



Voices, Experiences and Greetings from our International Walking Meditation 2025

Annecy, France: We were two, and we felt connected with gratitude to all the sanghas of the world. Reading the list of cities aloud in the sunshine by the lake, we felt part of the great global sangha. Namo Avalokiteshvaraya. Florence and Marie on behalf of Constellation du Lac.

Antibes, France: The weather was radiant, the sun as well; everything was azure blue — the sky, the sea, the snowy mountain tops — a true paradise accompanied our mindful steps. We met a kind Peruvian man on our path ☺ "May I

give the best of myself and then let go of my expectations." (...)it is not easy to give without expectations, especially with those close to us ☺ And also: „May I anchor small acts of kindness in my daily life and make them a habit.“ Of course, you were all in our thoughts ☺ Wishing everyone all the best ☀

Ardèche, France: It was an exceptional and nourishing day, feeling connected to so many countries. We may have felt the full strength and energy of it. (...) The Thay Ardèche Sangha

Basel, Switzerland: Dear Mindful Community, our walk in Basel was truly wonderful. We greatly enjoyed the time and the sense of connection, and the weather was perfect. Here our insights/sharings for the global community:

- * Small Action – Act of Togetherness
- * Recall a moment when you felt the power of connection.
- * Let this feeling be present for one conscious breath.

Such tiny moments can nourish a sense of deep belonging. With love, Regina & Jeannine

Berlin, Germany: The map is so inspiring, and the experience of the shared walking meditation was very moving, as several participants mentioned. (A) Feeling the connection — even when the group was spread across two islands while crossing the street — and with everyone else in the world who is participating. (B) The peaceful energy in the midst of the city's hustle and bustle. (C) The idea of using something as ordinary as a household goods store as an occasion to connect with the Dharma. It was wonderful that we could prepare and lead the walking meditation together. Warm greetings and all the best, Maya

Bielefeld, Germany: It was a beautiful experience. The participants came from very different groups. Walking

through the forest was peaceful and very connecting. We walked for 45 minutes and then had a sharing circle. Our Insights

- * The group's energy carried me.
- * Step – Arriving – Step – Arriving – Step – Walk–Arriving – Arrived
- * Not needing to be perfect – lightness
- * Beauty of the bare trees – connection with the forest Sangha
- * Smiling benevolently at my imperfections
- * Giving my best, letting go of expectations
- * So simple and unpretentious – so clear

P.S.: Participants already asked for a repeat and want to spread the event further. Some participants have already saved the date. Claudia.

Boston, USA: We had 25 people on our Walk in Boston. Thank you. Wishing you many mindful moments, today and every day. Piero Falci

Bordeaux, France: Dear friends in the Dharma, The Bordeaux Sangha practiced the walking meditation on Saturday the 29th in the magnificent Public Garden of Bordeaux. We were 11.

Bremen, Germany: We walked joyfully in Bremen last Saturday. At least for us, downtown Bremen is now charged with mindful steps. We'll be back next year! Warm regards, Antje

Brienz, Switzerland: It was a beautiful moment. Warm greetings, Elisabeth

Brighton, England: Despite a very stormy day in Brighton, we had a joyful gathering at the Peace Statue on the seafront, with a short walk and contemplations, followed by

a leisurely brunch at a cafe after. It may have been wet and windy out, but the Sangha's weather was bright & sunny. It was also inter-faith, with Quaker support, and the power of many small actions. With a bow, Andy 🙏

Cadiz, Spain: We are very happy to share with you that the following Sanghas of the Plum Village tradition (Thich Nhat Hanh) in the Cádiz area, Spain, gathered on November 29, 2025: Sangha Gades (Cádiz), Sangha del Encuentro (Jerez de la Frontera), Sangha Entre Montañas (Prado del Rey), Sangha Desde el Corazón (San Fernando). We celebrated a Day of Mindfulness by joining the global initiative under the theme *"The Power of Small Actions."* During seventy wonderful minutes, we followed a route with pauses to reflect on this theme, feeling connected with many other Sanghas around the world. In total, a little more than forty people participated. Thank you for your work, effort, and dedication. You can count on our support again next year. I send you a big hug, Juan Jesús

Calgary, Canada: Hope you enjoyed your walk too, smile 😊 Thank you so much for organizing. This is a new, well loved tradition for our sangha! Bows, Matt Dorma

Casale Monferra, Italy: We were about 25 in Casale Monferrato. It was sunny with 11 degrees and we were very happy. Thank you

