

THE
POWER
OF
SMALL
ACTIONS

INVITATION TO THE INTERNATIONAL WALKING MEDITATION ON NOVEMBER 29, 2025

A gesture. A glance. A single mindful step.

What seems small can move mountains. Every one of our actions is a seed that will bear fruit – perhaps today, in a year, or in a future generation.

Nothing is lost. We can begin here and now.

Our walking meditation is a medicine against resignation, indifference, and hopelessness. We sense that there is always something we can do, and that the quality of our small steps can positively influence the world.

Groups around the world will join us in this practice.

We walk with determination and goodwill. Every step counts.

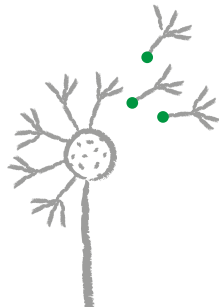
»When we change our daily lives – the way we think, speak and act – we change the world.«

— Thich Nhat Hanh

Saturday, November 29, 2025, 11:00 AM
in over 80 cities and regions across more
than 20 countries

Would you like to organize a walking
meditation in your city or region?

For more information and contact →



CONTEMPLATIONS: THE POWER OF SMALL ACTS

May I become aware of what I am sending out into the world.

May I patiently plant and nurture wholesome seeds, and not hope for quick success.

May I reflect on the power of my actions – my thoughts, words, and deeds.

May I deeply understand that no wholesome act is ever lost or meaningless.

May I not rush past the small joys of the day.

May I do my best and then let go of my expectations.

May I free myself from the pressure of having to save the world alone.

May I anchor small acts of loving-kindness in my life and turn them into habits.

May I learn to touch happiness in simple things and in everyday encounters.

May I smile kindly at my imperfections again and again throughout the day.

May all beings be happy.

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