

#TALKINGWATER

So wie es dir geht, geht es auch mir.



River Whispers 2025

World Water Day:

Saturday, March 22, 2025, approx. 4:00 PM – 7:00 PM

Theme: Preserving the Glaciers

“The river is everywhere at the same time, at the source and at the mouth, at the waterfall, at the ferry, in the whirlpool, in the sea, in the mountains, everywhere at once; and that for it there is only the present, not the shadow of the past, not the shadow of the future.” - Siddhartha – Hermann Hesse

Hesse’s words remind us of the timeless wisdom of the river, which, in its silence and immediacy, reveals the essence of life. But how often do we truly engage in this kind of presence in our everyday lives?

Our daily lives are full of distractions. Everywhere, there are stimuli that captivate us. It’s no wonder we sometimes feel overwhelmed. Quiet places where we can simply breathe have become rare. And when it does get quiet? We quickly reach for our phones. But perhaps silence is exactly what we are missing.

Silence is not boring – it is powerful, maybe even magical! It helps us perceive life more consciously and build genuine connections with ourselves and others. It invites us to let go of the familiar and see the world with fresh eyes. Let’s immerse ourselves in silence together.

We invite you to River Whispers in honor of World Water Day 2025. A place where we simply listen to what the water tells us, learn from it – and from what can emerge in silence. It’s about being in silence with others and letting ourselves be inspired by the water.

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River Whispers at a Glance

When? Saturday, March 22, 2025, approx. 4:00 PM – 7:00 PM

Where? At a river in your city/town

Schedule? All information can be found below in this document

Who? Everyone is welcome! You can whisper alone, with friends, or with family; or you can host River Whispers on a larger scale (we provide guidance for all three options).

If you'd like to participate and whisper with many others and the rivers, write to us by March 10, 2025, at mail@talkingwater.org.

Overview and General Schedule for Saturday, March 22, 2025

Theme: Preserving the Glaciers

A River Whispers event doesn't require much. **Anyone can participate.**

You can **whisper alone, with friends, or with family.** You can also **host River Whispers as a larger event** and **invite people from your local area.**

General Schedule on March 22, 2025

4:00 – 5:00 PM Arrival

5:00 – 5:15 PM Opening ceremony

5:15 – 5:30 PM Shared silence, noble silence

5:30 – 7:00 PM Musical and/or artistic contributions*

From 7:00 PM Closing and gathering

(* Artistic contributions, such as self-composed songs, poetry about water, or even a sound bath created with your voices, are welcome. Use what you have and create your own River Whispers experience.)

How to Get Involved

Want to be actively involved? If you'd like to participate and whisper with many others and the rivers, write us to till **the 10th of March 2025** at mail@talkingwater.org. Guidance for organizing a large or small River Whispers event is available.

Want to join an existing River Whispers event? Information about individual organizers and organizations hosting a River Whispers event can be found on this website: <https://ave-institut.de/talkingwater/>

Let's experience the magic of silence together and deeply connect with what enables life and all the beauty around us: Water.

MAY THE RIVER INSPIRE, TOUCH, AND CONNECT YOU.

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River Whispers 2025

Guidelines for Hosting a Large River Whispers Event in Your City or Town

Your Schedule – Enjoying the Moment Together

If you want to whisper simultaneously with others, feel free to follow this schedule:

General Schedule on March 22, 2025:

- **4:00 – 5:00 PM** Arrival
- **5:00 – 5:15 PM** Opening Ceremony
- **5:15 – 5:30 PM** Shared Silence, Noble Silence
- **5:30 – 7:00 PM** Musical and/or Artistic Contributions
- **From 7:00 PM** Closing and Gathering

1. Arrival – Engaging All Senses (4:00 – 5:00 PM)

- Arrive early to prepare the space (blankets, seating, candles/lights?).
- Warmly welcome participants and invite them to find a comfortable spot.
- Encourage them to turn off their phones and mindfully observe the surroundings.
- Suggested opening question: “What brings you here today?”
- Offer small rituals, e.g., scooping a handful of water from the river and silently observing it.

2. Opening Ceremony – Listening and Feeling Together (5:00 – 5:15 PM)

- Briefly introduce the concept of *River Whispers*. You may also reference this year’s World Water Day theme: “Preserving the Glaciers.” This could be explored through reflection questions such as:
 - What do I feel when I think about melting glaciers?
 - What role do I personally play in protecting nature?
 - How do I see connections between my life and the state of the glaciers?
- Guide the group in a breathing exercise, e.g., deep breathing in rhythm with the water.
- A warm-up exercise such as listening to natural sounds, imagining where the river originates and where it flows, and what it experiences along the way before reaching the sea.

