

Walking Meditation – poem by Thich Nhat Hanh

Take my hand.
We will walk.
We will only walk.
We will enjoy our walk
without thinking of arriving anywhere.
Walk peacefully.
Walk happily.
Our walk is a peace walk.
Our walk is a happiness walk.
Then we learn
that there is no peace walk;
that peace is the walk;
that there is no happiness walk;
that happiness is the walk.
We walk for ourselves.
We walk for everyone
always hand in hand.
Walk and touch peace every moment.
Walk and touch happiness every moment.
Each step brings a fresh breeze.
Each step makes a flower bloom under our feet.
Kiss the Earth with your feet.
Print on Earth your love and happiness.
Earth will be safe
when we feel in us enough safety.



(from "Call me by My True Names: Collected Poems of Thich Nhat Hanh", Parallax Press, 2005.)