Cologne, Germany: Warm greetings and a lotus, Barbara

Colorado Springs, USA: The weather was splendid! ...a cool, crisp temperature, with a gentle breeze and a blue sky that framed Tava/Sun Mountain (Pikes Peak). 15 of us

gathered at Rock Ledge Ranch, Historic Site at Garden of the Gods Park. Our mindful walk led us through the barnyard area of pairs of pigs, cows, sheep, draft horses, several chickens and one turkey. Beyond the farm yard we slowly walked through forest and pasture. Later the resident cat joined our journey. We stopped often at the sound of the bell and took turns reading one of the Contemplations On Small Actions. Walking in Noble Silence offered an opportunity to ground the beginning of the holiday season in mindfulness and equanimity. In Appreciation and Truth. Ann Grant Martin

Copenhagen, Denmark: Thank you for arranging the International walk again. We held our annual christmas lunching afterwards. With a bow, Dorthé

Edmonton, Canada: Thank you for organizing another lovely event. Our small but mighty group on Edmonton, Alberta, Canada walked at -15C! May your day be well, Catherine

Freiburg, Germany: It was a very beautiful walk in community and in connection with all the other groups around the globe... We were around 20 participants. Spreading human warmth and kindness are the greatest small actions!!!). Uli

Hamburg, Germany: Hello dear friends, At the Landungsbrücken we were about 30 people this year, with very lovely feedback. Kind regards, Sebastian

Hannover, Germany: We had no less than 50% first-time participants. They enjoyed it so much that they want to join again next year. And then we noticed that this year we surpassed the sacred number 108. These are good signs

for a mindful and common-good-oriented economy that is now emerging. Warm greetings from Hannover, Achim

Hanes, Palestine: Our walking together in the Garden Of Hope is a small step towards peace and justice in Palestine/Israel. A small step of solidarity with our friend and peace activist Issa Souf, the leader and founder of the Garden Of Hope, who inspires us with his gentleness kindness and forgiveness. Issa can join the walk moving his wheelchair with his hands symbolising non violence resistance and diligence in his quest for a peaceful and just existence in his homeland.

Hanoi, Vietnam: "For all of us here today, this was the first time that we had ever held and had a walking meditation session in a public setting in Hanoi, outside of a pagoda or a temple, so there were a lot of worries in the beginning. But as our steps began to synchronize, the worries began to subside. How strange the power of community. The further we walked, the more peaceful we felt. At one moment, we all paused to feel the warmth of the sunlight on our skin, to fill our lungs with the fresh oxygen. Then from the sunlight, a leaf appeared and slowly descended.

There were other memorable moments. A new friend saw us and quietly joined the queue. Nobody noticed him until we stopped for a group photo. Another new friend was curious and asked one of us: "What is this interesting practice?". And we answered "We are practicing *healing walk*". Despite Thay being a Vietnamese, the notion of mindfulness and different mindfulness practices still feels a bit distant to many Vietnamese. Many of us still see them as belonging strictly to the realm of religion. Even the word "thiền", which means "zen", or "meditation" in Vietnamese, can sometimes raise eyebrows. Nonetheless, we feel that

the younger generation of Vietnamese, especially those in the North, are waking up fast. (...) A lotus for you - A Buddha to be 🙏. Xóm Trăng - Moon Hamlet

--> Read the whole letter from Hanoi [here](#):

Heiligkreuzsteinach, Germany: We participated with 12 feet/paws :-)) Warm greetings, Juliane

Lakewood, USA: We had friends from 3 other sanghas join us on Saturday (Tuesday Night Sangha, Morrison, CO, Eyes of Compassion Sangha and Wake Up Sangha in Denver, CO). It was cold and snowy and we had a beautiful walk. A few insights folks had about the Power of Small Actions: (A) Small actions reminded people of Random Acts of Kindness. (B) The need to love those who do evil was shared. (C) Small actions include mending clothes/making something whole again. (D) Opening our hearts and helping others can require effort on our part. (E) It's important to be present for myself so I can be present for others. 🙏 Elaine

Kansas City: Winter blew into the midwest, bringing rain and sleet to Kansas City. Alas, we are safer at home today. It brought me joy when so many of our sangha friends said they would walk in their own spaces instead. This is the way the weather can go in our part of the world in late November. We will try again next year. With gentle steps, Bethany Klug (She/Her)

Madison, USA: SnowFlower Sangha in Madison WI USA practiced impermanence this year! A large snowstorm approached, people were advised to stay home, and in order to keep everyone safe and protected, we moved our walk to Friday, thus being the first International mindful walkers this year! We sang Plum Village Practice songs,

read the names of all cities and countries joining in the walk, and took in the deep truth of the contemplations. Thank you for this beautiful practice opportunity. A grateful bow, Mary

