

WALK WITH ME
Multi-Faith Silent Walking Meditation for Peace
23 June 3-5pm, London
Collation of Prayers offered by Faith Representatives

In a collaborative effort, diverse faith groups came together to organise and lead a second silent contemplative Multi-Faith Peace Walk in London. Organised in response to escalating violence and loss of life in over 100 wars and armed conflicts (Geneva Academy) worldwide (Palestine, South Sudan, Ukraine, Israel, Myanmar and many more).

As exemplified in Palestine and Israel we witness the increasing destruction of life, starvation, displacement, lack of and attacks on humanitarian aid, hostage taking, unjust detentions, trauma and harm inflicted on children in all these wars and conflicts.

This event remembers the people killed in war, alongside a call for the cessation of killing, for nonviolence, reconciliation, justice and peace. representing the spiritual and ethical values of all spiritual communities.

Introductory Words

rehena Harilall, Plum Village UK

On behalf of Plum Village UK, the Quakers in Britain and all the faith and peace organisations that have come together to co-create this space - thank you.

You have come from across the UK, France and beyond to be present here today.

Each of you has come not just with your body but also the energy of many people before you. Going back 400 years, we each bring with us the energy of about 1 million ancestors today. A bow to your heart-call to nonviolence, justice and peace.

As humans, our speech and language are influenced by our social, historical, cultural, and local contexts. We apologise for any harm our words may unintentionally cause.

Today's event, "*Walk with Me*," our second Multi-Faith Walking Meditation for Peace, continues our response to the killing in over

100 wars and armed conflicts in Palestine, South Sudan, Ukraine, Israel, Ethiopia, Yemen, Myanmar and many more countries.

Amidst the grief, pain, anger, and loss, we gather in solidarity for nonviolence, reconciliation, justice, and peace, reflecting the ethical values of all communities.

Today, we move as one voice, one heartbeat, one humanity -united in the call to end the killing, in reverence for all life as worthy of protection.

Our energy from London reverberates across the seas to similar events happening today in Botswana, Detroit, Washington, Los Angeles, and an online event for Black, Indigenous, and People of Colour.

Let us bear witness to the harrowing reality of war: A quarter of the world's population lives in war and conflict areas and as a result, one in 20 people in the world need humanitarian aid to survive.

As epitomised in Palestine and Israel: We see not just statistics of lives lost, bombs dropped, and profits of arms sold but the shattering of countless lives and dreams. We see children robbed of their future even before they know about living, families torn apart, and communities reduced to rubble.

Starvation is used as a tool of power. Displacement and control of humanitarian aid shows our collective ethical failure. Hostages and unjust detentions mock justice, international law is disregarded with impunity and retaliatory violence in word and deed spreads like a plague around the world.

This moment serves as a litmus of our humanity. It lays bare in full public view how across centuries we treat those we deem the "other." We see how wars disproportionately devastate and savage those labelled as Black, Indigenous and People of Colour.

The varied response to human suffering reveals the reality that some lives are deemed less worthy, less human, less valuable, highlighting the double standards in the pursuit of justice.

All violence is injustice. Meeting violence with violence in word and deed only fans the flames of hate. It is a cycle we must break, if we want to survive as a species. We cannot care for the earth if we cannot care for one another.

As we gather here in Parliament Square, we feel the significance of history around us.

Across from us stands the Houses of Parliament, where the repercussions of decisions about friends and foe, who has war and who peace affect us all today.

Beside us, the statue of Jan Smuts - a man of contradictions, championing humanitarianism and peace but only for those deemed white thus racially superior.

Near him, Churchill - a wartime leader tainted by the forced starvation of 4 million lives in Bengal.

Yet here stands Millicent Fawcett, suffragette calling for justice. Behind us Gandhi, and Mandela - imperfect beings who showed us a different path, one of non-violence, truth, and reconciliation.

Let's draw strength from Martin Luther King Jr., Harriet Tubman, Desmond Tutu, Thich Nhat Hanh, and Elie Weisel, who championed love over hate, reconciliation over retribution and peace for all.

Killed, tortured, jailed and exiled, their message of peace and justice built from love and compassion for all life, continues to resonate here today.

For me, a Black South African woman who grew up under the white shadow of apartheid, organising this event is deeply personal.

