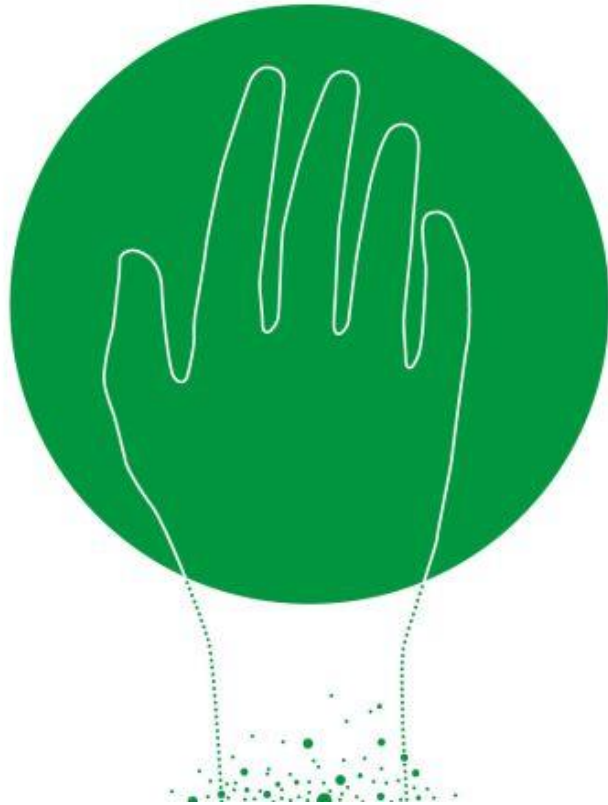


## TOUCHING SIMPLICITY



**Voices, Experiences and Greetings from our  
International Walking Meditation 2024**

**Amsterdam, Netherlands:** We had a marvellous simplicity walk and subsequent talk with a group of 6 participants. Thank you, greetings from urban retreat center De Meditatietuin at Amstelpark in Amsterdam, Steven

**Antibes, France:** We had a wonderful walking meditation, light and connected. In the background of one photo, you can intentionally see yachts, as a contrast to a life of simplicity. And in the second photo, the lighthouse in the background symbolizes the right path that brings us safely to our harbor. With a bow, Katja, Paix en soi – Paix dans le monde 🙏

**Asheville, USA:** We were a small group on a cold, holiday weekend and so one highlight was sharing hot tea in an intimate cluster and getting to know each other in an informal way. We spoke of the value of practicing together like this; more personal and connected as a way forward with resiliency in an uncertain future. We shared wishes to then be able to move out as part of our Sangha into our community when called to serve others in some tangible way.... Wishes can become Intentions can become Actions can change the World. This walk was an inspiring way to be closer to each other and to feel hope in our deep connections with all of you walking together on our planet Earth. Thank you for inviting Mountain Mindfulness to this year's Peace Walk.

**Athens, Greece:** Unfortunately, we don't have any pictures as we were very few. Still, we had an amazing experience at the center of Athens in the national park, walking mindfully, breathing, seeing and hearing the birds and trees. We bonded as a sangha and enjoyed. For me, leaving the meditation, I felt like "I was given the gift of time" - taking my time to enjoy each step, relax, ground myself, and connect with Mother Earth. We left feeling grateful. 🙏 Manto Healing Home of the Source

**Barcelona, Spain:** Unfortunately, there weren't enough participants and we decided to cancel it. Thank you very much for your work. Best wishes, Eva

**Basel, Switzerland:** It was very nice. 😊🙏

**Berlin, Germany:** We met on a sunny day at Savignyplatz – our traditional meeting point for over ten years. Ten friends read out each the names of participating locations worldwide, creating a warm feeling of connection. We listened to the contemplations on simplicity and walked in meditation through diverse urban landscapes. Our route included:

