

A misty forest path with tall trees and lush green ferns. The path is a narrow dirt trail winding through a dense forest. The trees are tall and thin, with a thick layer of mist or fog hanging between them. The ground is covered in a thick carpet of green ferns and other forest floor plants. The overall atmosphere is serene and quiet.

Placing the moccasins

Walking up and down, paying particular attention to placing the feet is the way to do walking meditation. Starting off it can be difficult to concentrate, but one way to do this is to place the feet very carefully. Imagine you're like an American Indian in the brush not wanting to make a sound, just placing the moccasins softly on the ground.

**I offer this for your reflection.
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