Medellín, Colombia: Gratitude for this wonderful practice opportunity! "We are the current walkers, caretakers of this path our ancestors opened and our descendants will continue: each step is an opportunity to transform the suffering we inherited, to cultivate the wisdom we inherited, to nurture our true nature" With Metta, Caro, Peaceful River of the Heart

Mexico City, Mexico: With the blessing of the diverse beings who inhabit Chapultepec Park, in the very heart of Mexico City, and in communion with all of them, we shared a beautiful and contemplative walking meditation. Halfway through our journey, we invited the rivers of ancestors that have walked the earth to help us acknowledge the power in small actions like a single step—becoming conscious of and honoring all the conditions that have made it possible for us, as human beings. We practiced this through a very slow and mindful walk, followed by a beautiful picnic and heartfelt sharing in this vibrant green lung of life, right in the middle of one of the largest and most crowded cities in the world. With gratitude and care, Claudia

Milano, Italy: Un saluto, Massimo

Montpellier, France: After presenting the introduction on the Power of Small Actions, 22 of us — accompanied by a little dog named "Happy" — flowed like a small stream through the beautiful scrublands surrounding Montpellier. Each of our steps represented a small action, a drop contributing to our flow, nourishing it and allowing it to reflect reality. During the sharing afterward under a

magnificent green oak tree, we spoke about walking with or for those who suffer from war or other difficulties, as well as our own small actions for peace — in the world and with our loved ones. The sun was with us, both outside and in our hearts. Alain and Cécile, InterSangha des Cistes Association

Munich, Germany: Good spirits despite the overcast weather — a lovely start to Advent! *Cordialmente* Hinnerk

Neuhöfchen, Germany: Four Sangha friends visited the Lamas and sheeps for walking together, it was a happy gathering, the Lamas welcomed the Sangha friends with joy and altogether they were cultivating the togetherness with the global walking meditation community and the global animal community. Thanks so much for initiating this wonderful global event, which makes such great effect for the cultivation of our Siblings hood. With love and gratitude Marco

New York City, USA: We walked near the Imagine Circle in Strawberry Fields in Central Park which is the memorial for John Lennon.

Niort, France: Thank you for this wonderful organization. We connected with the great international Sangha of Plum Village. May every moment of our lives be a moment of peace and inner joy. Jonas Hennebois

Nivelles, Belgique: Our Sangha walked with nine people, we found the intentions for the contemplations very inspiring. They were read during three stops, standing in a circle. It wasn't raining, the wind was quite cool and very invigorating. At the end of the walk, we had a sharing during which each person expressed their joy at having

taken part in the walk and the insights that the contemplations had inspired. We also shared herbal teas scented with ginger and peach, as well as the delicious "Soleil d'Opale" biscuits. Gratitude!!! A thousand thanks for this wonderful initiative!!! Adeline, Christel, Geoffroy (2x), Isabelle, Kiki, Murielle, Pierre, Véronique, and the entire Sangha *Le Lotus Bleu*

Pflaumfeld, Germany: It was wonderful that our 75th Day of Mindfulness of the Sangha Mudita in Pflaumfeld happened to take place on this very Saturday. We invited the entire village (150 inhabitants) to join the walking meditation, and one woman came to walk with us, so we were a total of 14 people. This woman from Pflaumfeld was very interested, and in return we invited her to our shared lunch after the walking meditation—after that she stayed until the end of the Day of Mindfulness. She was very enthusiastic about the day and is now considering coming to us more often. Isn't that wonderful? With much love, Candida and Bea

Phnom Penh, Cambodia: Happy moments shared together. Thank you for a lovely morning walk, Jürgen

Prague, Czech Republic: For me, even after many Wake Up tours and several walks in public, nothing was quite like this. It was truly a life-changing experience. There were so many tourists on our route, and so much happening, often making it impossible to walk, that it stood in stark contrast to the inner peace and stability that was also present. It was truly like being a peaceful eye of a hurricane. It fills me with confidence that if I can be so stable and calm amidst all that, then there should be nothing else I face in life that I can't be truly present for. We walked for about 3 hours in total, with many breaks along the way. We were a

multinational group and we used mostly English and Vietnamese with a bit of Czech. Thanks again, Nick

Raleigh, USA: Peace walking friends from Raleigh, NC, USA had a wonderful chilly morning enjoying the small actions of touching the earth and sharing happy loving energy. 🙏, Todd

Ravensburg, Germany: Three women and three men accepted the invitation today in Ravensburg to join the "Peace Walk," which took place in ultimately quite passable weather. The walk led partly through the well-visited Christmas market, along busy shopping streets, and also past quiet places and secluded corners. Along the way, we shared this year's contemplations during several stops (taking turns reading). We experienced how powerful the texts became when read aloud. At the end, we visited St. Jodoks Church (very ecumenically designed, with frequent art exhibitions...), where a huge spiral made of colorful cloths, fir branches, and candles had been laid out on the floor in the center of the space. We followed the path between the cloths to the middle and, after a pause, back again. Immediately afterward, still inside the church, we exchanged our impressions of the day. Most of our group emphasized the inner calm that gradually arose while walking. There was little interest in the bustling activity around us... Memories of walking meditations with Thich Nhat Hanh surfaced. A feeling of being gifted, enriched, and centered emerged. The sense of connection and community was also highlighted by most of us. Yes — it was a very special experience today! On the bus ride home afterward, I felt truly "fulfilled." Rita.