- Encounters with homeless people under bridges
- Passing the Jewish Community Center
- Walking "underground"
- Crossing the Christmas market at Breitscheidplatz
- Touching the rhythm of Kurfürstendamm
- Navigating the Europa Center shopping mall and and passing the "Kaufhaus des Westens", Germany's largest and most luxurious department store

Participants shared joy in appreciating beautiful things without needing to purchase them. Our peaceful steps embraced the various forms of violence, peace, restlessness, and happiness in the city. The meditation concluded with a circle, briefly interrupted by an aggressive passerby who became peaceful when invited to join. We then shared in small groups about simplicity, enjoyed tea and cookies before dispersing across Berlin. With a bow and a smile, Kai

**Bloomfield, Canada:** Thank you for organizing this event. Lovely walking in silence for peace and simplicity. Bloomfield Meditation Group Bloomfield Ontario Canada

**Bonn, Germany:** In Bonn, we were 13 people, and we all enjoyed walking very much on this sunny day and felt connected to the other groups. Therefore, thank you again for this beautiful initiative. Looking forward to next year... Warm greetings, Birgit

**Bordeaux, France:** Dear friends in the Dharma, we were 7 this morning walking in the public garden of Bordeaux. Here is our photo, a lotus for you and gratitude for creating this event! Malou for La Pluie du Dharma

**Bremen, Germany:** We were a really small group, I was a bit disappointed... In the end, we had a nice sharing and the faces were noticeably more relaxed... Thay's "every step is valuable" helps me. Warm Sunday greetings to you, Antje

**Brighton, England:** Thank you for organising this wonderful initiative. We were so happy to join in. It was very moving to read out all the cities and countries that joined in. We will look forward to walking next year. I'm so glad we got involved and it was heartening that we had around 40 people walking in peace and simplicity. Next year will be even better. A lotus and a deep bow of gratitude to you, Andy (on behalf of Pebbles Sangha)

**Brussels, Belgium:** First of all, a big thank you to all of you for your initiatives and organization, and in particular to Christiane for sending the cards by mail. Some of them were still used as invitations, the rest were given as "souvenirs" to participants who wanted them. We were exactly 15 under the arcades of the Cinquanteenaire in Brussels around 11:00 AM. We practiced a very inspiring and beneficial short hour of walking, under the guidance of Peppino (who is reading us in copy). This walk was, for some of us, an opportunity to reconnect with Plum Village, for some to discover it, and for most, it was an occasion for warm reunions, under the sun and a blue sky.

**Buenos Aires, Argentina:** This year the walk was arranged by Abrazadores de la Tierra Argentina. We experienced interbeing with all beings walking the planet. It was beautiful feeling the energy of all the people around the world walking with the same thought. We must continue sowing seeds of mindfulness so that more and more people vibrate in this attunement. Keep walking together. 🙏 Best regards. Earth holding community , Sandra Visconti

**Burghausen, Germany:** Hello dear friends, we had wonderful conditions, sun and bright blue sky. Our hearts and faces are shining with and for you. We felt the deep connection, touched the peace within us, and enjoyed the "simple" joy of silent walking meditation. A heartfelt "thank you" to all of you. Warm greetings to the world from Burghausen. Heike

**Calgary, Canada:** Hello dear friends! It was a wonderful way to spend a winter's morning. Touching simplicity with the sangha. The extreme cold weather kept some people indoors, but they messaged us saying how they loved the theme you all created and they touched simplicity and walked with the global sangha in body and spirit. I asked those who attended to find one way to touch simplicity during the walk. Here's a few of the sentiments:

- How the light shines through the snowy trees
- How the Mallards seemed to be in a flying meditation at the same time as our walking meditation
- The sound of our steps in the soft and hard snow
- We are alive!

Please let me know if you need anything else.