I stand here acutely aware of the extraordinary courage, compassion, and love required of oppressed people to advocate for peace and reverence for all lives, despite centuries of pain and trauma. Theirs are not empty rhetoric calls of peace from "woke" allyship but a deep sense of kinship and solidarity to what it means to be human.

Achieving this peace requires embodying it in our thoughts, words, and actions. It calls us to actively repair the torn fabric of our society, step by mindful painstaking step.

Our walk today is a commitment to respect and cherish all life. Every human life - every single one - is equally precious. Every child's life holds equal value in the heart of our humanity.

Let me share with you how this appears in the symbolism of our silent meditation walk today:

The silence is not just the absence of words; it is to hear our shared yearning for peace.

We carry no banners or placards because when we focus on causes or identities, we can forget to listen to each other's hearts.

Walking together reflects our interconnectedness in the active nature of peace-building - every step matters.

Making and wearing white flowers symbolic of peace, a reminder that cultivating peace requires our energy and commitment in creating a just world for all.

Majority of the faith representatives offering prayer reflections are women, highlighting the need for alternate ways to resolve conflict. These are grassroots voices who deeply understand the pain and suffering we face.

Before we begin, let's ground our walk in prayers of spiritual intention, reminding us of our shared humanity and common aspiration for peace.

Opening: Buddhist Chant Avalokiteshvara

Sr Dao Nghiem and Monastics of Plum Village France

Today, we will chant the name of Avalokiteshvara, the bodhisattva of compassionate listening. It is our hope that by chanting and touching the suffering inside ourselves, we can allow compassion to arise, so that we can understand the suffering of the world, of our parents, of our ancestors.

There are many places in the world where people suffer deeply, not only because of war and separation, but also because of social injustice and suppression.

Chanting is not exactly to pray. It is to touch the suffering, allowing compassion and understanding to arise.

We hope that all people may be safe and secure. We also hope that they may find peace in themselves even as they live daily with danger and hardship.

It is our hope that our world leaders will be awakened to the energy of compassion so that, together, they may bring an end to the killing and immense suffering caused by war.

Together, may we endeavour to foster an atmosphere of openness, non-discrimination and non-attachment to views, with the aspiration of transforming violence, fanaticism and dogmatism that are at the very roots of war and conflict

The chant **Namo'valokiteshvaraya** can be found [here](#)

Jain Prayer Offering

Jinali Meisheri, Jain Network

As we all come together today for calling to End the Killing and Violence. In Jainism we have key 5 vows Ahinsā is the highest ethical principle.

All living beings are souls, alive and conscious, just like me. As I like to be happy and do not like to be in pain, in the same way, all living beings like to be happy and do not like to be in pain. By keeping this insight at the core of my being, I will not cause any harm, pain or loss of life to any living being.

If we have Peace within we can bring Peace around us. Meditation plays a vital role to bring Peace within.

It is the foundation around which all other stipulations are laid. Ahinsā is the highest ethical principle and as a result, utmost importance has been given for adhering to its observance. According to Jainism, ahinsā is practised through non-violence of mind, speech and body.

Om Shanti Shanti. Eternal Peace for all.

Muslim Prayer Offering

Julie Siddiqi, Islam

Bismillahi rahmani rahmeen, I begin in the name of God the Compassionate the Merciful.

I stand here feeling humbled and moved at all of us coming together in this way. So often people feel it's easier to sow division, to go into our silos, to make us choose sides.

Today, we stand together, as people of all backgrounds, publicly bearing witness that we refuse to make enemies of each other and to stand together, calling for peace. One of God's 99 names or

attributes is As-Salaam meaning the source and giver of peace; the One who loves peace and wants peace for all of creation.

In the Qur'an we are reminded that God made us into nations and tribes so that we may really know one another. Our diversity is a strength.

Seeing the killing and suffering in other countries is having a huge impact on us here. What happens there matters here. And our own political landscape is once again becoming more divisive. So we must focus on our shared humanity and on what we have in common.

And so I pray:

Dear God

Make us channels of your peace. Help us to take examples like those from the life of Muhammad, peace be upon him, and live our lives in ways that are pleasing to you.

Protect the people who strive to bring peace and harmony in the world and in our communities.

I pray to you for forgiveness for our mistakes and ask that you do not place a burden on us beyond that which we can bear.

Oh God, the giver and source of peace, guide and lead us to work that is positive and of benefit to those around us.

Ameen

Jewish Prayer Offering

Rabbi Rebecca Birk, Liberal Judaism

"It is not enough to pray for peace," as our Rabbi John D Rayner of blessed memory wrote.

