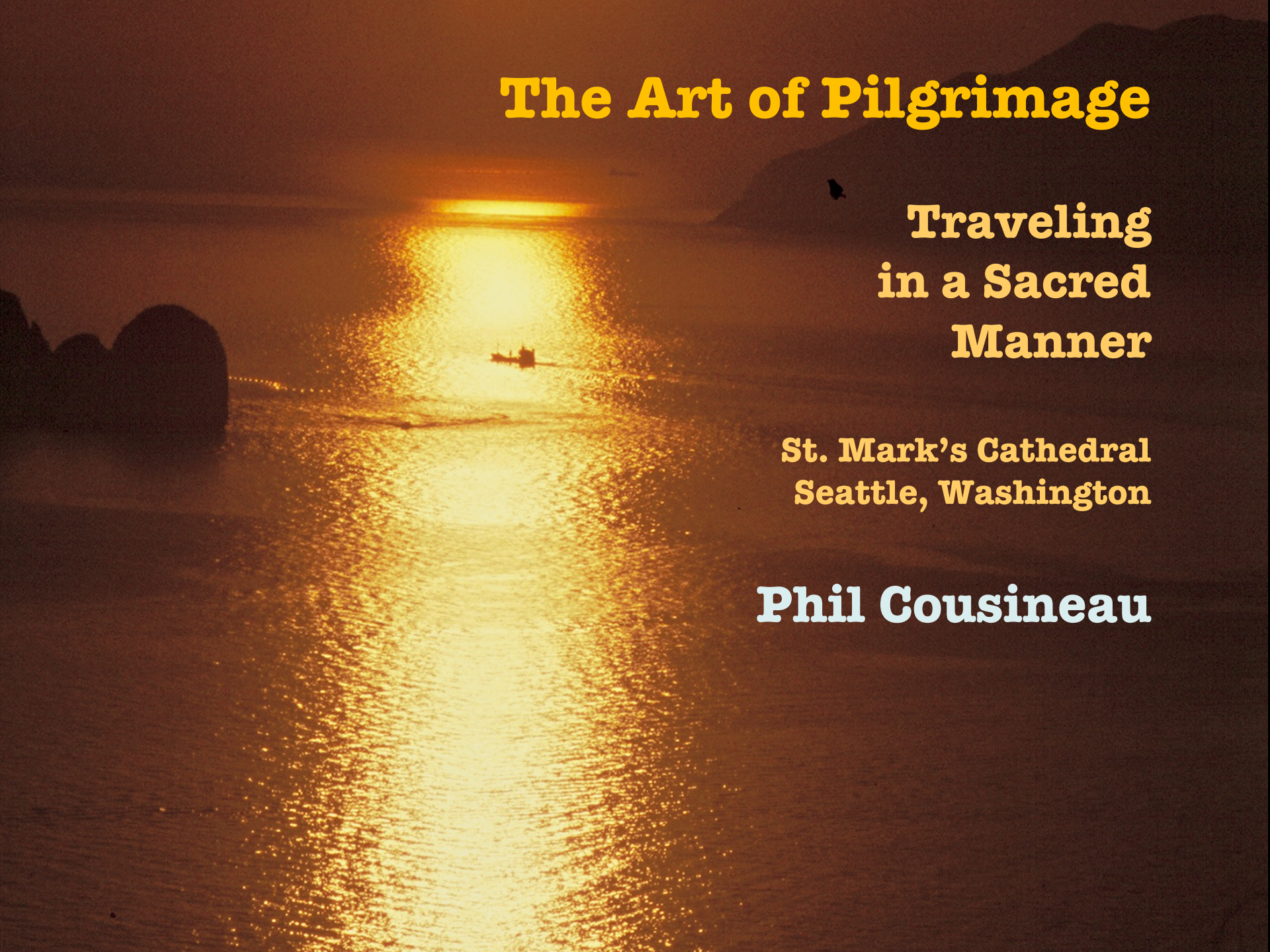


The Art of Pilgrimage

**Traveling
in a Sacred
Manner**

**St. Mark's Cathedral
Seattle, Washington**

Phil Cousineau



I. THE LONGING





“The world is a book, and those who do not travel read only a page.”