Looking forward to seeing the slideshow! With great joy and reverence, Matt Dorma Wild Rose Sangha

Looking forward to seeing the impressions. We will definitely make this a part of our annual traditions here in Calgary. It was great to have our sibling sangha in Edmonton join, and I also saw that our sanghas across Canada in Toronto joined as well. Canada showed up! In joy and reverence, Matt

**Cambridge, England:** We met at Wandlebury Country Park just outside Cambridge and walked peacefully through the colorful autumn leaves for over an hour. An unexpected highlight was finding an open-air art exhibition 'Fantastical Forests' on our route featuring artworks by children from local schools. The Cambridge Sangha enjoyed being part of the international walking meditation, and we look forward to being part of the walk next year. Murray Corke

**Cologne, Germany:** It was very nice again ;) Best regards, Moritz

**Colorado Springs, USA:** We had a lovely winter day for our International Walking Meditation. There were 16 of us from 2 different sanghas walking in Noble Silence at Rock Ledge Ranch in Colorado Springs, Colorado, USA. Thank you for creating this event. We enjoyed it and look forward to next year. Metta, Ann Grant Martin, True Unfolding Beauty

**Copenhagen (Denmark):** Dear fellow siblings on the Path, The Danish Interbeing Community joined in for the international walk from the Temple in Glostrup outside Copenhagen. We had a lovely sit in meditation before setting out on the walk at 11 o'clock. We walked through the Glostrup Park in silence flowing as a river in the bare simplicity of interbeing.

We returned to the temple where we enjoyed a shared buffet of lovely vegan dishes and played a traditional Danish Christmas game with small home made and simple gifts. We from the Danish community thank you for your deep and profound work, and thank you for organizing this

lovely tradition of Walking together. I had the global community in my hearth while walking here in Denmark. It was very powerful to know that around the world siblings were walking with us and we with them. With a deep bow in gratitude, Dorte, True Light of Insight

**Denver, USA:** It was great to walk at the same time with people around the world. We enjoyed seeing a red-tailed hawk circling overhead checking us out. Sandy and Craig Cowden Eyes of Compassion Sangha Denver, Colorado

**Dionay, France:** I decided to join the walking meditation, and there will be some people coming. All the best from here!!! Marine

**Edmonton, Canada:** Hello dear friends! We saw a coyote, a squirrel and many birds on our walk! So beautiful, even in the cold of winter! ❄️ With love, Carolyn True Home of the Source

**Erto, Italy:** I was "alone" and walking among trees and meadows on the hill of San Martino, where I live,... in Erto in Friuli V.G. That day there was something more: I knew that in those moments in the world many friends were walking with me, together in peace. Thank you! Antonia

**Essen, Germany:** Dear ones, it was so beautiful, so connecting, so delightful. And the weather here was so wonderful. Thank you for your presence with a bow from Essen (or rather Duisburg-Ruhr area) Steffi

**Ferrara, Italy:** We were very few, only five people, but it was a very engaging experience for all participants. We read the contemplations on happiness and then walked for half an hour inside the urban park. We didn't take photos. We hope next year to have greater participation, both in the organizational phase and on the day of meditation. At least that's what I hope for. A cordial greeting and a bow to you too.

**Findhorn, Scotland:** The dozen of us had a peaceful and meaningful walk, followed by tea and cakes with wonderful conversation, especially with a few who had come expressly for the morning. Many blessings, Jane

**Florence, Italy:** Beautiful simple walk.

**Fort Collins, USA:** We walked in Fort Collins, and it was a huge success. We had a Dharma sharing after, and so many people were moved by the experience. Thank you for offering this! Big hug. Bruce

**Frankfurt, Germany:** On Saturday, nine of us were walking in the Frankfurt city forest. We marched through the still frozen nature with the first rays of sunshine. To set the mood, the participants read out some of the participating cities. We became aware that it is not a matter of course in every country to organize a walking meditation - be it for political or security reasons. During the walking meditation, we repeatedly formed a circle to read one of the contemplations. This contemplation then accompanied us during the next steps. After the walking meditation, we stopped for refreshments and exchanged our experiences. Al the best, Christiane

