

Peaceful Healing Walk and Rally Guidelines



The Healing Walk Napa Valley is a peaceful pilgrimage of healing, rather than a traditional protest march. We are walking for clean air and water, a healthy environment, just and healthy communities, and for the healing of the land and its people.

We are a peaceful walk in our actions towards each other, our community and all beings we share space with such as plants, trees, animals and insects. Non-violence is more than refraining from harming others in word or action; it is a practice of holding an attitude of loving kindness towards all. This non-violence extends to those who may not agree with us or causes we support. We ask all who walk to commit to this attitude in their hearts as well as in their outward actions – in both the signs we carry and how we interact with those with whom our paths cross. As we walk, we focus on this intention of loving kindness, and we commit to bringing awareness, gratitude and healing to our beautiful Valley's land, water and air and to ourselves, each other, and all beings - past, present and future.

The walk is led by elders in prayer, song or contemplation. Please do not pass the spirit holders who are leading the walk and carrying the blessed water. We cherish the conversations we have on these walks, meeting new people, finding shared interests with others and discovering synergies between causes. If you would like have a conversation, please do so towards the back end of the walk to maintain the lead as a place of prayer and contemplation.

This year, we walk in solidarity with the People's Climate Marches in DC and around the world.

Thank you for joining us on this Healing Walk.