Regensburg, Germany: Although it was uncertain until the very end whether the walking meditation could take place here due to freezing rain, seven Dharma sisters and

brothers gathered for an hour of mindful steps. Many heartfelt thanks for your great efforts in organizing the International Walking Meditation! Warm greetings and a lotus from Regensburg, Patrick (on behalf of the Regensburg Intersein Sanghas)

Rennes, France: What a joy this morning's walk was! The sign in the photo reads in French: "Peace in continuous service" That says it all. Thank you. 🙏🙏 Morgane

Rome, Italy: We had wonderful moments in our walking meditation in Rome. As last year, we have been walking in Villa Borghese and stopped in the "plane trees valley" in front of century-old plane trees. Thank you for this important occasion of practice with the international sangha. We wish you a peaceful and joyful time and wait for the next edition with a new topic. With a smile, Francesca, Irene, Santina, Tiziana of the Italian Order of Interbeing

San Francisco, USA: We had a beautiful event here in SF. A little over 30 people participated in "Moving as a River." Mobilizing through wheelchairs, canes, walking sticks. :) m🌀 True Ocean of Strength

Sevilla, Spain: Muchas gracias! A nice walking meditation. Thank you for your support. 🙏

Spearfish, USA: We had a wonderful walk despite the -2 degree temperature in Spearfish. The snow was crunchy and the creek helped to guide us back to the present moment. Thank you for this opportunity to connect with a beautiful purpose in community. Blessings, Madison

Stuttgart, Germany: It was a very impressive and beautiful experience for all of us. There was great joy! With love,
Wolfgang

Thaksin Maharat, Thailand: This year we had the chance to organise the walking meditation in an very auspicious place, in the jungle around the oldest tree of Thailand at the Thaksin Maharat Nationalpark. Together with 5 people we had a very deep nature experience going around this magnificent tree. We carried the whole international walking meditation Sangha in our hearts and felt really connected. Thanks so much for this beautiful possibility to connect and practice togetherness. With love and gratitude.
Marco, True Merit of Virtue

Thénac, France: Greetings from Son Ha/Upper Hamlet in Plum Village. We're 10 french retreatants staying here for the 3 months of 'Rains Retreat' ☺ and connected to the International Walking Meditation. Smile & Bow ☺
🙏 Henri

Torino, Italy: Our walking was very peaceful and happy, with old and new friends, from different traditions. Thank you for the inspiring contemplations and for the invitation to walk all together! A bow and a smile from all of us.
Elena

Tucson, USA: The small actions of building community: walking together, singing together, smiling, can build the power of change in the world to resolve climate crisis and contribute to social justice.

Ulcinj, Montenegro: Thank you for the organization, it was a great event! Best regards, Tom

Vicenza, Italy: The walking meditation in Vicenza went very well, there were 23 of us, there were representatives from 4 different Sanghas, we walked for one hour and half inside the "Parco della Pace", we did 4 stops during which texts and poems about peace have been read and we sang songs, the peculiarity of the recently inaugurated Parco della pace is that it stands adjacent the second US military base in the city of Vicenza: in this way our peace steps have had an additional meaning and value! A big and peaceful hug to you, Massimo.

Vienna, Austria: After two years on Mariahilfer Straße, we organized the walking meditation this year on one of Austria's most prestigious shopping streets: Kärntner Straße. From the Vienna State Opera, we walked about 700 meters down to Vienna's landmark, St. Stephen's Square. After a few cancellations due to illness, our group of nine people (from mindfulness veterans to beginners) began by reading the contemplations for this year's theme. We then began the walking meditation — passing strong contrasts, from homelessness to fur coats. We were identifiable by lanyards with this year's flyers. We tried to stay with ourselves and connected to our breath, walking mindfully, step by step. At the end, we gathered in a circle and shared our diverse experiences, our inner and outer perceptions. Warm regards, Raphael and Melina

Würzburg, Germany: We had a very enriching walking meditation right through Würzburg's pedestrian zone... Thank you for the wonderful inspiration: The Power of Small Actions.

We are already looking forward to next year. With a bow, Miranda

