

'Life-changing': Chris Mulcahy shares experience seeing Buddhist monks in Charlotte

Hundreds of people gathered in Charlotte Wednesday night to see a group of Buddhist monks on a 2,300-mile "Walk for Peace."



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Published: 11:38 AM EST January 15, 2026

Updated: 11:38 AM EST January 15, 2026

CHARLOTTE, N.C. — Weather Impact meteorologist Chris Mulcahy walked nearly a mile Wednesday night to see [Buddhist monks on their cross-country "Walk for Peace,"](#) joining thousands gathered at Marion Diehl Recreation Center in Charlotte.

What he heard, he said, changed his life.

"I took in every single word he said, and I think that was truly one of the most life-changing speeches I've ever heard in my entire life," Mulcahy said on Live Impact News.

The monk's message centered on mindfulness — living fully in each moment rather than dwelling on past regrets or future worries.

"We're not gonna be able to achieve world peace until we can all achieve our own inner peace," Mulcahy recalled the monk saying, a quote that particularly resonated with him.

The monk addressed the crowd's relationship with technology, describing phones as "lovers" that distract from present experiences. Mulcahy noticed the irony as hundreds of screens recorded the moment while the monk preached presence.

"It was actually even better to kind of take it in and not be behind the screen," Mulcahy said.

He attended with his wife Kim and 3-year-old son JT. During the talk, instead of filming, they watched JT roll down a hill in pure joy.

"That's the best thing about children is that they are mindful. They live each and every moment," Mulcahy said.

The monk offered practical advice: write "today is going to be my peaceful day" on paper, take one minute of peace per hour at work, and focus completely on single tasks. He advised controlling the "tiger and monkey" in your mind — aggression and overthinking.

The monks requested attendees walk behind rather than beside them to maintain their own peace. They're accompanied by a dog they adopted as a stray during their daily walks.

Mulcahy plans to see the monks again as they pass through Concord.

"These people are so special that what they're doing, they're spreading word," Mulcahy said.

"Maybe there is hope for some peace."