WORLD HARMONY RUN

Harmony begins with me!
The World Harmony Run is a global torch relay that symbolizes humanity’s universal aspiration for a more harmonious world.

Now in its third decade, the World Harmony Run is humanity’s largest and longest grassroots effort for peace. Since its inception, the torch has visited more than 140 nations.

Along the route, people in thousands of communities—from children to seniors, from everyday folks to world leaders—will join the World Harmony Runners by carrying the torch a few steps or a few miles, each person adding their hopes and dreams in a global wave of friendship and goodwill. Through direct participation and media coverage, the World Harmony Run touches the lives of millions.

No money is being raised, no political cause is being promoted. Rather, everyone is invited to take a step towards the dream of a oneness-world family.

Everyone can participate

Athletes and non-athletes, young and old alike, can carry the torch a few steps, a few blocks or a few miles. Join one of the thousands of welcoming ceremonies along the global route. Share your hopes for inter-cultural peace: come hold the torch and take a few steps for world harmony.
Founder - Sri Chinmoy

The World Harmony Run was founded in 1987 by the late peace visionary Sri Chinmoy in a spirit of love, peace and oneness. This spirit permeates the Run and touches the hearts of all those who participate.

An athlete, philosopher, artist, musician and poet, Sri Chinmoy dedicated his life to advancing the ideals of world friendship and harmony.

Organizers

The World Harmony Run is organized by volunteers inspired by Sri Chinmoy's vision of a more peaceful world. In cities and towns, we partner with community groups and local officials in staging welcoming ceremonies for the Runners and events for youth.

Join Us Online

You can also participate online, where we post photographs and stories as they happen around the world. You can visit our website at www.worldharmonyrun.org

World Harmony Quotes

This special international event deserves to be applauded and supported...

~ The Hon. Peter Milliken, Speaker of the House of Commons

I am a firm believer in initiatives that will promote more unity in a world that appears so divided at times. The World Harmony Run addresses this topic well and I wish you every success in promoting these activities...and in all of your endeavours.

~ Phil Fontaine, National Chief, Assembly of First Nations

I am delighted to extend greetings to the World Harmony Run. This event is a wonderful expression of the power of friendship and goodwill—and reminds us to be grateful for our many blessings. The World Harmony Run connects the many cultures, religions and political systems across the globe through the simplicity of basic humanity—the pursuit of kindness, compassion and tolerance. I salute the goals of the World Harmony Run and offer best wishes for its success today and in the future.

~ Mayor Timothy H. Rigby, City of St. Catharines

The World Harmony Run visit was a wonderful experience and taught us just how global our school really is. It also showed us what positive things you can do by including children, teachers and parents in a project like this one. Everybody wanted to do their part. It was one of the most beautiful experiences of my life!

~ Denis Branten, Vice-Principal, Sir James Douglas School, Victoria, B.C.
World Harmony Run Theme Song

Words and Music
By Sri Chinmoy
April 15, 2005

\[ \text{D} = 112 \text{ Fast} \]

Run, run, run, run, run, run, run! World - Har-mo-ny - Run.

We are the one-ness and full-ness of To-mor-row's Sun.

COUNTRIES AND TERRITORIES PARTICIPATING SINCE 1987

Albania     Argentina     Armenia     Australia     Austria     Azerbaijan
Bahamas     Bangladesh     Barbados     Belize     Belarus     Belgium     Benin
Bhutan     Bosnia & Herzegovina     Botswana     Brazil     Brunei Darussalam     Bulgaria
Cameroon     Canada     Chile     China     Columbia     Cook Islands     Costa Rica
Croatia     Cyprus     Czech Republic     Denmark     Dominica     Ecuador     Egypt
El Salvador     England     Estonia     Ethiopia     Fiji     Finland     France
Gambia     Georgia     Germany     Ghana     Greece     Grenada     Guatemala
Guyana     Hungary     Iceland     India     Indonesia     Ireland     Israel
Italy     Ivory Coast     Jamaica     Japan     Jordan     Kazakhstan     Kenya
Kuwait     Kyrgyzstan     Latvia     Lebanon     Lithuania     Luxembourg
Macau     Macedonia     Malaysia     Maldives     Mali     Malta     Mexico
Moldova     Monaco     Mongolia     Montenegro     Morocco     Myanmar
Netherlands     Nepal     New Zealand     Nicaragua     Northern Ireland     Norway
Palestine     Panama     Papua New Guinea     Paraguay     Peru     Philippines
Poland     Portugal     Puerto Rico     Romania     Russian Federation     Samoa
San Marino     Scotland     Senegal     Serbia     Singapore     Slovakia
Slovenia     South Africa     Spain     Sri Lanka     St. Kitts & Nevis     St. Lucia
St. Vincent & The Grenadines     Suriname     Sweden     Switzerland     Taiwan
Thailand     Timor-Leste     Togo     Tonga     Trinidad & Tobago     Tunisia
Turkey     Uganda     Ukraine     Uruguay     USA     Uzbekistan     Vatican
Venezuela     Vietnam     Virgin Islands     Wales     Zambia     Zimbabwe

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