

pliant spaces
Walking Meditation - Audio Transcription

By Sarah Wong

To be read with soft, but purposeful energy. Take your time and allow for breath.

Hello and welcome

I thought that we could go for a walk today

Please feel free to walk in whichever way is comfortable for you, whether that is in nature, in the city, or maybe you're resting and want to walk in the terrain of your imagination

All capacities are welcome and know that regardless, our bodies are always in motion and time is always pushing us forward

Take a moment to enter your body as you feel the groove of your walk, the momentum of a familiar coordination pushing you forward as you begin to take space

Wherever you may be, I invite you to notice your surroundings

Where are you? Try to answer that for yourself in the most detailed way that you can - noticing textures, noting colours, smells, temperatures, perhaps other bodies sharing space with you

I invite you to also acknowledge yourself within the environment

YOU are also a necessary and present part of this current constellation of space

And so as you continue to walk and continue to notice and name what surrounds you, imagine that there is a thin and flexible string reaching from your body to tie you to all these entities - to the trees, the pavement, the lamp posts, the dogs, the buildings, anything and everything you see and sense

As you hone in on the details of your space, more and more strings extending from your body, you will find yourself in an intricate web, tethered to your environment, interconnected and walking forward together

You hold everything and they hold you back, it's a close knit community

So as you continue to walk, trust that you are supported and allow yourself to play

Swing with more energy to exaggerate your motions, turn your head from right to left, weave your pathway in zig zags and squiggles, massage the connection between your body and what's beneath you, smile at a passerby

Now expand your vision beyond your own frame and look at the way the strings bend and curve as you dance your walk forward

Then reach your focus even further to see what lies on the other end of the line, the living and non-living folks you're connected to

There is a cause and effect, an action-reaction between you and all that you are tethered to. As you move, the world moves with you.

Every increment extending you forward, every breath that exits and enters - it is all done in relation to each other

There is heat that rises from this push and pull of the tethered strings. Let yourself vibrate with these interactions. Does it change how you move when you know you're not alone in this?

I remind you of your role in this web

You are not its center, in fact there is no center

You are a singular blade of grass in this field. An important blade of grass I should say, but no more important than any of the others

You are one part of the whole, the whole which is a system of interdependent beings

So be with these living and non-living entities, be in community with each other

Know that you are not always the driver and sometimes something else in space will pull on you

You might feel out of control, but I invite you to lean into this, and consider, "What is it asking for? What does the space need from me? What is it calling me to do?"

I invite you to let go of what feels unknown and to give in to the potential of these relationships as a network of support that is all surrounding. Here, you can find deep comfort in trusting that if you move with care, the world will hold you back with an equal tenderness.

So move forward with generosity and gratitude for this web that caresses your edges

We are full of so many lives

The world around you was not created in a day and neither were you

We are all products of process, of adaptation, of multiple generations

And though time pushes us forward, there is also value in looking back

Pause your walk. Look behind you.

Can you see where you started? Maybe it's too distant now, but scale back in your memory and try your best to recall. It's very important to remember and to recognize how far you've come.

I encourage you to acknowledge who and what has shaped you, today and all the days before today. It will take some time, but I invite you to feel your body expand with this knowledge, to swell with the breath of all these lives you hold.

Just like you, everything that is connected in the web holds its own wealth of history. You may have come down different paths, but you have arrived here together, tethered between past, present, and future.

Remember where you were headed and begin to walk forward again, but now holding the intention of everything that came before

This knowledge you carry is the one that informs your body how to be conscious of its actions, these actions that exist in relation to all that surrounds you

There is so much to carry and it might feel heavy at times, but I assure you that balanced with this effort is an ease that you will feel when this innate wisdom is put to use

It is a responsibility and an honour to hold this archive of knowledge

It is these stories that sustain us

And remember, you are held in this web

Here, you move forward in supportive collaboration

Enjoy your walk and have a nice day.