— St. Augustine,
4th Century

journey

travel

pilgrim

explore

tourist

saunter

canter

learn

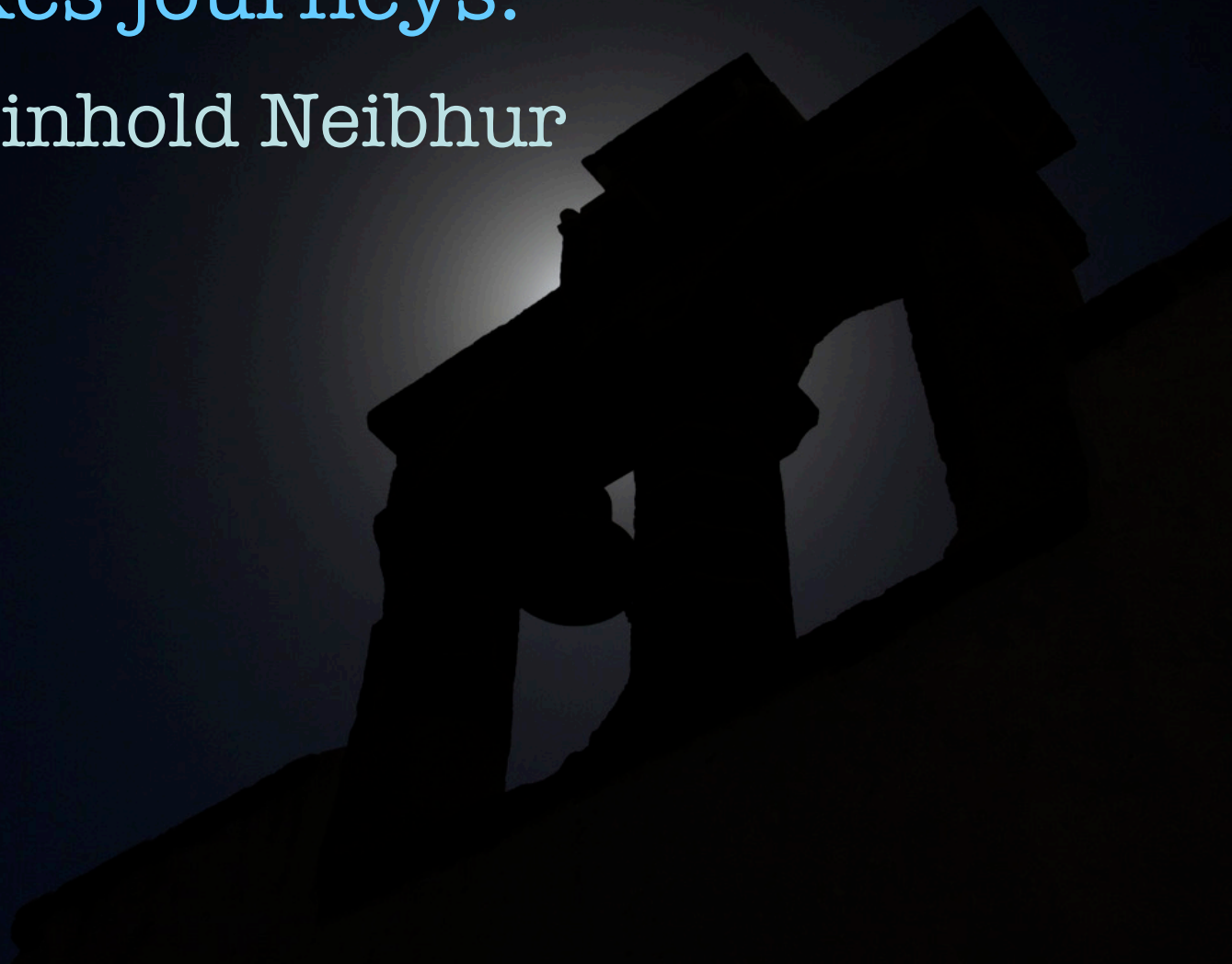
progress

seek

trivia

“A pilgrim is a poet
who makes journeys.”

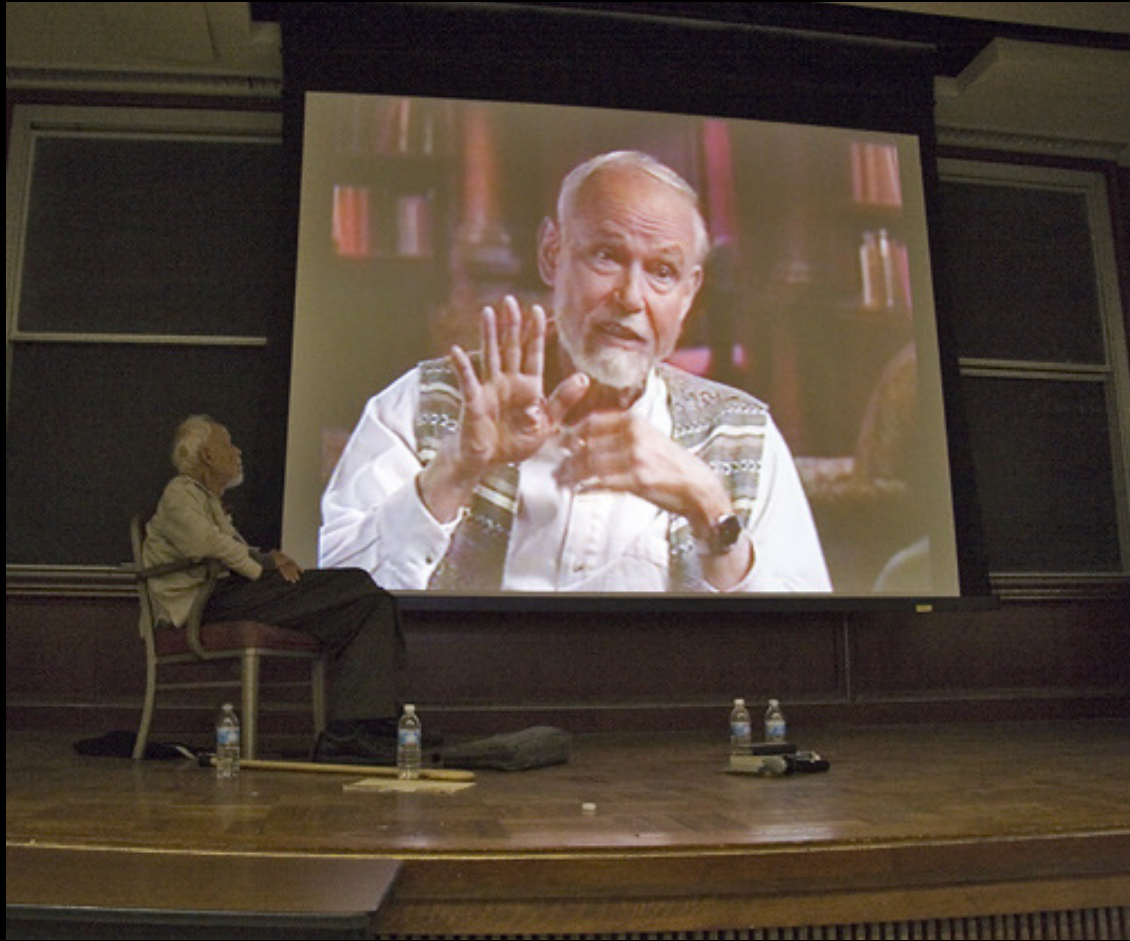
— Reinhold Neibhur



Saunter

from Saint-Terre, walking
to the Holy Land





Why Bother?



