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 Mike Ball is a Senior Lecturer in Anthropology & Sociology at Staffordshire University, UK.

He has research interests in ethnomethodological studies of work including interaction, police work, accountancy, visual analysis, Buddhism & the philosophy of mind.

**A Case Study in the Relationship of Mind to Body : Transforming the Embodied Mind**

**Abstract:**
This paper employs ethnographic research methods to study a Buddhist
meditation practice that takes the walking body as its object. The mundane act of walking is transformed into a meditative object for the purpose of refining states of embodied consciousness. This meditation practice offers a glimpse of the  relationship of  body  to mind, a fundamental concern within the philosophy  of  mind. The analytic focus of this paper is the practical nature of meditation work. Aspects of Buddhist Philosophy are explored & compared to analytic themes within Phenomenology & Ethnomethodology.

**Keywords:** Meditation. Mind. Embodiment. Consciousness.