**Freiburg, Germany:** Warm greetings from our walking meditation through the icy cold in Freiburg with around 20 people (we've never had so many) and a Sangha from Strasbourg that wants to found itself next year. All the best from Uli

**Gap, France:** We were only two together in Gap, the others walked in their places of residence, quite far away in our mountains. We walked for 45 minutes in the outskirts of the city, in nature, completely connected to everything: to nature itself, filled with peace and serenity, to other walkers, from Marseille with whom our sangha has strong ties and more broadly to other walkers. It was a powerful moment. Cordially 🙏🇫🇷

**Geneva, Switzerland:** We were about twenty people and it was cold. We walked, embodied peace, and touched simplicity. (Songs, walking, sharing) I forgot to ask someone from the group to take photos. There will probably be an interfaith peace walk organized in March.

**Hopedale, USA:** From our walk in Hopedale, Massachusetts, USA

**Karlsruhe, Germany:** 🙏☀️

**Lake Zurich Region, Switzerland:** This year we were a wonderful 10 😊 We walked for 1 hour in damp, cold foggy

weather from one shopping center to another through the vineyards. We divided the 10 contemplations and walked with one each and then the next. At the end, we went to the Seidenhof Café, an integration business, where we exchanged for another 2 hours. It was wonderful. "May I simply walk and let my worries and fears rest" noticeably relaxed me 🙏 A very warm hug in connection, Katrina

**Livorno, Italy:** We of the Livorno Sangha joyfully participated in the mindful walk on November 30th. We started from our Sangha located in the old part of the city and walked towards the Fortress, to find contact with nature in its green interior. Unfortunately, that day the Fortress was closed for maintenance, so we proceeded along the busy streets around the green area, returning to the sangha after about an hour. New people also participated in the experience, including a young boy. It was surprising to savor the sense of peace and inner silence, contrasted with the noises of the city. We returned full of joy and shared the experience, permeated by a sense of peace, harmony, and gratitude towards the Master. We are happy to have participated in this international experience, aware of having made our small contribution to peace in the world at this difficult time.

**Lyon, France:** We were 25 for the meditative walk with 1 person from the Amplepuis sangha, 1 from the Roanne sangha, 1 from the Tours sangha, 2 people from Aix-en-Provence, and friends from Lyon and Francheville. It was a great success! Friendly regards, David

**Madison, USA:** SnowFlower Sangha in Madison WI gratefully participated in the Touching Simplicity Walk yesterday, which was sponsored by our Sangha Earth

Holder's Circle. It was a very cold and brilliantly sunny day as a dozen of us walked in the Arboretum. We sang Plum Village practice songs and we appreciated sharing the Touching Simplicity postcards with contemplations and reading the names of all the cities and countries where our sangha kin were also walking together in mindful simplicity.... We felt the joy of Interbeing, as we walked in silence among the trees and flocks of birds. Afterwards, we shared our gratitudes and intentions while enjoying luscious cookies baked by one of us for the occasion. Attached are 3 photos. A deep bow of gratitude for this wonderful practice, which we hope to share in years to come, we are so happy to be part of the international walk, and will happily plan to join again next year. This deep practice is so important right now, such a gift. In gratitude, Mary

**Mallorca, Spain:** Dear all, some photos from Mallorca. Thank you. All the best! Thank you for the beautiful and important proposal! I'm sure we'll join you next year too. Hugs and smiles, Sangha Nubes Blancas

**Marseille, France:** Dear Friends. 🙏 😊 We have done it. More than 10 people showed up, exactly 11. We started from the Marseille "Vieux-Port", stopping facing to the "Bonne-Mère" (Christian Basilique), for ending near the Cosquer grotte Museum and the Major Cathedral... One part in the city phenomena, Christmas Market, another part along the sea, on a touristic path ... Finishing by a very nice sharing about the walking and the theme "Touching Simplicity" on a Terrasse café! ☺ It was a very nice, pleasant and Mindful walking meditation... All people, phenomena, sounds, voices, languages (french, english,

chinese...) met were delightful invited in the Mindfulness field! And I don't know why, this year I had a feeling of resistance about participating in the event, feeling that vanished as soon as I met our friends at our meeting point ... This is it 🙏 Smile and bows of Gratitude. Henri

**Masserberg, Germany:** The walking meditation was great. Fitting for the season, there was snow that covered the landscape with a white blanket. It was incredibly quiet and contemplative. Best regards, Bastian from Masserberg.