“A change is
gonna come...”
— Sam Cooke

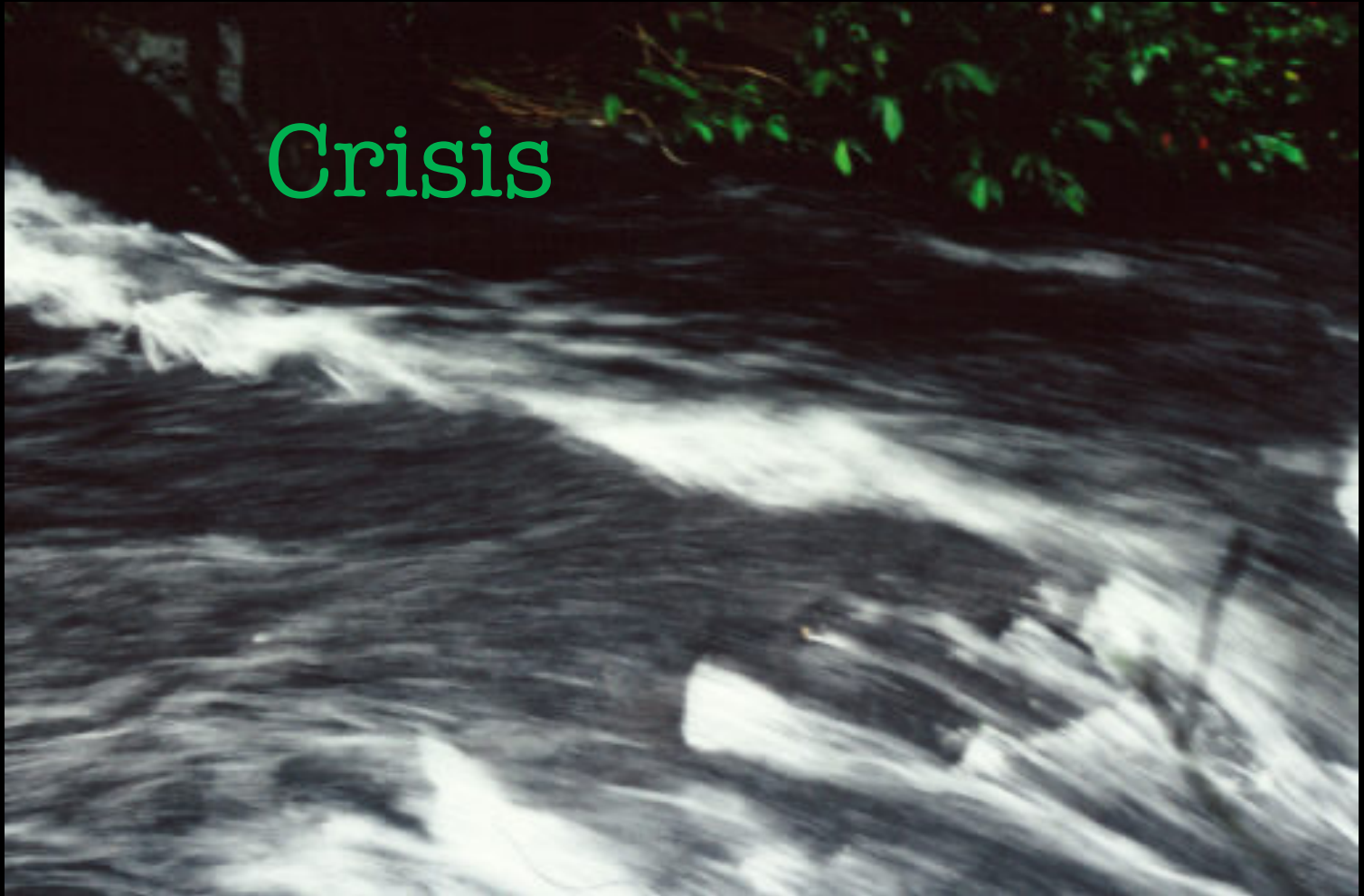
A photograph of ancient stone ruins, possibly Mayan or Aztec, featuring large columns and arches. The scene is dramatically lit by the low sun, creating long shadows and highlighting the textures of the weathered stone. Lush green trees are visible in the background, and the foreground is filled with rubble and debris.

Life at the Crossroads

THE LABYRINTH



Crisis



“We stand today at a crossroads:

One path leads to despair
and utter hopelessness.

The other leads to total
extinction.

Let us hope we have the wisdom
to make the right choice.”

–Woody Allen

“History is a race between
education and catastrophe.”

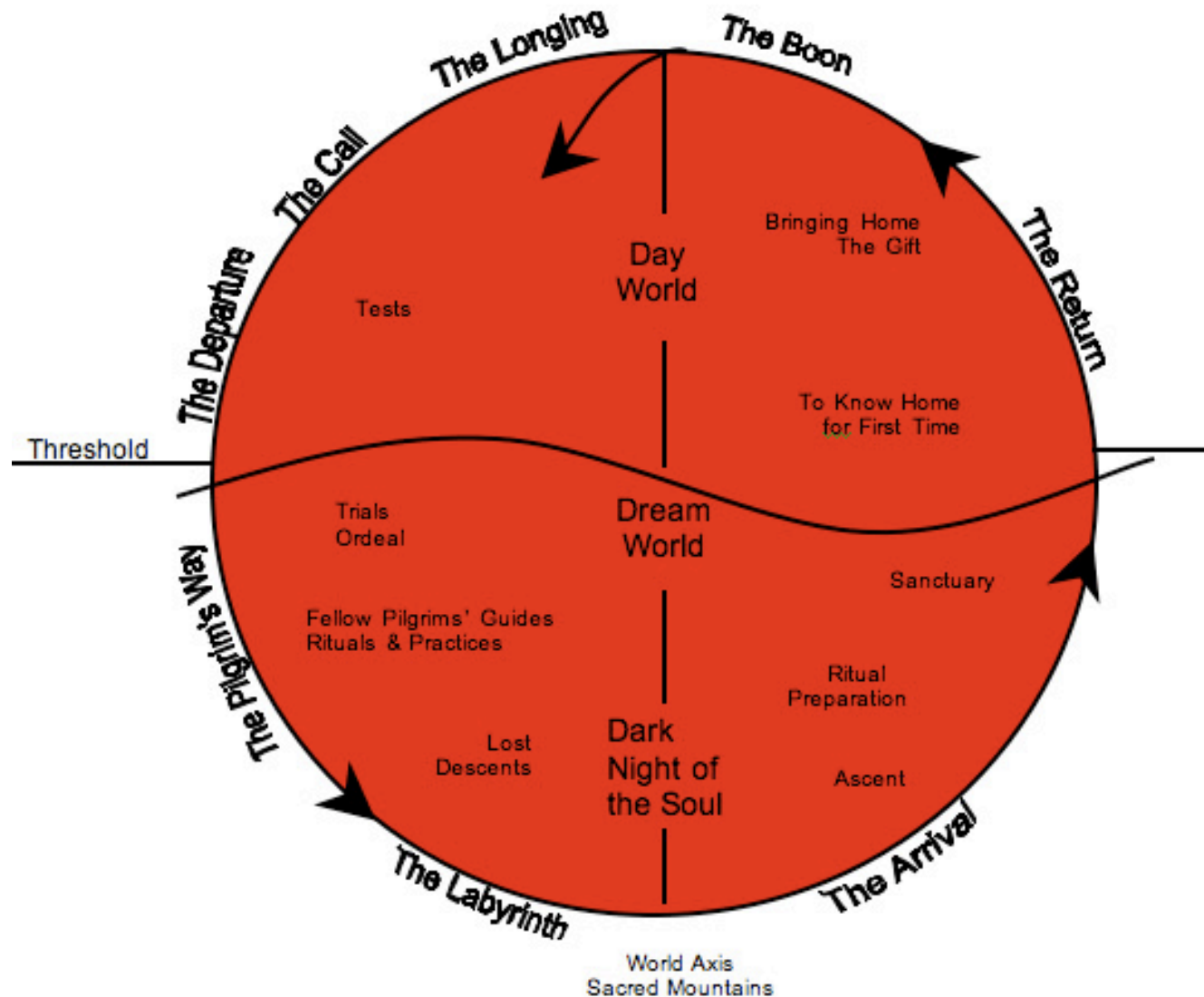
— H.G. Wells





Pilgrimage is the
sacred journey we
can't *can't* take

The Pilgrim's Journey



The first known pilgrimage in Western culture





The Wailing Wall,
Jerusalem

The Revival in Secular and Sacred Pilgrimage





Where can we go to Revive
Our Spirits?