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3. Shared Silence (5:15 – 5:30 PM)

- Introduce silence gently: “We will now enter silence together. Stay curious and explore it with your senses.”
- Suggestions: Close your eyes, observe your breath, listen to the water’s sounds, stand barefoot and feel the ground.

4. Musical or Poetic Input (5:30 – 7:00 PM)

- This is an opportunity for contributions from participants.

5. Closing – Ending Together (from 7:00 PM)

- Opportunity for small group discussions.
 - Closing round: Each person may share a word or thought.
 - Encouragement to carry the silence into everyday life.
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River Whispers 2025

Guidelines for a Small River Whispers Event, for Yourself, with Friends or Family

How wonderful that you want to spend this special time at the river together! A small *River Whispers* gathering is a beautiful opportunity to pause, breathe deeply, and consciously experience the moment together. Whether with family, friends, or a trusted group – the river offers space, silence, and perhaps a touch of magic.

How to Create Your *River Whispers* Gathering

Preparation – The Place and the Moment

- **Find Your Spot:** Choose a place by the river that brings you peace and comfort. Perhaps somewhere with a beautiful water sound or a familiar setting.
- **Bring Along:** Seat cushions, blankets, maybe lanterns or candles to create an inviting space. A thermos of tea or a small snack is also a nice touch.
- **Let Go of Everyday Life:** Turn off or silence your phones and allow yourselves the freedom to just be present.

Your Schedule – Enjoying the Moment Together

If you want to whisper simultaneously with others, feel free to follow this schedule:

General Schedule on March 22, 2025:

- **4:00 – 5:00 PM** Arrival
- **5:00 – 5:15 PM** Opening Ceremony
- **5:15 – 5:30 PM** Shared Silence, Noble Silence
- **5:30 – 7:00 PM** Musical and/or Artistic Contributions
- **From 7:00 PM** Closing and Gathering

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1. Arrival – Engaging All Senses

- Greet each other at the river and take a moment to arrive. Look around, listen to the water, feel the air, and take deep breaths.
- Sit together in a circle or find individual spots with a good view and sound of the river.
- If you like, perform a small ritual, e.g.:
 - Scoop a handful of water and let it flow back.
 - Sit in silence and thank the river for being with you today.

2. Shared Silence – Listening and Sensing Together

- Take 15–20 minutes for shared silence.
- You may:
 - Simply sit and listen to the sounds of the water.
 - Close your eyes and feel your breath.
 - Walk slowly along the riverbank if it feels right.
- Let the silence be as it comes – maybe lively, maybe gentle. Each person experiences it differently, and all experiences are welcome.

3. A Small Impulse – Your Personal Moment

- After the silence, share something meaningful:
 - A poem or thought that inspires you.
 - A song to hum or sing together.
 - A round where each person describes the river or a magical moment with it in one sentence.
- Let yourselves be guided by what brings joy – this moment belongs to you.

4. Closing – Ending Together

- Share reflections if you wish: What moved you? What did you feel?
- Take a moment to thank the river – for its wisdom, its silence, and the connection it fosters.
- Let the evening end together, perhaps in quiet gratitude or with one last deep breath before heading home.

FINAL THOUGHTS FOR YOU

- **Everything is Welcome:** There is no “right” or “wrong.” Make *River Whispers* your own moment. The above points are suggestions that you can tailor to your needs. It is important that you feel comfortable with the guidance and setting.
- **Celebrate Silence:** It is not empty but full of magic – take time to explore it.

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- **Be Together:** Whether you share a lot or simply sit quietly beside each other – everything you do is a gift that connects you.

Wishing you a heartfelt and joyful *River Whispers* experience!

May the river inspire, touch, and connect you.

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River Whispers 2025 - Guidelines for Visitors

Welcome to River Whispers! How wonderful that you are here.

We are delighted to have you with us to experience the magic of silence and the wisdom of water. *River Whispers* is a place for connection – with yourself, others, and the river.

BEFORE THE EVENT

This section can be shared in advance as an invitation.

- Dress comfortably and warmly to enjoy the time outdoors. A blanket or seat cushion can add comfort.
- Plan enough time to arrive calmly and settle in.
- Please turn off your phone or set it to airplane mode to fully immerse yourself in the moment. Photos are nice but distracting, so we invite you to keep your phone tucked away and fully embrace the silence and the moment.

May we all experience the magic of silence and the deep connection that water offers.

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