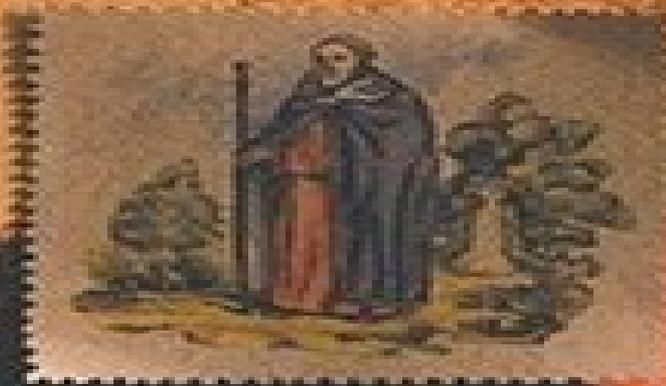




The ART of PILGRIMAGE

The Seeker's Guide to
Making Travel Sacred



Phil Cousineau
author of *Soul Moments*
foreword by Huston Smith

The Art Of Pilgrimage The Seekeraposs Guide To Making

Phil Cousineau



The Art Of Pilgrimage The Seekeraposs Guide To Making:

Art of Pilgrimage Phil Cousineau, 2012-08-01 On Literature New Places and the Sacred Sacred travel guide First published in 1998 and updated with a new preface by the author The Art of Pilgrimage is a sacred travel guide full of inspiration for the spiritual traveler Not just for pilgrims We are descendants of nomads And although we no longer partake in this nomadic life the instinct to travel remains Whether we re planning a trip or buying a secondhand copy of Siddhartha we re always searching for a journey a pilgrimage With remarkable stories from famous travelers poets and modern day pilgrims The Art of Pilgrimage is for the mindful traveler who longs for something more than diversion and escape Rick Steves with a literary twist Through literary travel stories and meditations award winning writer filmmaker and host of the acclaimed Global Spirits series Phil Cousineau sets out to show readers that travel is worthy of mindfulness and spiritual examination Learn to approach travel with a desire for spiritual risk and renewal practicing intentionality and being present Inside find Stories myths parables and quotes from many travelers and many faiths How to see with the eyes of the heart More than 70 illustrations Spiritual travel for the soul If you re looking for reasons to travel this is it Whether traveling to Mecca or Memphis Stonehenge or Cooperstown one s journey becomes meaningful when the traveler s heart and imagination are open to experiencing the sacred The Art of Pilgrimage shows that there is something sacred waiting to be discovered around us If you enjoyed books like The Pilgrimage by Paulo Coelho or Unlikely Pilgrim Zen on the Trail and Pilgrimage The Sacred Art then The Art of Pilgrimage is a travel companion you ll love having with you *The Art of Pilgrimage* Phil Cousineau, 2003-09-01 This book is for the traveler who longs for something more than diversion it is for those searching for a path with heart For millennia pilgrimage a transformative journey to a sacred center has summoned the soulful traveler And every journey can be sacred transformative if it is undertaken with a desire for spiritual renewal The journey becomes meaningful a pilgrimage when the traveler s heart imagination are open to experiencing the sacred Explains how with a deepening of focus keen preparation attention to the path below our feet respect for the destination at hand it is possible to transform even the most ordinary trip into a sacred journey a pilgrimage Over 70 illustrations photos

The Art of Pilgrimage Phil Cousineau, Richard Seibert, 1998*

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