Cosmological



Personal

Angkor Wat



Mythical:
Honoring the
Ancestors
Canyon de Chelly



Legendary

Nature Pilgrimages



Cultural

Imagine Shrine, Central Park



Scientific



Literary



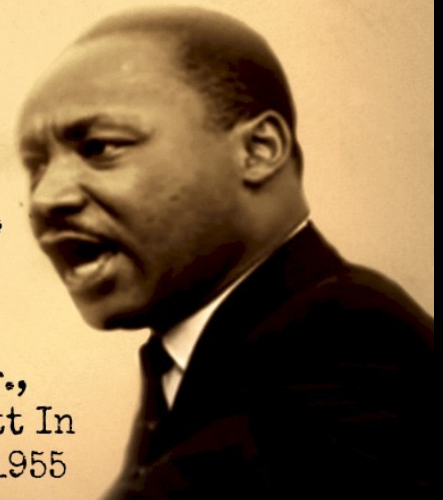
Political

MLK's 1957 Prayer Pilgrimage



True peace is not merely the
absence of tension:
it is the
presence
of justice.

Martin Luther King, Jr.,
Montgomery Bus Boycott In
Montgomery, Alabama, 1955



The Prayer Journey



Northern Mexico, 1993

Atonement

“There is no future
without forgiveness ...”

— Nelson Mandela, via Bishop Tutu



Beauty and Mystery of the Old Ones

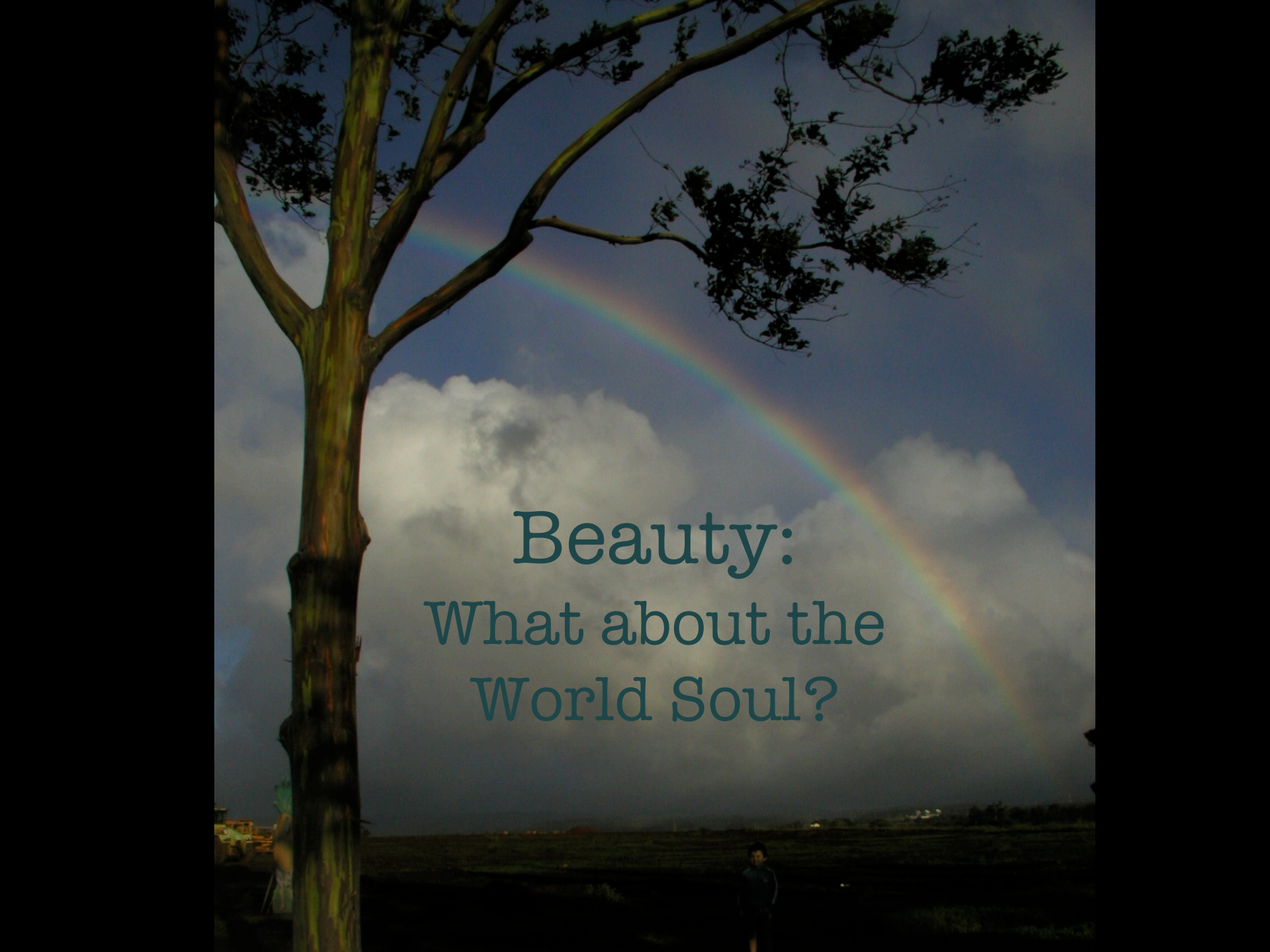
“I have a vision of the Songlines stretching across the continents and ages; that wherever men have trodden they have left a trail of song...

What are the songs of this place?

What is the dreaming story?"

— Bruce Chatwin, *The Songlines*



A large, leafy tree stands on the left side of the frame. A vibrant rainbow arches across the sky, starting from the tree's canopy and extending towards the right. The sky is filled with soft, white clouds. In the foreground, a person is standing in a dark, open field, looking towards the camera. The overall scene is serene and beautiful.

Beauty:
What about the
World Soul?



Beauty
Aegina, Greece



Pilgrimage of Love

Aphrodisias, Turkey



Divine
Beauty



The Stones of the Abbey

Iona, Scotland

If you go
anywhere,
where would
you go?



Where do we come from?

Why are we here?



Where are we going?

