



AWAKENING
TO INTERBEING

INVITATION TO AN INTERNATIONAL WALKING MEDITATION DECEMBER 2, 2023

Everything arises in mutual dependence. Our lives are interwoven with all others. Yet in everyday life we forget. We differentiate. We set ourselves apart. Seeing ourselves as separate, we sow seeds of loneliness, conflict and hurt.

Zen master Thich Nhat Hanh thus coined the term "INTERBEING". Looking with eyes of interbeing, we see 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 — to touch the wonder of life.

**Saturday, December 2, 2023,
at 11 am in more than
15 cities internationally**

Open to all. Organized by students of Thich Nhat Hanh and the Network for Mindful Business.

Would you like to organize a walking meditation near you? Find out how at www.tinyurl.com/walking-meditation-2023

CONTEMPLATIONS ON INTERBEING AND CONNECTEDNESS

May I connect to my breath and notice what is currently alive in me — in my body, thoughts and emotions. May I be aware of what I am sending out into the world here and now.

May my steps mindfully touch the earth. May I invite peace, loving kindness and joy into my steps. May I connect with the community walking together with me.

May we humans realize we are made entirely of non-human elements such as plants, minerals, earth, water and sunshine. May I protect the environment to protect myself — and protect myself to protect the environment.

Whether they are here or not, may I connect with those I feel distant from or in conflict with. I invite them to walk with me — to take my hand in spirit.

May I experience myself as one with all, a living part of everything that exists. May I touch the constant transformation of all phenomena in and around me.

May I connect to all that is — both pleasant and unpleasant, joyful and painful.

May all beings be happy.



www.network-mindful-business.org