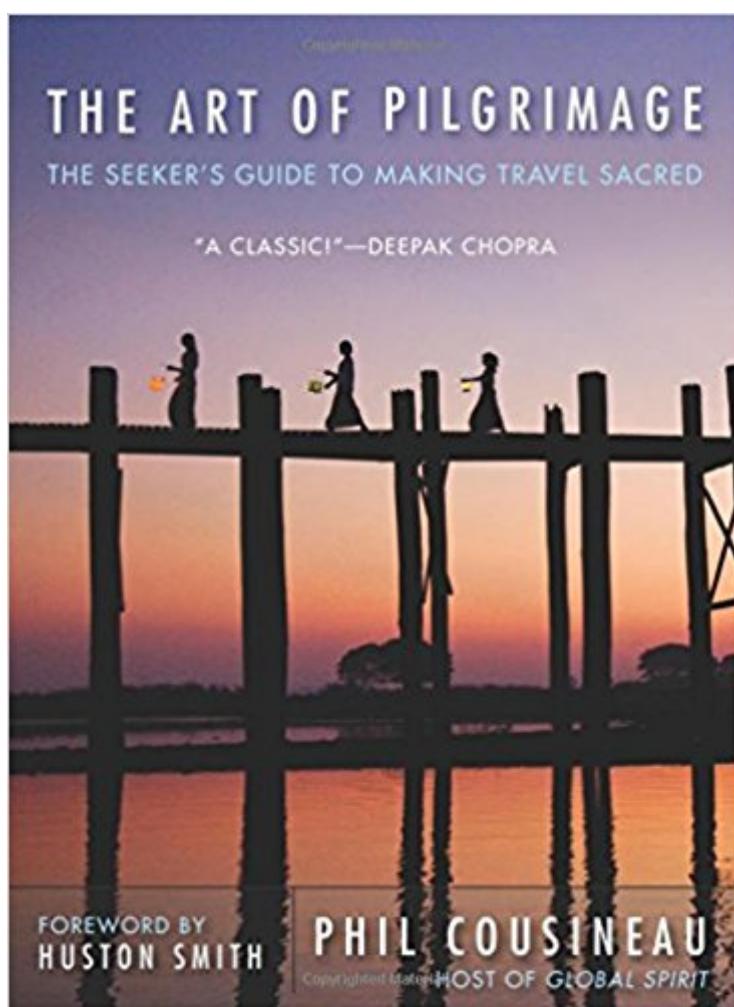


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# The Art Of Pilgrimage: The Seeker's Guide To Making Travel Sacred



## **Synopsis**

Join award-winning author Phil Cousineau for a sacred journey around the globe. First published in 1998 and updated with a new preface by the author, *The Art of Pilgrimage* is a sacred travel guide in book form that is full of inspiration for the spiritual traveler. Award-winning writer and filmmaker and host of the acclaimed *Global Spirits* series seen on PBS and Link TV, Phil Cousineau weaves stories, myths, parables, and quotes from famous travelers with practical suggestions and accounts of modern-day pilgrims to show that there is something sacred waiting to be discovered in virtually every journey. Connecting these voices is a series of meditations that suggest different ways to practice what pilgrims and poets have done for centuries, to see with the "eyes of the heart." With over 70 illustrations, this book is for the traveler who longs for something more than diversion and escape. *The Art of Pilgrimage* shows that every journey can be sacred, soulful, and transformative if it is undertaken with a desire for spiritual risk and renewal. 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.

## **Book Information**

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## **Customer Reviews**

"Centuries of travel lore suggest that when we no longer know where to turn our real journey has begun," writes author Phil Cousineau. "At that crossroads moment, a voice calls to our pilgrim soul." Many have embarked upon a pilgrimage, but few have understood its mysteries and possibilities as well as Phil Cousineau does (author of *Soul Moments* and *The Hero's Journey*). On one level this is a highly useful guidebook packed with great ideas for enlightened traveling--tape recording local

voices, music, and sounds; asking contemplative questions to waitresses and bookstore owners; lighting a traveling candle every morning; making an offering to the local deity. But most compelling is Cousineau's ability to expertly map the interior landscape of a pilgrimage--the sights that lead to insights and the borders that lead to breakthroughs as we trek the exterior landscape of our planet. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