The heartbeat of the World

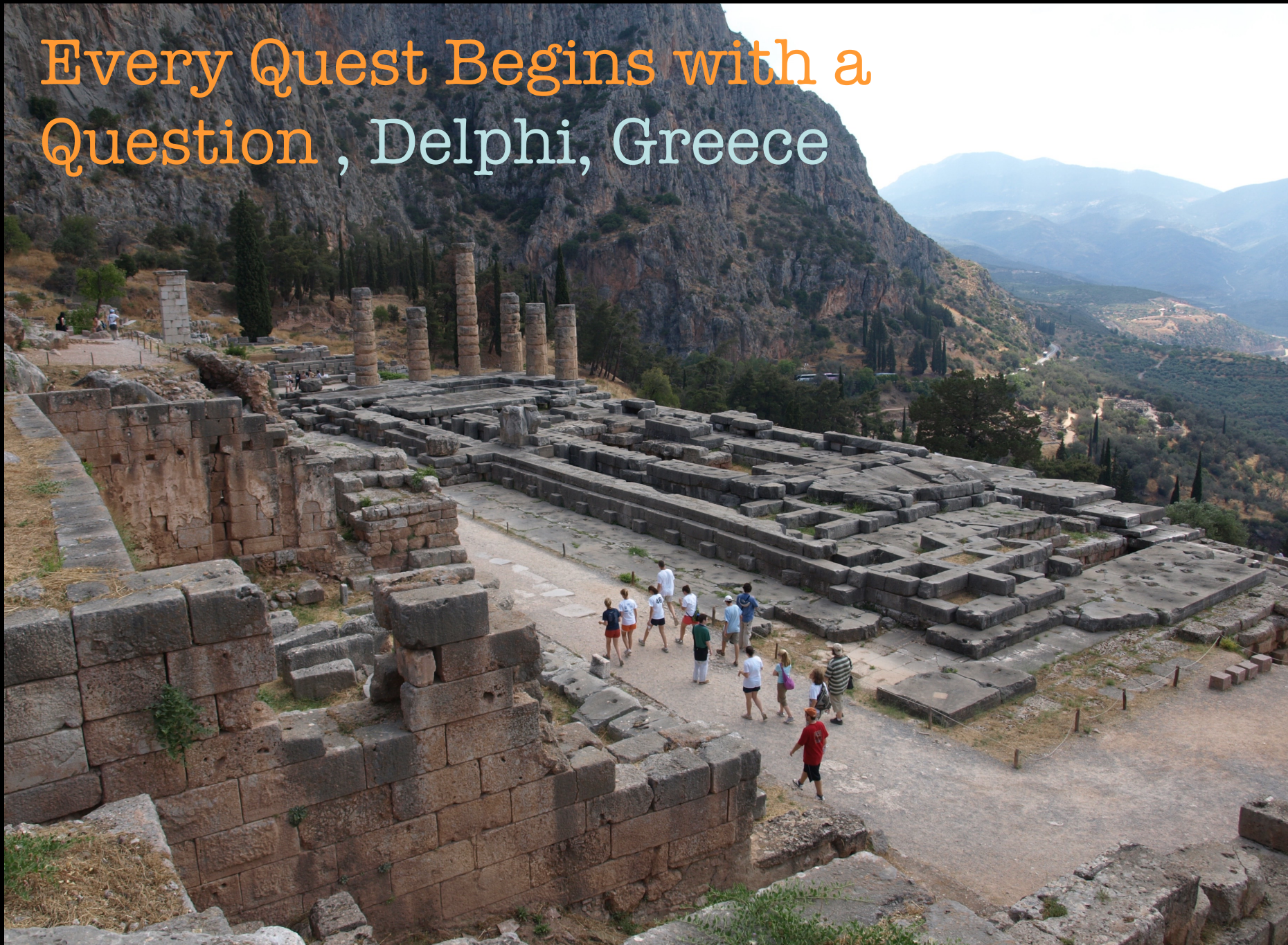
Northern Mexico



II. THE DEPARTURE



Every Quest Begins with a Question , Delphi, Greece





Seeking:
Sacred Space



Seeking:
Sacred Time

Ritual



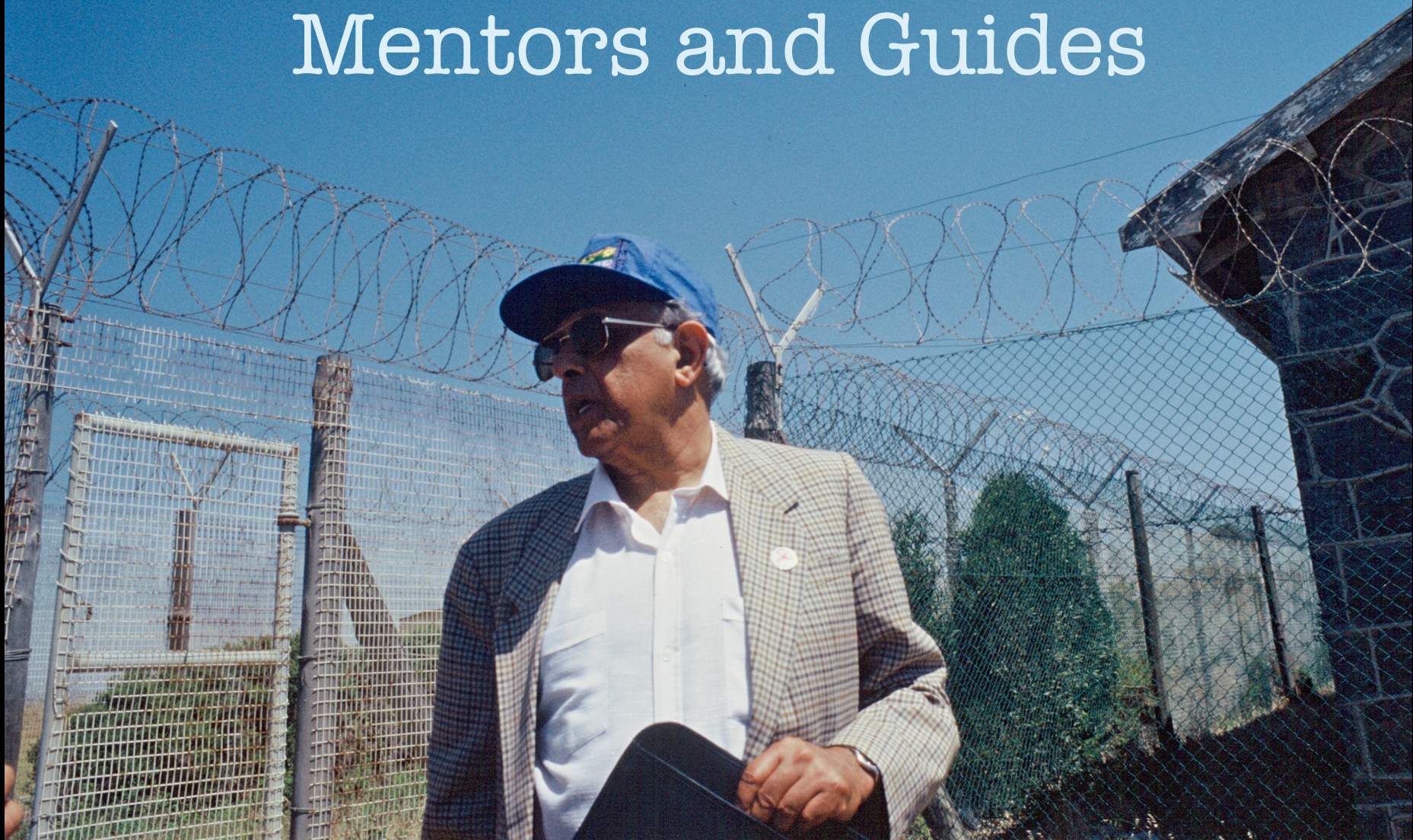


Stillness:
Prayer and Contemplation



Pilgrimage as a Tool
for Self-Reflection

Mentors and Guides





THE BLESSING

III: THE WAY



First Threshold

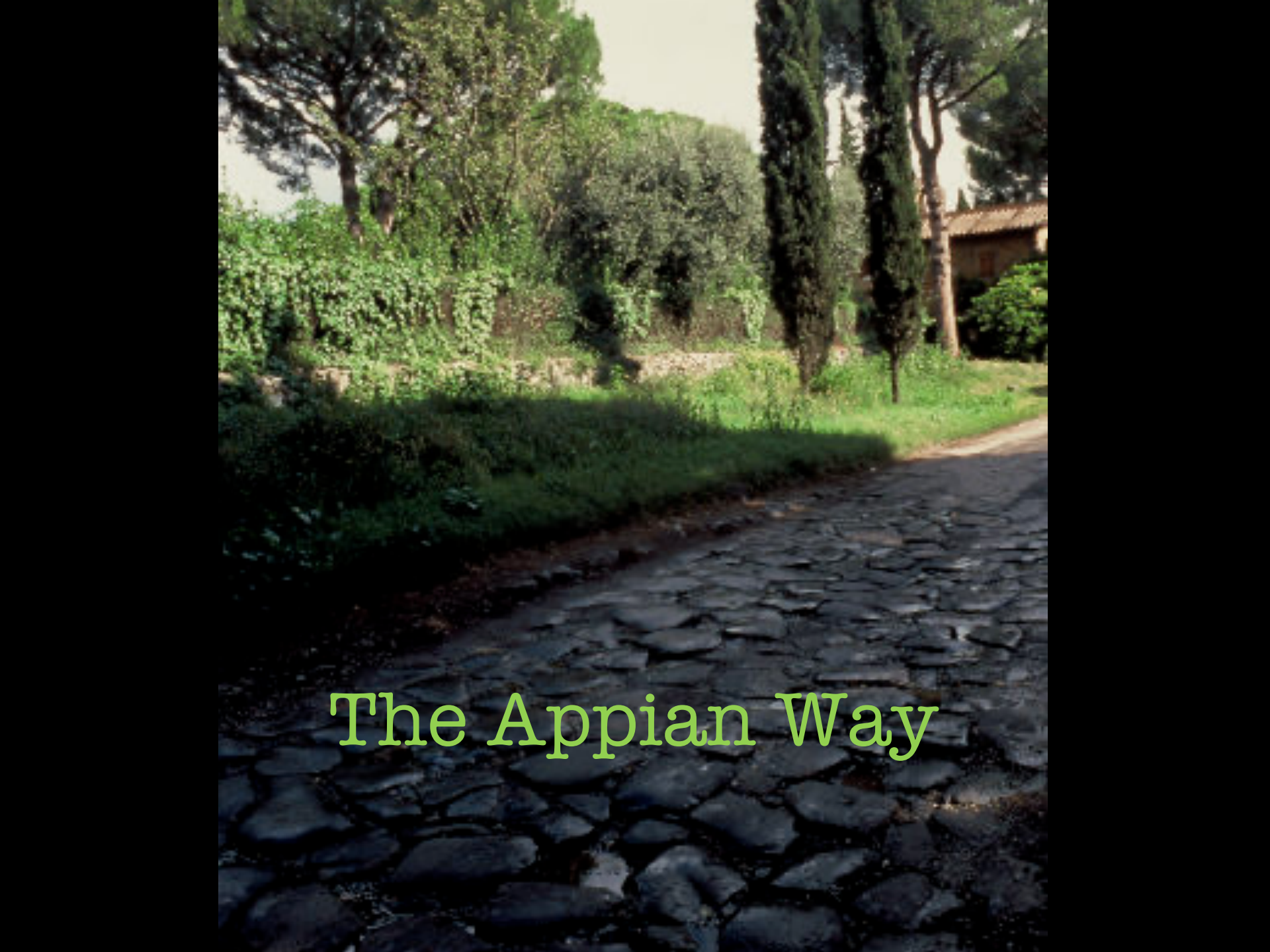




Strange travel suggestions...

“Stranger, pass
by that which
you do not love.”
— Medieval pilgrimage
advice



A photograph of a cobblestone path leading through a lush, green landscape. The path is made of dark, irregular stones and curves towards the right. On the left side of the path, there is a dense, low-lying green hedge. In the background, there are tall, leafy trees and a building with a tiled roof partially visible on the right. The scene is brightly lit, suggesting a sunny day.

