

## INTERNATIONAL WALK

NOVEMBER 29, 2025

11 AM

120 PLACES

27 COUNTRIES

### Letter from Hanoi



18<sup>TH</sup> INTERNATIONAL WALKING MEDITATION DAY  
POWER OF SMALL ACTIONS

Dear our beloved global community,

At 7 a.m this morning, friends in Hanoi gathered at the Botanical Gardens and walked together.

At first, it felt like another typical early winter day in Hanoi. But as we arrived at the park, the birds were singing, the wind was gentle and the sun was majestic. We all agreed that it was one of the loveliest

mornings that we have ever seen. We were hugged by hundreds of old, tall (some giant) trees right in the heart of the city. Right outside, cars and motorbikes are still rushing on the street, releasing unhealthy fumes, producing excessive noise, but here, we are protected. It was quiet, it felt clean and fresh. We were startled by the park's beauty this morning. Some friends have been living in Hanoi their whole life, yet have never visited this heavenly park. They never realized that they were living next to a treasure. It was just like Thay said: "We have more than enough conditions to be happy." Being there this morning, we felt undoubtedly blessed.

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.

Our friend who guided us today reminded us of the truth of interbeing, that as we walk for ourselves, as we walk just to walk, without worrying about the destination, healings happen not just for us, but also for everyone else. Healing happens all around. The damage from the floods and landslides following terrifying hurricanes in Vietnam in recent years have left many of us depressed, the latest being the floods in Southern Central Vietnam. We were overwhelmed by the news of the suffering of our people. It feels like a new disaster just comes every day, taking so many lives and we cannot do anything about it. But today's walk reminded us that we can. The walk slows us down, reminding us of the power of small actions, of the beauty in the mundane, and that we don't need "more". The walk reminds us that we are not helpless, we are not alone, that we have each other. This is an antidote against excessive consumption and

production, the true antagonist behind worsening climate disasters.

The walk was aided by the tea, the singing and sharing afterwards. Because it was early and none of us had breakfast, after the walking meditation, we sat down for a feast. Many of us brought our own food, our own packing, some brought excess for others who didn't. We had tea together, had breakfast together, sang together and shared memorable laughter together. The event ended on a peaceful note.

We did not plan to write such a long email. It seems to be writing by itself ^^ . The final editor of this email was tempted to put it into ChatGPT for editing but he is happy that he didn't. So much gratitude is flowing in us and we hope that we have communicated it well. Thank you for turning another business-as-usual day into such a meaningful day and inspiring everyone across the globe to join the movement. We are glad to have been able to organize it and join with all of you.

Below are more photos of our events:

[https://drive.google.com/drive/folders/1UYG4ZHI3ETdlf8BYGoYZZBZ4HbFe8MnN?usp=drive\\_link](https://drive.google.com/drive/folders/1UYG4ZHI3ETdlf8BYGoYZZBZ4HbFe8MnN?usp=drive_link)

Sen búp xin tặng người - Một vị Phật tương lai

A lotus for you - A Buddha to be

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