

Wide Angle Vision & Fox Walking

Dynamic Meditation for the Modern World

Inside this guide, you'll learn the foundations of Wide Angle Vision and Fox Walking, two complementary awareness practices that help expand perception, regulate the nervous system, and cultivate presence in motion, or as I like to call it, “dynamic meditation.”

Wide Angle Vision is the practice of softening your gaze and expanding your awareness to include your entire visual field, rather than fixating on a single point. By engaging peripheral vision, the nervous system often shifts from narrow, analytical focus into a more relaxed, open state, enhancing presence, sensory awareness, and connection to the environment.

Fox Walking is a slow, deliberate walking practice that transforms ordinary movement into dynamic meditation. Each step begins with the outer ball of the foot, rolls smoothly toward the inner ball, and finishes as the heel gently settles while the opposite foot begins to lift. Practiced together, Wide Angle Vision and Fox Walking integrate movement, attention, and perception—helping cultivate calm, embodied awareness and a deeper relationship with both the natural world and your inner experience.

Step-by-step instructions, reflection prompts, and practical field exercises guide you to move beyond narrow focus and train a more open, relaxed, and receptive state of awareness that can be integrated into everyday life.

Arriving

Find a safe outdoor space: Yard, park, trail edge, or open natural area.

Take a few moments to settle into your environment. Stand still, feel your feet on the ground, let your gaze rest softly on a point in front of you and allow your senses to orient without trying to change anything.

Without moving your eyes, begin expanding your awareness toward the edges of your visual field. Notice what is already there. Light. Movement. Color. Shape. Space.

Notice:

- What your eyes naturally fix on
- What is already in your peripheral field
- Sounds in the environment
- Contact of feet with ground

Expanding the Visual Field

Step 1: Center line focus

Bring your arms in front of your face.

Palms touching.

Gaze forward softly.

Step 2: Expand perception

Slowly separate your hands.

As you do:

- Wiggle your fingers continuously
- Keep eyes forward (not tracking hands)
- Notice when your peripheral vision picks them up

Step 3: Full field expansion

Continue opening arms outward slowly.

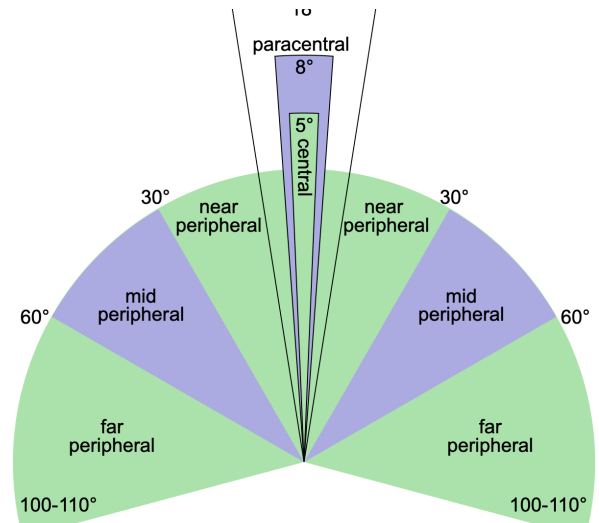
Go as wide as possible while still:

- Maintaining forward gaze
- Seeing both sets of moving fingers at the edges of awareness

Notice:

- Does breathing change?
- Does the body soften?
- Does thinking feel less linear or urgent?
- Does space feel “bigger”?

Notes:



Field of Vision

Moving with Awareness

Combine Wide Angle Vision and Fox Walking. Walk slowly while maintaining peripheral awareness, allowing movement and perception to integrate into a continuous field of attention.

Mechanics:

Begin walking slowly.

Step 1: Engage the front of the legs (quads)

Move from the front body, not propulsion from behind

Step 2: Outer-edge landing

Foot touches down on the outer ball (little toe side) first

Step 3: Controlled roll inward

Shift weight toward the inner ball (big toe side)

Step 4: Heel lowers last

Heel descends slowly and quietly

Step 5: Weight transfer cycle

As one heel settles, the other begins to lift

Repeat.

Key intention: Move as if you are trying not to disturb the environment.



Notes:

Reflection and Observation

Pause after practice and notice changes in perception, breath, thought, and emotional tone. Observe without analyzing or trying to correct anything.

Now combine both. ***Walk slowly while maintaining:***

- *Peripheral vision awareness*
- *Soft forward gaze*
- *Expanded sensory field*
- *Ground texture underfoot*
- *Sound direction and distance*
- *Movement at edges of vision*
- *Breath rhythm*
- *Body position in space*

When attention widens, the nervous system receives a different message: there is space, there is context, there is no immediate needs requiring fixation. This is the RAS shifting from narrow filtering to expanded contextual awareness.

Notes:

Observe

After 10–15 minutes, pause and reflect:

1. Did your attention feel more open or more narrow?
2. Did thought become quieter or more spatial?
3. Did time feel faster, slower, or less structured?
4. Did your sense of “self” feel more fixed or more distributed?
5. Did perception feel more reactive or more receptive?

Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Returning with Fresh Eyes

Reflect on how this way of seeing and moving might be applied in daily life such as walking, working, or interacting with others. Notice where attention naturally narrows or expands. In that softening, something important becomes available again: presence, choice, and the possibility of seeing both yourself and the world with fresh eyes.

Stand still again for 30–60 seconds and let vision return to normal naturally.

Then ask: *What happens when attention is not narrowed by default, but allowed to expand?*

Notes:

Going Deeper

Explore further practice through repetition in different environments. Consider how shifts in attention may influence mental state from narrow, task-focused awareness toward more open, relaxed, or receptive modes of perception. When vision narrows, perception narrows. When vision widens, perception widens.

Without forcing interpretation, notice potential shifts associated with different states:

Beta (narrow focus / problem-solving): structured thinking, urgency, task orientation

Alpha (relaxed awareness): open attention, ease, creativity, soft cognition

Theta (deep internal processing): intuition, imagery, insight, dreamlike associations

- Minimum: 5 minutes
- Recommended: 10–15 minutes
- Advanced practice: 20–30 minutes outdoors

With consistency, these skills begin to become a baseline way of perceiving rather than a technique.

To deepen this practice, read the companion piece: “The Reticular Activating System and the Power of Peripheral Vision: Why an Open Gaze Supports an Open Mind”

It expands on: How the brain filters reality (RAS), Why attention shapes perception, How vision influences nervous system state, The link between awareness, stress, and possibility, Why peripheral vision is a gateway into expanded consciousness.