The Appian Way



The Oldest
Road in
the World





Walking in Silence

Solo





Communitas



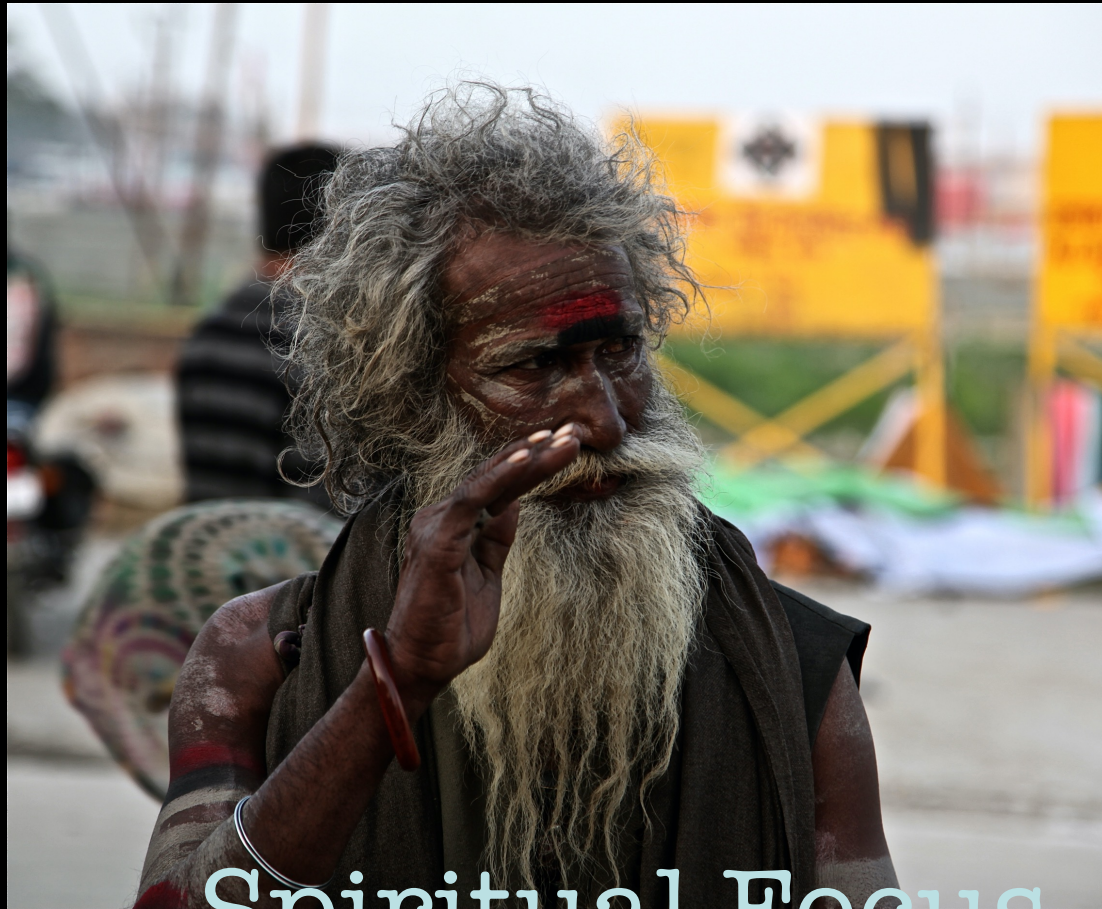
Reinforcing Spiritual
Community

Gratitude



“Be kind to everyone
you meet...”





Spiritual Focus

Alahabad, India

Everyone is on an Odyssey



Stopping Time



A photograph of a sunset over a body of water, viewed from a balcony. The sun is a bright, glowing orb in the upper right, casting a long, shimmering reflection across the water's surface. The sky is a pale, hazy yellow. In the distance, dark silhouettes of hills or mountains are visible. In the foreground, a dark metal balcony railing runs across the frame. On a small table or ledge behind the railing, an open book lies flat, its pages catching the light. The overall mood is peaceful and contemplative.

Remembering to
Remember

IV: THE LABYRINTH



[illegible]

The Shadow Side

The Shadow Side

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100	100



The Razor's Edge



What is the
Dark Thread
Here?



What is the Gold Thread?



Clonmacnois, Ireland

The Dark Thread



A photograph of two women in traditional Balinese clothing, including yellow lace tops and sarongs, walking outdoors. They are carrying large, woven baskets filled with various fruits like apples, bananas, and pineapples on their heads. The background shows lush green foliage and a wooden fence. The text 'Daily Meditation' is overlaid in pink, and 'What was the Gift Today?' is overlaid in green.

Daily Meditation

What was the
Gift Today?