**Massac-Seran, France:** Dear Friends, thank you so much for offering the walking meditation this year on "Simplicity", it was a wonderful deep meditation on a historic path, sharing brotherhood and sisterhood in Harmony, developing love and compassion. Newcomers enjoy getting to know this Practice. We are happy that many friends wish to join our Sangha meeting weekly in Teyssode. 🙏 a happy moment! Suggestion: walking meditation could be more often!!! With Joy and Gratitude Dominique For the Sangha de l'île-Intérieure

**Mexico City, Mexico:** Today we walked 7 kms across one of the most beautiful and chaotic cities of the world. The gigantic Mexico City hosted our steps while reflecting on beauty, simplicity and the peculiar places where the urban lets nature in. We held Thich Nhat Hanh in our hearts and steps, along with the memory of our land's ancestors, holding space for gratitude and honoring life through the energy of water, walking with the protection of Tlaloc, Mexica culture's god Rain, during all our walking. Thank you, beloved sangha from all over the world for sharing

these steps with all. Of course we'll join next year. May all beings be happy and free. With a bow and a smile, with love and gratitude from Mexico, Claudia

**Munich, Germany:** Although we were only three (Simon, his son, and I), we had a beautiful and powerful walking meditation in the Hofgarten. Best regards

**Neuhöfchen, Germany:** Dear Community, thank you very much for the wonderful walking meditation. We here in Neuhöfchen felt very connected through all of you. A wonderful opportunity to practice together. On our photos from our walking meditation here, you will find 3 people and 12 supporting animal friends (lamas and sheep...). Very best regards, a lotus 🌀 for you from Neuhöfchen from Alex and Marco

**Neve Shalom-Wahat, Israel:** The day of Walking International Meditation 2024 fell on a Day of Mindfulness (Cultivating Seeds of Mindfulness amidst the Storm) held at Neve Shalom-Wahat al~Salaam-Oasis of Peace. It was a beautiful sunny Autumn Day. We touched simplicity and togetherness with our sangha siblings around the world in our silent walk, and in the circles of silent standing in the woods and in the Dome of Silence (Beit Dumia/Bayt Sakinah), at the Pluralistic Spiritual Centre, a place for spiritual reflection on issues at the core of the Middle East conflict. A bow from us, Shelagh & Baruch

**New York City, USA:** We did it. More than 30 people showed up. We started from the UN. Stopped at the Missions of Sudan, Ukraine and Palestine and then ended at the Central Park.

**Nottingham, England:** Thank you for organising a beautiful event. The sun was shining for us in Newark, Nottinghamshire, where we walked before our Christmas sangha social activity.

**Paris, France:** Thank you so much for the organization around the World. Everything and everybody were sunny and bright. With warmest wishes, May all beings be happy! Thank you Eliah for coordinating this beautiful walk in all simplicity. May all beings be happy!

**Perugia, Italy:** We were a pleasingly large group in Perugia, who practiced walking meditation in the Botanical Garden. Con un loto e un abbraccione.

**Phnom Penh, Cambodia:** We shared a wonderful walk this morning in a deep sense of connectedness and peace. Thank you so much for organizing this event. In gratitude to Thay and all our spiritual ancestors who taught us to walk on this planet in peace and kindness. The walking allows us to be in touch with every mindful step. With a bow, Jürgen.

