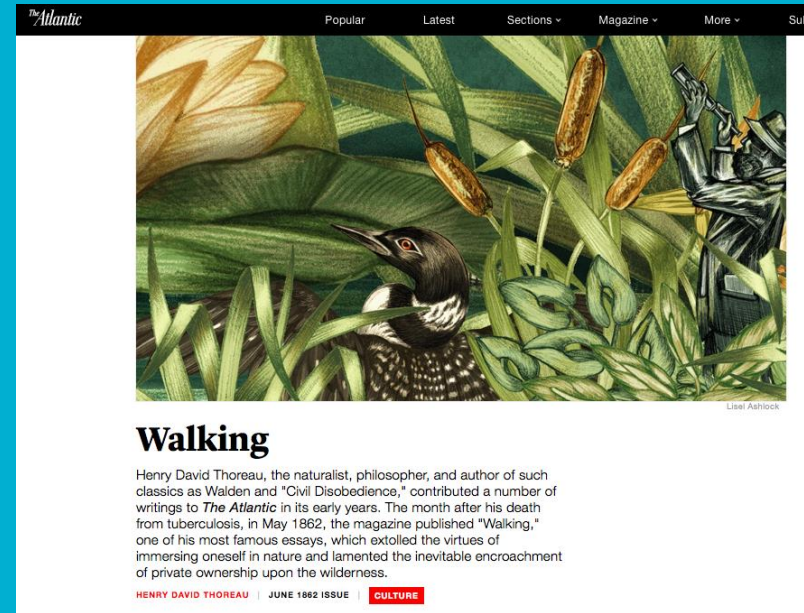
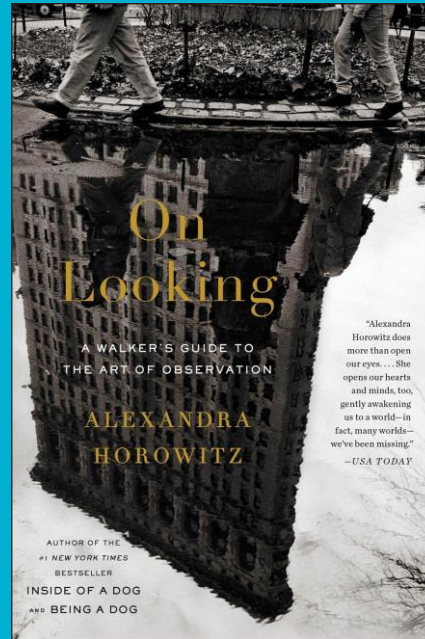
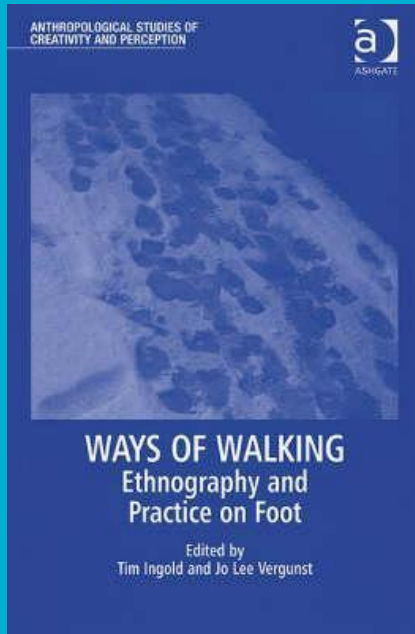
Tools for connecting the lived scale of the ped shed to the bioregional watershed



<https://www.njmap2.com/blueprint/water>



# A few other good walking resources



Thoreau, Henry David. 1862. Walking. *The Atlantic*. June.

<https://www.theatlantic.com/magazine/archive/1862/06/walking/304674/>

# Walking as Art Practice



The **Museum of Walking (MoW)** is an artist led educational resource center committed to the advancement of walking as an art practice.

MoW houses a small-but-mighty archive and library comprised of walking related material engaging disciplines of art, science, philosophy, health, activism, contemplation and cartography. Through workshops, exhibitions, guest speakers, and site-specific projects **MoW fosters relationships between people, land, action, and site.**

The Museum of Walking was founded in 2014 in 120 square foot space. As an itinerant museum we now reside in numerous places.

**Mailing address:** School of Art, PO Box 871505, Tempe, AZ 85287 USA

<http://www.museumofwalking.org>



# There are many good online resources on the history and science of walking

## Becoming Human: The Evolution of Walking Upright

Walking on two legs distinguished the first hominids from other apes, but scientists still aren't sure why our ancestors became bipedal



A trio of upright walkers: Lucy (middle) and Australopithecus sediba (left and right) (Compiled by Peter Schmid courtesy of Lee R. Berger, University of the Witwatersrand/Wikicommons)

By [Erin Wayman](#)  
SMITHSONIAN.COM  
AUGUST 6, 2012

Opinion

## Standing Up at Your Desk Could Make You Smarter



By **Richard A. Friedman**

Dr. Friedman is a contributing opinion writer and the director of the psychopharmacology clinic at the Weill Cornell Medical College.

April 19, 2018



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Lilli Carré

<https://www.nytimes.com/2018/04/19/opinion/standing-up-at-your-desk-could-make-you-smarter.html>

<https://www.smithsonianmag.com/science-nature/becoming-human-the-evolution-of-walking-upright-13837658/>