

River Whispers 2026

World Water Day: Sunday, March 22, 2026, 4:00–5:00 pm

Theme: Water and Gender Equality

“The river is everywhere at once, at the source and at the mouth, at the waterfall, at the ferry house, at the whirlpool, in the sea, in the mountains, everywhere at once, and for it there is only the present, not the shadow of the past, nor the shadow of the future.”

Siddhartha – Hermann Hesse

We invite you to **River Whispering** on the occasion of World Water Day 2026.

A place where we simply listen to what the water tells us, learn from it — and from what can emerge in silence.

Concretely, it is about being in silence together with others and allowing ourselves to be inspired by the water.

River Whispering at a glance

- **When?** Sunday, March 22, 2026, 4:00–5:30 pm
- **Where?** At a river in your city or town
- **How?** All information can be found further down in this document
- **Who?** Everyone is welcome! You can whisper alone, with friends, or with your family — or you can host River Whispering in a larger setting (we provide impulses for all three options)

If you would like to take part, to whisper together with many others and with the rivers, please write to us by **March 18, 2026** at: info@carewasser.org

Hesse’s words remind us of the timeless wisdom of the river, which reveals the essence of life in its stillness and immediacy. But how rarely do we truly allow ourselves to experience this kind of presence in our everyday lives?

Our daily lives are full of distractions. Stimuli are everywhere, constantly demanding our attention. No wonder we sometimes feel overwhelmed. Quiet places where we can simply breathe are becoming rare. And when it does become quiet? We often reach for our phones. Yet perhaps silence is exactly what we are missing.

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

A campaign by:



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River Whispering 2026: Overview and general schedule

Saturday, March 22, 2026

On the occasion of World Water Day

Theme: Water and Gender Equality

A River Whispering does not require much. Everyone can take part.

You can whisper alone, for yourself, with friends, or with family. You can also host River Whispering in a larger context and invite people from your local community.

On the following pages, you will find impulses if you want to...

- host a larger River Whispering in your city or town (p. 3)
- organize a small, intimate River Whispering (pp. 6–7)
- simply participate as a visitor in an organized River Whispering (pp. 4–5)

General schedule on March 22, 2026

- **4:00 – 4:15 pm** Arrival
- **4:15 – 4:30 pm** Collective opening
- **4:30 – 4:50 pm** Introduction and shared listening
- **4:50 – 5:00 pm** Musical and/or artistic contribution*
- **5:00 – 5:15 pm** Exchange and moment of gratitude
- **Afterwards** Closing and shared ending

Would you like to become active?

- If you would like to take part and whisper together with many others and with the rivers, write to us at info@carewasser.org
- The impulses for hosting a larger River Whispering or a small gathering may be helpful for you

Would you like to join a River Whispering?

- Information about individuals or organizations hosting a River Whispering that you can join
- The impulses for visitors may be valuable for you

Let us experience the magic of silence together and come into deep connection with what makes life, and all the beauty that surrounds us, possible: **water**.

* Artistic contributions such as self-composed songs, poems about or inspired by water are very welcome. You might also want to create a sound bath with your own voices. Everything is possible. Use what you have and create your very own River Whispering.

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River Whispering 2026
Guide for hosting a River Whispering
Your process – enjoying the moment together

If you would like to participate in River Whispering simultaneously across Germany, you are welcome to orient yourself to this shared timing.

General schedule on March 22, 2026

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4:15 – 4:30 pm Collective opening
4:30 – 4:50 pm Introduction and shared listening
4:50 – 5:00 pm Musical and/or artistic contribution*
5:00 – 5:15 pm Exchange and moment of gratitude
Afterwards Closing and shared ending

1. Arrival – immersing with all senses (4:00 – 4:15 pm)

- Arrive early to prepare the space (blankets, seating, candles/lights?).
- Welcome participants warmly and invite them to find a place.
- Encourage them to switch off their phones and consciously perceive the surroundings.
- Possible opening question: *“What brought you here today?”*
- Offer small rituals, e.g. scooping a handful of water from the river and observing it in silence.

2. Collective opening – listening and sensing together (4:15 – 4:30 pm)

- Briefly introduce the concept of River Whispering. This is a good moment to address the theme of this year’s World Water Day: *“Water and Gender Equality”*. This could be done through reflection questions, for example: *How do you live gender equality?*
- Invite the group to a breathing exercise, such as deep inhaling and exhaling in rhythm with the water.
- Attunement exercise, e.g. listening together to the sounds of nature, imagining where the river comes from and where it flows into the sea, what it experiences along its journey.

3. Shared listening (4:30 – 4:50 pm)

- Introduce the River Whispering with gentle words:
“We will now enter silence together. Stay curious. Listen to what the river has to tell us.”
- Suggestions: closing the eyes, observing the breath, noticing the sounds of the water, standing barefoot and feeling the ground beneath your feet.

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4. Musical or poetic contribution (4:50 – 5:00 pm)

- This is a space for contributions from participants.

5. Closing – completing together

- Opportunity for exchange in small groups.
- Round of gratitude: everyone may share a word or a thought.
- Encouragement to carry the silence into everyday life.

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