

„Peace in myself, peace in the world“

Invitation from the Network for Mindful Business to organize a public walking meditation on November 26th, 2022 in your city



WE are the economy - this motto is a formative guiding principle of the "Network for Mindful Business" (NAW), which stands for more conscious economic action and thinking at all levels. Inspired by the buddhist teachings and the mindfulness practice of Zen Master Thich Nhat Hanh (Thây), it was founded in 2004 by students of Thây and is now active in over 20 regional groups and initiatives in Germany, Austria and Switzerland. This year the network invites on **26.11. from 11:00 a.m.** via the regional groups for a joint walking meditation under the motto "Peace in myself, peace in the world". On this day we share the "gift" of our mindful presence with the participants of the walking meditation and the "gift-seeking" people in the inner cities. As we walk, an atmosphere of peace and appreciation should arise in which we consciously strive to judge, think or comment less and send wholesome energy to everyone and to the world. We may touch the insight, that we already have enough and don't have to fight for more possession or consumption possibilities.

On our way we will recite and connect with some contemplations on inner and outer peace, such as:

- *May I touch peace with every step I take and every breath I take.*
- *May I find the key to peace within myself, regardless of surrounding conditions.*
- *May I experience the happiness and peace that arise from inner freedom. May I let go of expectations, anger, fears, and other burdens.*
- *May I not seek security or peace in power, position, fame, wealth or possessions, but by cultivating a peaceful and loving mind.*

We will connect with these contemplations and explore how we can contribute to the peace we want to see in the world. By walking mindfully through the city center, we want to send a silent sign of how inner peace, abundance and contentment can contribute to a healthy economic system, peace in the world and the preservation of our planet. We realize that we can be the change we want for this world. At the end of our walking meditation we can share about what we have experienced over a cup of tea and enjoy the peace of the community that surrounds us.

Mindful walking means being fully aware of your own movements in the present moment. Zen Master Thich Nhat Hanh recommends that we should walk upright and with dignity like an emperor or queen. He teaches through his own example that we bring peace into the world when we ourselves learn to walk (more) peacefully.

Based on Buddhist teachings and meditation practice, our network develops alternatives to the prevailing economic ideas and patterns of action in business and offers all those interested a benevolent community to learn from. Our activities include retreats, mindfulness seminars, lectures and the exchange of experiences. Our network is open to everyone, no membership or Buddhist background is required.

Information on all dates, activities and regional groups of the Network for Mindful Business can be found at: <http://network-mindful-business.org> and www.achtsame-wirtschaft.de.

If you would like to organize a walking meditation in your city please contact Kai Romhardt at: romhardt@achtsame-wirtschaft.de

