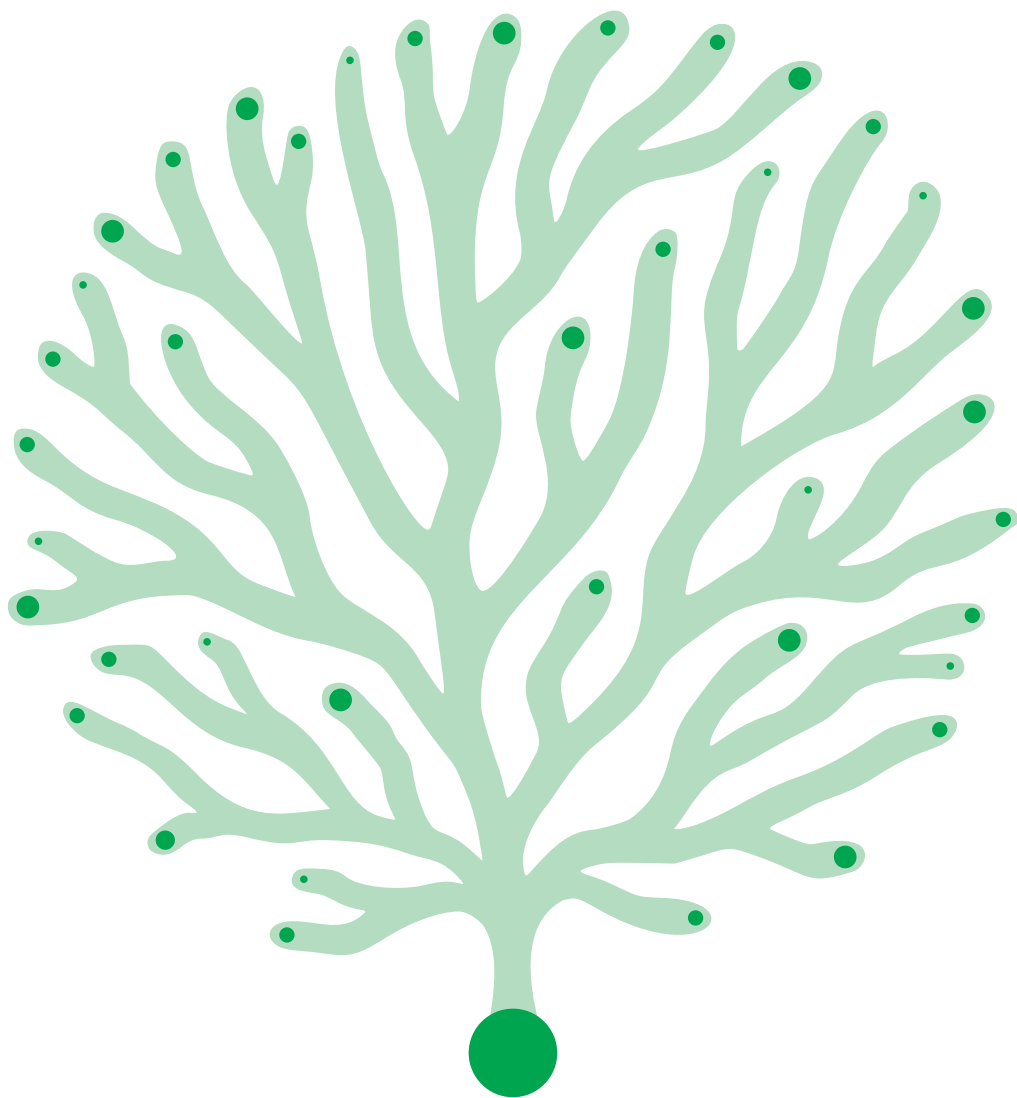




PLANTING
SEEDS OF
COMMUNITY

INVITATION TO INTERNATIONAL WALKING MEDITATION

on November 28, 2026

Together, not apart. Connected, not isolated.
Kind, not judgmental.

Experiencing true community is a gift that can transform our worldview. When we sense that we are interconnected with all things, our tendency to compare and judge relaxes — and our relationships become more peaceful.

Community begins in small ways and can flourish anywhere: in our neighborhoods, in schools, at work. As we move through our day in the spirit of “interbeing”, our encounters are transformed, and the sense of separation fades. Our walking meditation supports us in this practice.

We walk together — mindfully and peacefully. Every step plants a seed of connection—a silent response to violence, discrimination, and hopelessness.

Groups around the world practice with us — each step a silent testament that peace and deeper mutual understanding are possible. We seek out ways to strengthen community in all its forms.

“Happiness is not an individual matter. We inter-are. In a true community, understanding and compassion are possible.”

Thich Nhat Hanh

Saturday, November 28, 2026
11:00 a.m. in more than 90 cities
across 20+ countries worldwide.

Are you interested in organizing a walking meditation in your city or region?

For more information and contact details →

CONTEMPLATIONS ON “PLANTING SEEDS OF COMMUNITY”

May I recognize and feel that I do not exist apart from my environment — that I am my environment.

May I respect and cherish the diversity and uniqueness of human existence.

May my practice connect me more deeply with life, rather than fostering a sense of separation or superiority.

May I invite everyone to my table — not just those who think like me; may I repeatedly step outside my social, political, and spiritual bubble.

May I contemplate who feels uncomfortable in my presence; may I see who feels unwelcome in my community.

May I smile upon my own imperfections and not imagine that a community or Sangha must be perfect.

May I be ready to begin anew.

May I be patient and look upon all beings with kindness.



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