"We have to work for it: to challenge those who foster conflict, and refute their propaganda; to ascertain and make known the truth, both when it confirms and when it runs counter to conventional views..."

'It is not enough to pray for peace. We have to work for it: to challenge those who foster conflict and refute their propaganda...to denounce injustice, not only when it is committed against us but also when it is committed against others; to defend human rights, not only our own but also theirs; to insist that peace requires sacrifice – of pride, or wealth, or territory; to practise and promote the way of

moderation, compromise and reconciliation; and to build bridges of respect and understanding, trust and friendship, across the chasms that divide humanity.'

We bear witness today to all of this as we walk peacefully together. It is our solidarity that lifts us and our compassion that unites us.

May the one who is the Source of all Life grant resilience, strength and courage to all caught up in this terrible conflict. In this time of heartbreaking suffering across Israel, Gaza and the Occupied Territories may we continue to be there for each other, to stand shoulder to shoulder with those who work for justice and insist on seeing the value and dignity of every human life and the right to live in safety and security.

Oseh Shalom Bimromav. May the Most High Source of Perfect Peace grant peace to all humankind and all who share the hope that we can create it.

Bahá'í Prayer Offering

Koje Freemantly, UK Bahá'í

To my God, O my God! Unite the hearts of Thy servants, and reveal to them Thy great purpose. May they follow Thy commandments and abide in Thy law. Help them, O God, in their endeavour, and grant them strength to serve Thee. O God, Leave them not to themselves, but guide their steps by the light of Thy Knowledge, and cheer their hearts by Thy love. Verily, Thou art their Helper and their Lord

Christian Prayer Offering

Rev Sarah Farrow, Chaplain St Thomas' & Waterloo Campuses, Vice Dean at King's College London

Then Jesus began to speak, and taught them, saying:

'Blessed are the poor in spirit, for theirs is the kingdom of heaven.

'Blessed are those who mourn, for they will be comforted.

'Blessed are the meek, for they will inherit the earth.

'Blessed are those who hunger and thirst for righteousness, for they will be filled.

'Blessed are the merciful, for they will receive mercy.

'Blessed are the pure in heart, for they will see God.

'Blessed are the peacemakers, for they will be called children of God'. (Matthew 5: 2-10)

God of peace, we pray for our world that peace may overcome the reign of war and violence, that love may overcome the convention of division and hatred and that we may be so overcome with the desire for the flourishing of our neighbour that competition and greed are no longer known. We pray that hope for the world would be the song on our lips, that compassion may be in the beating of our hearts and that tenderness may be in the touch and action of our hands. Guide leaders to peace, bring victims to safety, and transform us all into the love from which we were created, into the love we were created to be; through Jesus Christ, the Prince of Peace. Amen.

Hindu Prayer Offering

Lakshmi Vyas, President Hindu Forum of Europe

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥

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|---|--|
| Om Asato Maa Sad-Gamaya Tamaso Maa Jyotir-Gamaya Mrtyor-Maa Amrtam Gamaya Om Shaantih Shaantih Shaantih | Lead us from the unreal to the real Lead us from darkness to light Lead us from death to immortality Aum peace, peace, peace! |
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Sikh Prayer Offering

Mandip Singh, Khalsa Jatha British Isles

O Nanak, the Boat of Truth will ferry you across;
So contemplate on the Guru.
One comes, and one goes; but is totally filled with ego and pride.
Through stubborn-mindedness, the intellect is drowned;
But the one who becomes saintly and truthful, is saved.

Without the Guru, how can anyone swim across to find peace?
As it pleases You, Lord, You save me.
There is no other for me but you.

In front of me, I see the jungle burning; behind me, I see green plants sprouting.

We shall merge into the divine from where we came.

The Divine is pervading each and every heart.

The Divine unites us with itself; the Divine's palace is close at hand.

With each and every breath, I dwell upon You; I never forget You.

The more you dwell within the mind, the more the saintly ones drink in your ambrosial nectar.

My Mind and body are Yours; You are my Master.

Please rid me of my pride, and let me merge with You.

The Divine who created this universe, created the three worlds.

The Saint knows the Divine Light.

The foolish self-willed manmukh gropes around in the darkness.

One who sees that divine light within each and every heart,

Understands the essence of the Guru's Teachings.

