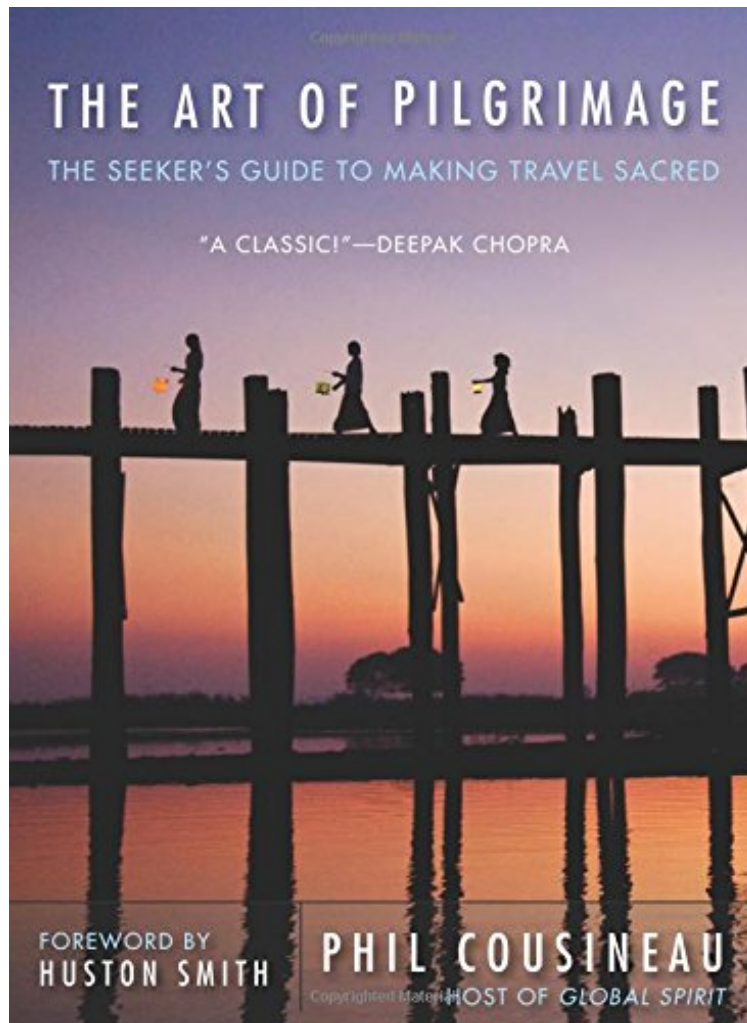


[DOWNLOAD] The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred

# The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred

*Phil Cousineau*

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**Phil Cousineau : The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred:

4 of 4 people found the following review helpful. A guide to mindful travel By Fiona Leonard 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.

3 of 3 people found the following review helpful. An invitation to go deeper  
By peter burke  
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!

4 of 4 people found the following review helpful. Especially great for the solo traveller  
By T. R. Corcoran  
I prefer to travel alone which affords a lot of time for reflection. This book really supported (and supports) me to focus more on this special time while travelling as well as before and, especially, after the trip. I'm sure it would be helpful to people travelling together too--though reaching agreement on what to do when (spiritual or otherwise) can be always be a challenge. I could see why some reviewers have an issue with the term "pilgrimage" because this is NOT a book about the 'true' spiritual pilgrimage (e.g. an Islamic pilgrimage to Mecca). But it does really encourage bringing a more spiritual perspective to 'regular' travel. More personally, I experienced a few astounding synchronicities while reading this book--actually finding myself sitting in THE cafe in Paris having a beer \_while\_ reading about the exact same cafe in the book! (I didn't go there because I read about it, but read about it after I was sitting there.) Also read about other places a day or two after I had just been there. I realize of course that the fact that I'm a Parisophile and the author probably is too (since many examples take place there) increased the synchronicity probability... but still...! Especially with the awareness of how 'green' FLYING anywhere isn't, I find making travel choices much more challenging. So when I do decide to increase my carbon footprint by flying anywhere, I also at least want to make sure that the trip is as satisfying and beneficial as possible. To me, that means that it promotes personal and spiritual growth, that I stay relaxed and engaged in all (people, places and nature) that I encounter, and that I return home refreshed and not exhausted and needing a vacation from my vacation because of having rushed around like a frantic tourist trying to cram in as much 'touristy' activity as possible. This book certainly helped (and helps) me in this regard. The book can also serve well to refocus your daily life at home by helping to shift your perspective about and approach to your everyday surroundings. Especially helpful to get the most out of a "staycation" or perhaps make everyday one. One of the tips in the book is to ask a local where the best place is to view the sunrise (or sunset). In a city, the experience of waking up before dawn and travelling (hopefully by foot if your sunrise destination isn't too far) in a just awakening city will become one of your fondest and enduring memories. And do you know where the best place to view the sunrise is where you live? And when was the last time you made a 'pilgrimage' to view it?

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.

.com "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  
From *Library Journal* 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, FL  
Copyright 1998 Reed Business Information, Inc.  
From *Booklist* Cousineau shares details of his inspirational vision of travel, which is that every trip should be thought of as a pilgrimage, or "soulful travel." The author insists it is possible to "transform even the most ordinary trip into a sacred journey"; and by "sacred," he means a personal value or ideal that is held close to one's heart and mind and thus elevates the consciousness. In seven chapters, Cousineau describes the "common rites" of a classic pilgrimage as adhered to through the ages, and in the process he suggests ways in which a contemporary traveler can ensure that a trip is a pilgrimage, a life-changing ritual that entails "a deepening of focus, keen preparation, attention to the path below our feet, and respect for the destination at hand." Seeking answers to one's own existence? Cousineau guarantees that the pilgrimage approach is the right path for obtaining those answers. Brad Hooper