

## **International Walking Meditation**

**Inspired by Zen-Master Thich Nhat Hanh**

**On Saturday, December 2nd at 11 am**, Plum Village communities in more than 40 international locations in 16+ countries will join a collective practice of walking peacefully and in mindfulness together.

You are invited to join us, Ute and Elsa in walking together on Arran.

We will meet at Banner Lodge, at Heather Lodge, in Brodick at 11am.

The theme is **Interbeing and connecting to the Earth**

Everything that is, arises in mutual dependence. Our lives are interwoven with all others. In everyday life we easily forget this and we differentiate and set ourselves apart. When we see ourselves as separate, loneliness, conflict and destructive behaviours, including the destruction of the environment, increase.

Thich Nhat Hanh therefore gave us the term INTERBEING. Looking with eyes of interbeing reveals our connectedness on all levels of existence. When we touch interbeing in our everyday life, our view of the world shifts. We begin to make friends with everything – and to touch the wonder of life.

### **WALKING TOGETHER**

On this day we want to connect deeply with our steps and contemplate together on interbeing in an atmosphere of togetherness and mindfulness.

We will meet at Banner Lodge, Heather Lodge at 11am.

11 – 11.15 – meeting, sharing a reading, silent reflection

11.15 – 11.45 – silent walking to the shore in Brodick

11.45 – 12.30 – tea and biscuits / going home

By walking carefully in our village, we want to set a silent sign for our inner abundance and against the external symbols of purely material promises of happiness. Our practice amidst the consumerism of the holiday season, and in awareness of current global conflicts, can help us develop a deeper understanding of what we truly want to give to others and to ourselves.

We look forward to walking together and sharing ideas.