

*Thich Nhat Hanh*

*Walk for All Beings*

The air is cleanest in the early morning and late evening. That is the best time to enjoy walking meditation. Allow the energy of that pure air to enter you.

When you practice walking meditation in the morning, your movements will become smooth and your mind will become alert. You will be more aware of what you are doing all day long. In making decisions, you will find that you are more calm and clear, with more insight and compassion. With each peaceful step you take, all beings, near and far, will benefit.