Thinking of those who intend to embark on a journey with a deep purpose, Cousineau (ed., Soul Moments, Conari, 1997) explores why travelers plan trips and then, upon getting to their destination, have a sense of unfulfilled expectation. Cousineau suggests that this disappointment results from the way travelers engage with the place, not the site itself. Stories, anecdotes, quotes, vignettes, and practical suggestions from travelers and pilgrims throughout history create a guide to building a personal journey by learning to slow down and linger, savor, and absorb each stage?from the first strands of desire to travel through the journey to the return. To help the reader get involved, Cousineau includes a series of meditations and imagination exercises. Librarians aiming to reach both active and armchair travelers will find that this title circulates well.?Leroy Hommerding, Citrus Cty. Lib. System, Inverness, FLCopyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

My husband bought this book last year on the recommendation of a friend and I came across it recently while sorting through our kindle account. In light of my (then upcoming) trip to Morocco I thought I would give it a read. I thoroughly enjoyed and was moved by this book. As I read through I highlighted thirty-nine passages, and each one, when I go back and read now, sets ablaze a host of ideas and reflections. One of the highlights of travel is attaining those moments of travel nirvana. Turning a corner and seeing the Eiffel Tower was one such moment for me. It's the times when you suddenly realise you've arrived somewhere that you've always dreamed of. It's a strange sense of achievement and pride and excitement and awe. It's stepping into one of your fantasies, all the while feeling the ground hard beneath your feet. But all too often that rush of emotion is reserved for the big ticket items: Woohoo! Eiffel Tower/Grand Canyon/Big Ben/Robben Island/Victoria Falls. And yet even for the regular traveler, in practise those moments are few and far between. They're two hours in two weeks. And in between?I suspect that "in between" there is a choice. There's routine and familiarity (possible even in the most remote of places) and frustration, maybe a general level of interest with what is passing us by. It's enough to fill a day and feel rewarding but doesn't necessarily speak to your soul, or kindle that fire in the pit of your stomach. Or there's, what shall we

call it? Mindfulness? Awareness? Presence? It's the art of seeing what you're not conditioned to see. It's looking up and down, and in gutters, and on rooftops. And all around. It's watching the orange fall off a cart and roll down a street, dodging between feet, chased by a stranger and then thrown through the sky, back to its rightful owner. It's a cat in a thunderstorm hiding from the rain under a brown plastic stool. Or it's a man running from his building on his way to work, kicking a coke bottle top with the energy of early morning and then almost dying of embarrassment when it collides with a passerby. But perhaps most importantly it's finding a way to not only to remember to notice, but to stop and enjoy and capture those moments, and bring them inside, preferably with a sense of wonder and pleasure, and holding them there forever. And it all takes practise. Reading this book is one of those practises.

This is a really good exploratory overview of the nature of pilgrimage from a wide range of perspectives including philosophical, religious and day to day experiential. As I read the book I felt an invitation to go deeper in my understanding of the nature of travel as a sacred encounter. While some of the content reinforced things I had already understood and experienced in a positive way, there were also some new and fresh insights into the art of pilgrimage which I really appreciated. This book was on the recommended reading list from St George's College Jerusalem as part of my preparation for a study tour. This has helped me to consider how I can best prepare and engage in this experience. I am very glad I have read this book and will continue to ponder on the many highlights I have made on my kindle!

If you are thinking of going on a trip, any kind of trip, I encourage you to read this book before you begin your journey. It will encourage you to approach your journey in a mindful way and make your time away more meaningful. This book will guide you to see your journey in a whole new way. Travel that encourages self-discovery is in essence a pilgrimage, so this book is not just for those who are visiting sacred sites. I take this book with me when I travel and read a little each day to remind myself of the deeper purpose of my journey.

A professor in college recommended this book to me after I was accepted into a study abroad course to England. The course wasn't religious in nature and it most definitely wasn't a pilgrimage, or at least I didn't think so. A couple chapters into this book and I realized, maybe it was. I felt that drawing need to visit England, along with other countries I drew my heritage to, but I never had a word for it other then travel. Because of this book I took my study abroad course as a pilgrimage and

it was so much more important because of that. It wasn't just a \$4000 class but an opportunity for me to open up and attempt to discover a deeper reason for my need to travel. Now planning a trip to Ireland, a place even more important to my heritage and sense of self, I am rereading the book and rediscovering aspects I had forgotten. To anyone who travels, for work or play, or anyone who would like to understand how a walk around your own neighborhood could be a pilgrimage. I recommend it highly.

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