**Poschiavo, Switzerland:** Our walk up the hill was wonderful. The three of us climbed the small path to the hut in brilliant sunshine. It's simply beautiful to walk with others! At the top, after exchanging experiences, we sat together in the meadow and ate carrot soup and bread. I didn't bring any horses as I had no idea if everything would work out, but next year we'll take one or two along. (...) I've

noted the date for next year. We'll communicate it earlier then. I received messages from people who would have liked to come but had already committed elsewhere. With a smile from the Alps, Claudia

**Poznań, Poland:** We walked in Poznań last Saturday in a very small group but we were very glad to be together and we felt that we were walking with the whole Sangha in so many places. Thank you for extending your invitation to walk together. With warm greetings from Poznań, Kasia

**Prague, Czech Republic:** Dear Int'l walking Sangha, Jonáš and I walked beautifully and mindfully around Riegrák Park in Prague and in a forest in Center East Czech Republic concurrently via phone. While others in our Sangha walked with the Tibetan House here during a ceremony. We had a wonderful sharing around simplicity in our minds and lives. Bowing!

**Quito, Ecuador:** Find attached a short video of the Walking Meditation Touching Simplicity that I did with a Sangha friend in the garden at my farm nearby Quito. Due to security reasons I couldn't organise a walk at a public place, but nevertheless I joined the world Sanghas in this activity. May all beings be happy and safe! All the best, with a bow and a smile,  
Lourdes Páez

**Raleigh, USA:** A small group of friends in Raleigh, North Carolina, USA enjoyed a lovely chilly peace walk this morning. Thanks for organizing this beautiful practice. Palms together, Todd Fields True Heart of Orchid



**Ravensburg, Germany:** Today in Ravensburg we were 10 people at the beginning and walked through the Christmas market in all mindfulness! Several of us noticed that our slow steps had an influence on the others around us. There were several people who slowed down their steps and walked with us at our pace for a while. A very warm greeting to all other cities in the world that participated in the walking meditation today! Jürgen Wagener and Rita Fix

**Regensburg, Germany:** I am sending two photos of our walking meditation today. I have obtained the consent of all persons depicted. In a group of 17 people, we were able to enjoy walking in bright sunshine today - there was a lot of positive feedback 😊 Thank you very much for the impulse and the great international organization! - I can very well imagine that we will be there again next year, the date is marked in my calendar ... All the best until then! A lotus from Regensburg 🙏 Patrick

**Rome, Italy:** The walking meditation was very well attended. About 70 people were present, a little less than last year, but in Rome on the same day there were two large demonstrations for peace and in support of the people of Gaza in the morning and afternoon. For this reason, the police could not give us permission to walk on a street in the center (last year we had walked on Via dei Fori Imperiali, you'll remember). However, we had permission for Villa Borghese, the most important of Rome's parks. At the beginning, we read the inspirations that you sent, and invited people to be in contact with simplicity as suggested

by this year's theme. We read a passage from Thay on walking meditation, sang a practice song, and then walked in peace in contact with Mother Earth. About halfway through, we stopped in a circle for a few minutes of silence in the Valley of the Plane Trees, among centuries-old plane trees, a truly evocative place. At the conclusion of the walking meditation, after another reading of a passage from Thay, we had a truly intense sharing about the experience we had just had. With a smile,  
Francesca (also on behalf of Irene Santina Tiziana)

**San Fernando, Spain:** The meditation was very good. We were few people from the San Fernando Sangha, specifically three members of the Sangha, the rest had other commitments that prevented them from attending. The good thing is that there were five people who knew nothing about Thay's practice, and they liked it very much, we even had a beautiful sharing at the end of the meditation. Two of those people attended the weekly practice we have and they also liked it very much. Thank you for the opportunity to carry out this meditation. A fraternal greeting with a big smile, Juan Jesús

**Santa Cruz, USA:** 12 of us were swept up in the international gathering. We each read statements from the postcard and walked with peace and simplicity in our hearts, sharing that with the rest of the world. Thank you for this opportunity to join the world in simplicity. With a bow, Carol

