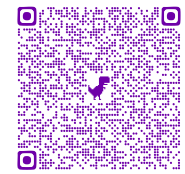


THE  
POWER  
OF  
SMALL  
ACTIONS

A gesture. A glance. A single mindful step.

INVITATION TO INTERNATIONAL WALKING MEDITATION  
*Groups in 100+ cities, around the world walk for Peace*  
**Saturday 11/29 — Golden Gate Park (Love Blocks)**  
**Gather 10:45am — Walk 11am — Close by 12 noon**



Join in!

“When we change our daily lives – the way we think,  
speak and act – we change the world.”

— Thích Nhất Hạnh

May we be aware of what we are sending out into the world

May we not rush past the small everyday joys

May we do our best and let go of expectations

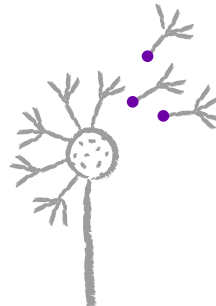
May we find freedom from trying to save the world alone

May we smile kindly at our imperfections

Every step counts.



[sfsangha.org](https://sfsangha.org)



[achtsame-wirtschaft.de](https://achtsame-wirtschaft.de)

