

# BORDERLESS DEFINED

Newsletter of Borderless Interpreting & Translation, LLC



## Walking Meditation

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I hope this finds you doing well!

A few weeks ago, I came across [this page](#) on the Interpreters CPD resources website. Personally, I often take walks during interpreting breaks and I think it's also fair to assume that many interpreters do based on my limited observation.

As I continued to read the walking meditation instructions, however, I realized the following:

1. Whenever I took a walk on a break during an interpreting event, it was too face-paced to serve any meditative purpose. I am naturally a fast walker and I didn't think to change my approach during interpreting breaks.
2. My mind wasn't focused on any sensations from the act of walking at all. In fact, I was preoccupied with thoughts about what the speaker might say during my next turn and whether I would know all the terms that might come up, etc. No wonder I didn't feel mentally refreshed!
3. The instruction "[y]ou're not going anywhere" especially resonated with me. Perhaps we're programmed to attach a purpose and benefit to activities like walking and we often forget that you really don't have to reach a destination, literally and figuratively.

This page is written primarily for interpreters, but I think it can benefit anyone who is looking to rest their mind on a busy day.

Please share any feedback simply by replying to this newsletter 

Thanks for reading!

Noriko Rogers  
Borderless Interpreting & Translation, LLC

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**Borderless Interpreting & Translation, LLC**

Plain City, Ohio, USA

+1 (614) 705-5068

URL: [www.borderlessinterpreting.com](http://www.borderlessinterpreting.com)

Contact: [noriko@borderlessinterpreting.com](mailto:noriko@borderlessinterpreting.com)

mailer lite