**Santiago de Chile and Valdivia, Chile:** Hello! The practice was very beautiful and inspiring and was carried out in two cities, Valdivia and Santiago. With love and gratitude,  
Sol from Sangha Bodques y Lotos

**Scheveningen/Den Haag, Netherlands:** We had a beautiful moment of walking together with a small group from Den Haag sangha and we have created peace and joy! The weather was very beautiful and the sun was shining the first part of the walk. I really enjoyed walking together! Have a wonderful, peaceful and joyful week! with a bow and a smile:) Olga

**Sevilla, Spain:** It was a loving sharing radiating peace to ourselves and to the world, from the simplicity of our steps. With deep gratitude, thank you!

**St. Petersburg, USA:** Dear Friends, Several of us gathered together in the beautiful Palm Gardens in St. Petersburg Florida. We read some of the contemplations so grateful that you offered those. The walking meditation was quite lovely. We walked through a beautiful public garden on the shores of Tampa Bay in Florida. Prior to the walk, we read some of the gathas together. Most of us had experience with walking meditation and there was one person who was new to it. At the end people said, let's do this again! So I am thinking about a monthly public walking meditation. Thank you for offering this opportunity to be part of the global sangha. Thank you for organizing this and creating a global energy for simplicity. Peace, Maria Sgambati

**Stuttgart, Germany:** In Stuttgart we had a wonderful walking meditation, which initially led through parts of the city center past consumption. On the way, we made stops at the Hospitalhof, in front of a permaculture bed, and in the historic Hoppenlau cemetery. In these oases, we

recited the contemplations and sang some songs. Thank you very much for your initiative. Greetings Marcella

**Tenerife, Spain:** Yesterday, Saturday 30th, the Tenerife Sangha from the Canary Islands, with some participants who do not belong to the Sangha, walked meditating in the tradition of Thich Nhat Hanh. Being in the Canary Islands one hour earlier, we started at 10 in the morning until 11. We did it in the Anaga Natural Park, on the Las Hiedras Trail. In total, we were 9 people. The feeling of connection with so many sanghas at the same time was very beautiful, we touched simplicity. Thank you, Kunxi

**Torino, Italy:** Thank you for the inspirations and suggestions you offered us! Our walk was very joyful, and the contemplations on simplicity spread good seeds not only in us but also in all the people we invited, even if they didn't walk with us today. This walk permitted us to meet again people we didn't meet since a long time, and we knew also new people who probably will join our sangha. So, we are very grateful. Thank you! With a bow and a smile to you Torino Sangha

**Toronto, Canada:** We enjoyed the Walking Meditation. However, we have a development in Canada, especially in Quebec, where the government is trying to ban Walking Meditation or anything deemed as spiritual from public view. This would mean that Walking Meditation could be banned in Canada. This is a concern. Our Canadian Buddhist Civil Liberties and Human Rights Association is working with other civil and human rights bodies to see how we can challenge this possible ban on Walking Meditation in Canada. We remember when our beloved Thay and Dr. King Jr. spoke to the Canadian Parliament about Civil Rights in the 60's. We really enjoyed the Walking Meditation in silence and simplicity. We will keep in touch about the governmental developments in Canada and we sincerely hope the government does not go in this direction of banning Civil Rights and the right to do Walking Meditation and Spiritual activities in public. Much warmth deep bow, Rev Dr Karen Harrison

**Tucson, USA:** For the first time, two organizations in Tucson, Arizona USA, sponsored the Touching Simplicity annual International Walking Meditation on 30 November 2024 at 11am: Singing Bird Sangha (in the Plum Village tradition of Thich Nhat Hanh) and Beloved Community Circles (Martin Luther King Jr. and Thich Nhat Hanh). We met and walked in Himmel Park in central Tucson. In addition to almost 30 people participating in person, many people in Tucson and around the U.S. walked with us "in spirit" from their locations. In the opening circle, people were invited to say their name and what was alive for them in the moment. There was a reading from Thich Nhat Hanh's book *The Long Road turns to Joy: A Guide to Walking Meditation*. It was a warm day, so we were thankful for the shade of tall trees in the park while we walked. In the closing circle, in addition to singing, there