Those who understand this are Saintly; recognise and applaud them.

They meet and merge with the Divine.

They become the radiant manifestation of the excellence of the Divine.

O Nanak, they are content with repeating the Naam, the Name of the Divine Lord.

They offer their bodies and souls to the Divine.

Waheguru ji ka Khalsa, Waheguru ji ki Fateh

Brahma Kumari Prayer Offering

Maureen Goodman, Outreach Director

Meditation for Peace

As we witness violence increasing in our world, so we also witness peace arising. The power of peace is stronger than violence.

Let us ignite and fan the flame of faith, love and compassion within ourselves and connect with God, the highest Source of Peace and love.

Dadi Janki, the late leader of the Brahma Kumaris told us: God is my Friend and my Companion. I feel God's hand on my head and God's hand in my hand. Together we are able to do everything.

We walk today with courage, fearlessness and inner strength, knowing we are not alone and that God is making us instruments to bring peace and love to our world.

Let us take a moment to become aware of the Divine Presence amongst us.

At every step, let the vibrations of peace, love and compassion emanate out to our world

Order of Bards Ovates & Druids Prayer Offering

Cristina De Rossi, Pagan, Wiccan

Deep within the still centre of my being may I find Peace.
Silently within the circle of the grove may I share Peace.
Powerfully within the greater circle of all beings may I radiate Peace.
So may it be.

Grant, O Spirits, thy protection
and in protection, strength
and in strength, understanding
and in understanding, knowledge
and in knowledge, the knowledge of justice
and in the knowledge of justice, the love of it
and in the love of it, the love of all existences
and in the love of all existences the love of Spirit and all Goodness.

Zorastarian Prayer Offering

Fali Madon

The Hamazor Prayer of Unity

Hamazor bim,
Hamazor Hama asho bim,
Hamazor vesh kerfe bim;
Ham kerfe ye kerfe karan bim

May we be united in strength
May we be united in strength
and righteousness

Dur az gonah Va gonah karan
bim,
Ham kerfe ye basteh koshtian o
nikan o behan e jehan bim Az Pul
e Bozorg e Chinvat sabok o
Khorram o shad o asan eman
begzaran

May we be united in strength
and good deeds
May we be the doers of good
deeds
May we be far from evil & evil-
doers
(May we be joined with the
good people of the world) (May
we cross the great Chinvat
Bridge with ease and
rejoicing)

Ashem Vohu prayer.

Ashem Vohu vahishtem asti
Ushta asti
Ushta ahmai hyat Ashai
Vahishtai Ashem

The path of righteousness is
the ultimate virtue
It is happiness
Happiness comes to those who
pursue righteousness for
virtue's sake
(Not for any reward)

Closing: Call me by my True Names

Monastics of Plum Village France

This chant is part of a poem written by Zen Master Thich Nhat Hanh 1978, during the time of helping the boat people after the Vietnam War. It reflects a deep insight into how we cannot separate ourselves from the world around us, even those who do harm.

Don't say that I will depart tomorrow—
even today I am still arriving.

Look deeply: every second I am arriving
to be a bud on a Spring branch,
to be a tiny bird, with still-fragile wings,
learning to sing in my new nest,
to be a caterpillar in the heart of a flower,
to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry,
to fear and to hope.

The rhythm of my heart is the birth and death
of all that is alive.

I am a mayfly metamorphosing
on the surface of the river.
And I am the bird
that swoops down to swallow the mayfly.
I am a frog swimming happily
in the clear water of a pond.
And I am the grass-snake
that silently feeds itself on the frog.
I am the child in Uganda, all skin and bones,
my legs as thin as bamboo sticks.
And I am the arms merchant,
selling deadly weapons to Uganda.
I am the twelve-year-old girl,
refugee on a small boat,
who throws herself into the ocean
after being raped by a sea pirate.
And I am also the pirate,
my heart not yet capable
of seeing and loving.
I am a member of the politburo,
with plenty of power in my hands.
And I am the man who has to pay
his "debt of blood" to my people
dying slowly in a forced-labour camp.
My joy is like Spring, so warm
it makes flowers bloom all over the Earth.
My pain is like a river of tears,
so vast it fills the four oceans.
Please call me by my true names,
so I can hear all my cries and laughter at once,
so I can see that my joy and pain are one.
Please call me by my true names,
so I can wake up
and the door of my heart
could be left open,
the door of compassion.