



**THE FIRST ZEN INSTITUTE OF AMERICA**

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**Film Series**

# **Buddhist Monks' Walk for Peace**

**March 8, 2026**

**1:00 PM at 113 East 30<sup>th</sup> Street**



The monks are pictured here in Charlotte, North Carolina on January 15

Buddhist monks of the Theravadin tradition walked for peace from Texas to Washington DC. Their pilgrimage started on October 26, 2025 and ended on February 11, 2026. They were led by Bhikkhu Pannakara, an ethnic Vietnamese Theravada forest monk. They are seeking to promote peace, national healing, unity and compassion. Despite harsh North American weather conditions, they covered a total of 2,300 miles on foot – partly barefoot, and partly with only one meal per day. They were greeted by large crowds and arrived by their projected end date despite bitter cold freezing temperatures.

Buddhist monks in the Theravada forest tradition are often held in high regard in Zen circles because of their noted taste for austerity and meditative discipline. Among the wide variety of Buddhist sects, they are probably the ones closest to the original practices of the historical Buddha. On March 8, the First Zen Institute is going to screen three YouTube videos of these monks, discussing their walk for peace. These videos are all available on the First Zen Institute's website at <https://www.firstzen.org/FilmSeries.php>.

**Admission is free.**