



Walk Like a Mountain: The Handbook of Buddhist Walking Practice

Innen Ray Parchelo

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Walk Like a Mountain is the definitive guide to walking as Buddhist practice, not just for the serious practitioner but for anyone who wants to bring more contemplative depth to their everyday walks. From kinhin during zazen sessions to pilgrimage and beyond, this handbook offers the “how-to” with clarity and insight. Posture, hand positions and foot mechanics are merely the beginning. Other topics that are addressed in this comprehensive book include: Preparations and aids / Prayer walking / Purification and dedication / Kaihogyo (marathon contemplative walking) / Leading a walking practice / Walking for change / Walking as daily life / Walking the symbolic landscape / Alms rounds / Mandalas / Circumambulation / Labyrinths / Walking Nembutsu / Alternatives in contemplative walking

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