

# Welcome to the Inaugural Walk for Values USA – Southwest Phoenix, AZ

## Why Walk for Values?

One lesson the recent financial crisis has taught is that we are all dependent on each other for our well-being AND we each need to take responsibility for how we live. It's now about making choices that benefit not just ourselves but everyone.

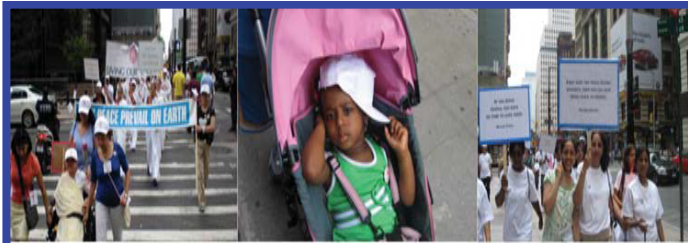
**How?** By committing ourselves to practice values that for many generations have united communities and made nations strong. These are five values universal to all lands, peoples, religions, and civil societies, etc. - Truth, Right Conduct, Peace, Love and Nonviolence. We actually see these values at work in our everyday lives in the form of Honesty as an aspect of Truth; Courage as an example of Right Conduct; Contentment as a component of Peace; Compassion as an expression of Love; and Appreciation of other cultures as an expression of Nonviolence.

Join us in the Southwest Inaugural Walk for Values USA, and Adopt a Value as we celebrate and encourage the practice of these values. We invite you to walk as an individual or member of a group - be it family, school, workplace, community group, service organization or sporting team. For an unforgettable journey, come and experience the power of many people walking together for a common cause, and willing to lead by example.

This walk is about re-building character and restoring goodness in our lives. It can be done; it's just up to you!


For more information, or to register for Walk for Values USA – Southwest, please visit us at [www.walkforvaluesusa.org](http://www.walkforvaluesusa.org)


Walk for Values USA is a an event organized by the Sathya Sai Organization, USA, and is open to everyone **free of cost.**





# Walk The Walk


## What Values Are We Walking For?

 **Truth** is the basis of all existence and pervades the entire universe. It is present in everyone and everywhere at all times. Truth is unchanging and permanent. A few sub-values of Truth are honesty, integrity and self-reflection.

 **Right Conduct** is the code of morals, norms and laws that uphold and uplift man and society. It is achieved through purity and unity of thought, word and deed. A few sub-values of Right Conduct are duty, courage and responsibility.

 **Peace** is a sense of complete tranquility in the face of both triumphs and tragedies. It is the absence of all desires. It arises from the understanding of Truth. A few sub-values of Peace are patience, contentment and self-control.

 **Love** is selfless, universal and unconditional. It seeks no reward and knows no fear. Love expresses in action as selfless service. It is a gift that grows with sharing. A few sub-values of Love are compassion, forgiveness and tolerance.

 **Nonviolence** means abstaining from causing harm in thought, word or deed. It means taking action to relieve the suffering of others. A few sub-values of Nonviolence are unity, human rights and ecological balance.

## Participation Information

**This event is free of cost!**

**Registration:** In order to give the City of Phoenix a realistic estimate of the number of walkers, we request that participants **register by: February 1, 2010 at [www.walkforvaluesusa.org](http://www.walkforvaluesusa.org)**

*Information submitted in the registration will NOT be used for solicitation, marketing or disseminated to*

You are welcome to join us in donating a non-perishable canned food item for the local homeless shelter & foodbank on the day of the Walk. Just bring the item(s) you wish to donate with you and place in the containers that will be provided for that purpose.

Walk for Values Days have been recognized by Mayors in the following cities: St. Louis, MO - Houston, TX - Dallas, TX - New York, NY.

Walks have also taken place in Seattle, WA - Austin, TX - Raleigh, NC and Boston, MA  
Walks for Values started in Canada in 2002 and has grown to include Australia, New Zealand, Malaysia, Hong Kong and the USA. To date, approximately 15000 people have walked for values.



*If there is righteousness in the heart,  
there will be beauty in the character.*

*If there is beauty in the character,  
there will be harmony in the home.*

*When there is harmony in the home,  
there will be order in the nation.*

*When there is order in the nation,  
there will be peace in the world.*

- Sathya Sai Baba

Character is like a tree and reputation like a shadow.  
The shadow is what we think of it;  
the tree is the real thing.

- Abraham Lincoln

## Adopt a Value & Walk the Walk

### How?

Identify a value/sub-value you would like to adopt (consciously practice) and perform actions to practice that value in your daily life. Make a note of positive effects or changes that you, or others, have observed in you as a result of adopting this value.

### Examples

*Value/sub-value:* Right Conduct /Patience

*Practice:* I will think of the positive qualities of family, friends, colleagues, and how we may live and work together peacefully.

*Effect:* More love and peace within, at home, and in society.

*Value/sub-value:* Love/Kindness

*Practice:* I will identify thoughts, words and deeds that bring happiness to myself and others.

*Effect:* More peace at home and in society.

For more information on how to adopt a value, and a complete list of values and sub-values, please visit [www.walkforvaluesusa.org](http://www.walkforvaluesusa.org)

## Directions to Wesley Bolin Memorial Plaza

From 51, merge onto I-10 West

From I-10 West

1. Take exit 144 for 7th Ave S
2. Keep left at the fork, follow signs for 7th Ave S
3. Turn left on N 7th Ave S
4. Turn right on W. Washington St
5. Slight left to stay on W. Washington St
6. Wesley Bolin Plaza will be on the right

From I-17 South

1. Take exit 199B for Jefferson St E
2. Merge onto S 23rd Ave
3. Turn left at W. Jefferson St
4. Turn left at S 15th Ave
5. Take the 1st left onto W. Washington St
6. Wesley Bolin Plaza will be on the right

*Note: Washington is a one-way street going west and Jefferson is a one-way street going east.*



For Walk for Values, USA - Southwest event information we can be reached at 480-419-2897 or [outreachcoordinator.phx@walkforvaluesusa.org](mailto:outreachcoordinator.phx@walkforvaluesusa.org)



**Saturday, February 27, 2010**  
**Wesley Bolin Memorial Plaza**  
1700 W Washington St. Phoenix, AZ, 85007

Walk begins at 10 am and ends at 1 pm  
(Check in begins at 9 am)

