



## Pleasure Walk

*The pleasure walk is a mindful open awareness practice and walking meditation where you recognize all the pleasures along your way. Ideally, this can be done on your way to work or back, but also on any other walk ... The first time I heard the name "Pleasure Walk" was during a seminar on Positive Psychology and it is one of the practices, there. In 2019 a Pleasure Walk was offered through the city of Munich, called [Slow Down Walk - a pleasure walk for the good life](#).*

On my way to work I have often experienced that I follow a standard path to the subway and from the subway to the office, without paying much attention to the path itself. Instead, I was thinking about some topics in the newspaper this morning or some challenges ahead for today.

However, on this way to the subway I can see the sun rising in the east above some far trees, I cross a small parc and walk past a large field. And this sunrise, the parc and the field are constantly changing with the seasons throughout the year.

Therefore, I started to pay attention to the path itself. I watched this continuous daily change of nature with open awareness and tried to become aware of the beauty around me and the changes as compared to the days before.



It is the same path as before, but the quality for these 10 – 15 minute has changed a lot! There are beautiful sun rises with lovely colors in the sky, there is the spring with all it's beautiful green and blossoms and there is the end of the summer, when the grain gets it's golden color, and after the harvest of the grain the smell of malt in the air. But there are also such small things as the smell of freshly mowed lawn or a ripe chestnut on the ground ...

This kind of pleasure walk may activate all your senses and you might start (or end) your (working) day with all these small pleasures of nature or anything else around you of which you might become aware of.

*"If, then, I were asked for the most important advice I could give, that which I considered to be the most useful to the men of our century, I should simply say: in the name of God, stop a moment, cease your work, look around you." — Leo Tolstoy, Essays, Letters and Miscellanies*

>>> Curious? Just try to have a mindful pleasure walk next time you leave your home ...

Joachim, 27.09.2020