International Walking Meditation: Planting Seeds of Community

Himmel Park, Tucson, Arizona | **Saturday, November 28, 2026 at 11:00 a.m.**

International Walking Meditation Inspired by Thich Nhat Hanh, who guided walking meditations around the world.

Tucson co-sponsors: Tucson Beloved Community Circle, Singing Bird Sangha, Desert Rain Zen, Insight Meditation Tucson, and Upaya Sangha of Tucson.

Meet at 11:00 a.m. on the grass at the southeast corner of Himmel Park (corner of N. Treat Ave. and E. Hawthorne St., south of Himmel Library). We will be together for approximately 1 hour.

Theme: Planting Seeds of Community

Experiencing true community is a gift that can transform our worldview. When we sense we are interconnected with all things, our relationships become more peaceful. Community begins in small ways and can flourish anywhere: in our neighborhoods, in schools, at work. 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.

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 of existence.

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 smile upon my own imperfections and be ready to begin anew.

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

Thich Nhat Hanh offered public walking meditations worldwide. We continue his vision. Communities in 25 countries around the world will walk on Saturday, November 28 at 11:00 a.m. local time.

Walking in meditation means to walk in such a way that we know we are walking. We walk slowly, enjoying every step. We become aware of the contact of our feet with the ground and the flow of our breathing. We set ourselves free from our thinking – our regrets about the past, our fears and anxieties about the future, or our preoccupations in the present.

Thich Nhat Hanh *Mindful Walking* https://www.youtube.com/watch?v=YSOKte6TeMI&t=53s