were 2 more readings from *The Long Road Turns to Joy*. People were invited to say one word to represent what they were experiencing after the Walk. Among a multitude of Gratitude and Thank you, there was Joy, Love, Hopeful, Peace, and Community. In the opening and closing circles we sang songs from the Plum Village tradition. Sponsoring groups for the Tucson Walking Meditation were Singing Bird Sangha and Beloved Community Circles People participated from these additional Tucson mindfulness groups: Upaya, Desert Rain Zen, Insight Meditation, Global Chant, Dances of Universal Peace, Tara Dances, Shambhala, Community Meditation Center, Little Chapel of All Nations, Kadampa Center.

**Valencia, Spain:** This year, 4 weeks after the flood disaster that occurred a few kilometers from the city, we felt particularly connected to those affected during our meditation. Thank you very much for your commitment. Corinna Coordination Sangha Interser Valencia

**Vicenza, Italy:** Yesterday the walking meditation here in Vicenza went very well, as you can see from the photos there were 9 of us because unfortunately one person didn't feel well before leaving and therefore was accompanied by another to get help, the strong collective energy of walking connected in 98 places around the world was shared, we started from a square in the city where there is a bust of Gandhi (you can see it in one of the 3 photos), halfway through the walk we stopped to look towards the city (you can see it in the second photo), at the end of the walk, Thay's "Meditation for nonviolence" was read, and after a round of sharing, a song and a hug we melted away, it was a very strong and energizing experience, we will certainly be there for 2025 too"! A big hug, peace and joy to you Massimo.

**Vienna I, Austria:** This year there were two walking meditations in Vienna, we, on Mariahilferstraße, were seven at the beginning, six at the end, as one person had to leave. It was a colorfully mixed group of beginners and advanced practitioners. We shared contemplations by Thich Nhat Hanh and one or two bells before setting off from Westbahnhof towards Neubaugasse. Out of group dynamics, we walked very slowly, which is an experience in itself. We needed over 1.5 hours for a few hundred meters. We collected various impressions including concentration and focus, haste and restlessness, questioning people, sounds of a running child, being jostled, tension in the back, the hierarchy between humans and pigeons on the street, extremely patient as well as impatient drivers, and much more. Best regards, Raphael

**Vienna II, Austria:** I informed my students (a group of 22 people from the University of Natural Resources and Life Sciences/ BOKU) that those who wanted could participate in the international walking meditation, and many came. Additionally, two more students and a friend. Since I decided very shortly - a few days before - that we would participate, we couldn't inform further at BOKU, but want to do so next year. At the beginning, in front of the university, we formed a circle and after an introduction from us, each of the present persons named one of the cities that participated. Later in the park, we formed a circle again and after another introduction from us, those who wanted to spoke one of the sentences (from the beautiful card that I had printed out several times) that particularly appealed to them. After each of the sentences, we listened to the sound of the bell and after this attunement, we walked through the park. After the conclusion, there was an exchange in pairs (as it was very cold, while walking) and then circle dances

that we showed to some Sisters and the teens in Plum Village in the New Hamlet. The students liked it very much and said the sentences touched them deeply and it could have lasted even longer. Next time I would like to ask a person to simply give a card to those people in the park who seem interested or ask, so they can read what is happening. With warm greetings, Sigrid

**Wiesbaden, Germany:** Sanghas from the Rhine-Main area combined a walking meditation with a mindful hike on the Neroberg. Together, happy steps were taken that strengthened the connection and brotherhood among the participants. A total of 32 people took part - the oldest participant was 86 years old, the youngest participant was barely four and a half. With a bow, Viet.

**Würzburg, Germany:** In beautiful winter weather, 14 people walked through the city center of Würzburg. The exchange afterwards in the café was very touching. Warm greetings and many thanks for organizing. Miranda

