

# WALK LIKE A MOUNTAIN

THE HANDBOOK OF BUDDHIST WALKING PRACTICE



Innen Ray Parchelo

## WALK LIKE A MOUNTAIN

### *The Handbook of Buddhist Walking Practice*

Innen Ray Parchelo

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Book design: Karma Yönten Gyatso

Cover photo: Walking Buddha © Pitsanu Kraichana

Henro-pilgrim, p. 122: © Radu Razvan

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Published by

**The Sumeru Press Inc.**

PO Box 2089, Richmond Hill, ON

Canada L4E 1A3

LIBRARY AND ARCHIVES CANADA CATALOGUING IN PUBLICATION

Parchelo, Innen Ray, 1949-

Walk like a mountain: the handbook of Buddhist walking practice /

Innen Ray Parchelo.

Includes bibliographical references.

ISBN 978-1-896559-17-9 paperback

ISBN 978-1-896559-18-6 e-book

1. Meditation–Buddhism. 2. Walking–Religious aspects–Buddhism. I. Title.

BQ5612.P37 2012

294.3'4435

C2012-907731-3



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# Table of Contents

7      **FOREWORD**

9      **INTRODUCTION**

12     **PREFACE**

    Why Leave Your Abode?

Chapter 1

24     **STIRRINGS FOR THE ROAD**

    Walking – the Hidden Life of the Buddha

    Walking Practice as Metaphor

    Walking as a ‘Yoga’

    Walking as a Contemplative Practice

Chapter 2

41     **IMAGININGS**

    Walking as Practice: Sitting, Walking; Walking, Sitting

    Walking with Jizo

    Dharma Masters Go On Foot

    Non-Buddhist Advice

Chapter 3

61     **THRESHOLD – FOOT AND STEPS**

    Walking with the Whole Body

Chapter 4

77 **THRESHOLD: PREPARATIONS**

Equipment, Sticks and Poles

Purification and Dedication

Winter Walking

Companion Dogs

Documentation: Cameras and Journals

Disability Considerations

Chapter 5

101 **JOURNEY 1: FIRST STEPS**

First Walking Practices

Walking Practice # 1: Kinhin

Alternate Contemplative Walking

Leading a Formal Walking Practice

Chapter 6

117 **JOURNEY 2: CROSSING**

Walking and Working

Walking Practice # 2: Walking as Daily Life

Walking Practice # 3: Alms Rounds

Chapter 7

131 **THRESHOLD 2: TURNING BACK**

The Turning Point

Walking Practice # 4: Circumambulation: Going Around in Circles

Walking Practice # 5: The Sound of Walking – Walking Nembutsu

Contemporary Practice: Mundy's Prayer Walking

Chapter 8

144 **JOURNEY 3: THE LONG ROAD BACK**

The Road Back

Walking Practice # 6: Pilgrimage

Walking Practice # 7: Kaihogyo

Chapter 9

160 **JOURNEY 4: NEW WALKING**

The End in Sight

Walking Practice # 8: Walking a Symbolic Landscape

Walking Practice # 9: Into the Labyrinth

The Manda-Labyrinth

Walking Practice # 10: “Sauntering” with Thoreau

Walking Practice # 11: Walking for Change

Chapter 10

185 **RETURNING HOME**

The Narrow Beach

What Has Been Learned

Re-entering Our Dwelling – Imagining The Next Crossing

198 **AFTERWORD**

The Society

The Scholarly Tome

Walker’s Supports

202 **A WALKER’S BIBLIOGRAPHY**