Curiosity:
Everywhere,
there is a Door





V: Arrival

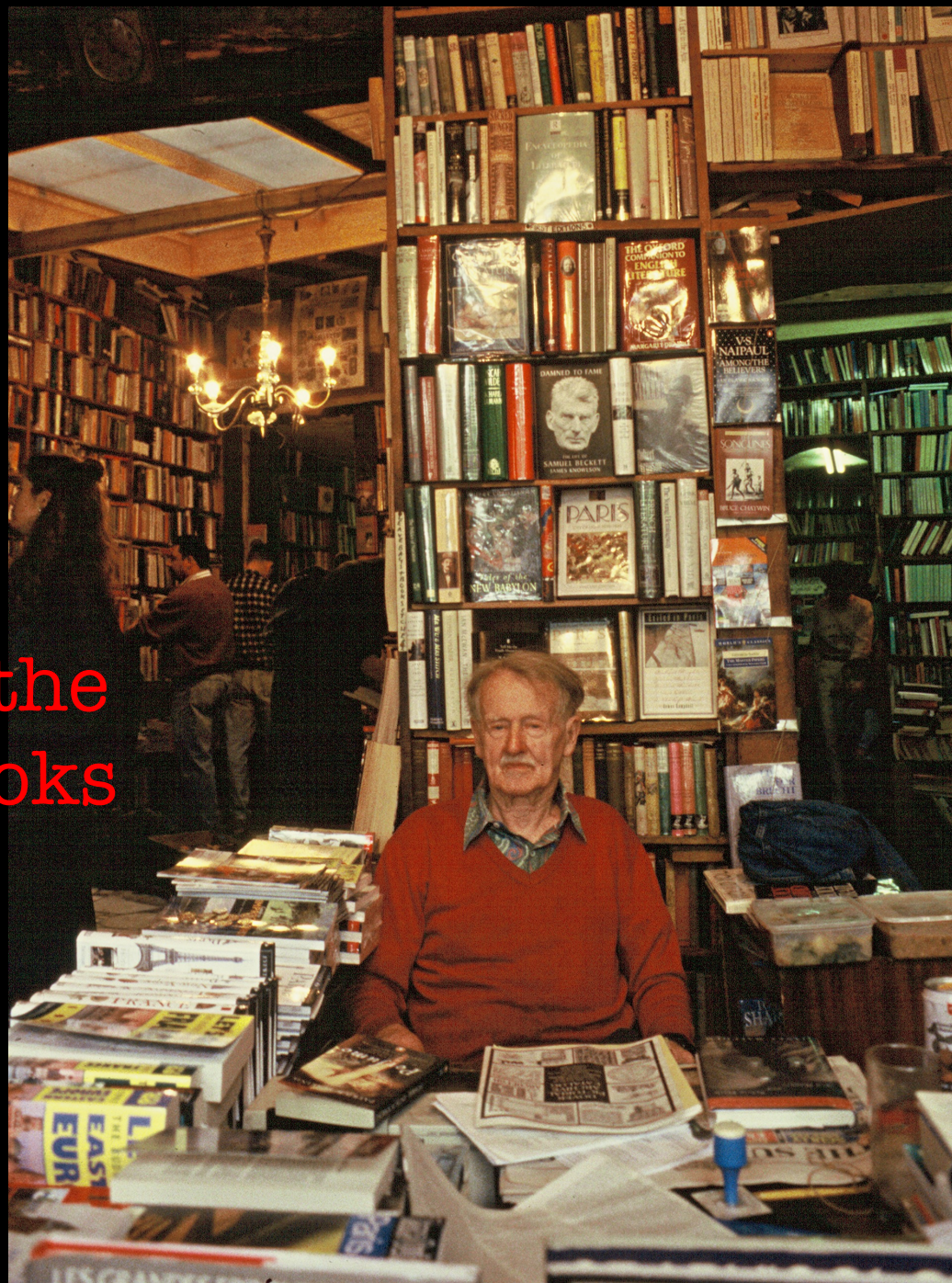
2nd THRESHOLD





Guardian

Guardian of the
Galaxy of Books
Paris, France



Wayfaring

Easter Island



The Arrival on The Tura





The Windy Walls of Troy



And the
healing has
begun

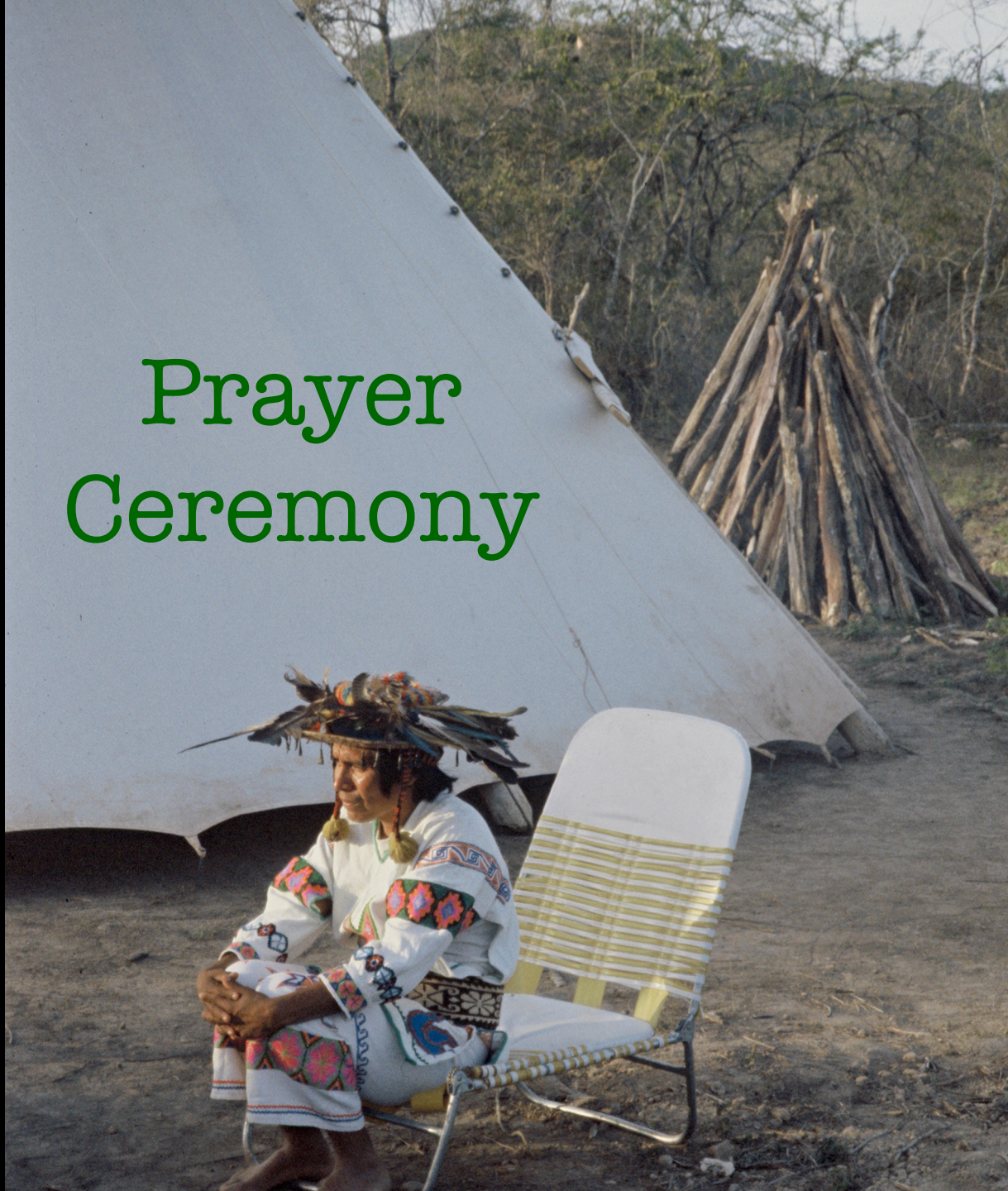
Circumambulation,
Bodhgaya, India



Mahalia on Prayer Pilgrimage Washington D.C.



Prayer Ceremony



Praise-Singing

English Pilgrims to Washington D.C.





Arrival at Patmos,
the Cave of St. John

Arrival's Touchstone



Holy Relics

Getting Back in Touch





Secular Relics

The Holiness of Museums



The Bog Book, Trinity College



The Soul Lies Naked in Letters



Serenity as Hallmark of Pilgrimage:
The whole world in his hands



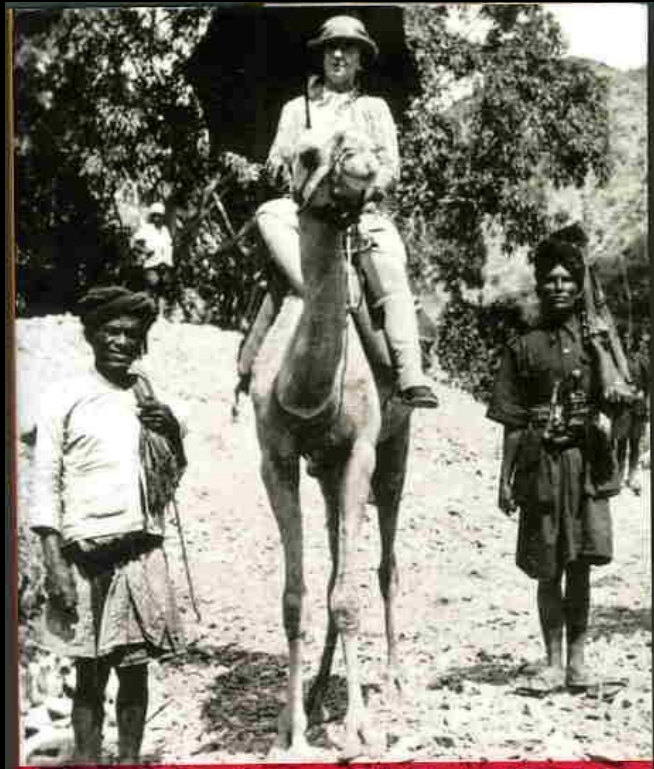
Bearing
Gifts



Sufi Dervish Dance for God

Your Spirit
Soars





“To awaken quite
alone in a strange
town is one of the
pleasantest
sensations in the
world.”

— Freya Stark

Singing Pilgrims from Goma



Fellow pilgrims on the Road of Life



Rebirth



Epiphany



VI: Going Home



Havana, Cuba

Ancestral Pilgrimage



Torajaland, Sulewesi, Indonesia



Get the Overview
Jerusalem



“To find the beautiful, we must carry it with us or we find it not.”

— Ralph Waldo Emerson

“Travelers are essentially optimists, or else they would never go anywhere....

You go away for a long time and come back a different person.”

— Paul Theroux

Time to Reflect



Reflections



Coming Home Rituals





“We shall not cease from exploring.
And the end of our exploring
will be to return to where we started
And know the place for the first time.”
-- T. S. Eliot

