



5 WAYS TO TURN YOUR ORDINARY TRIP INTO A PILGRIMAGE

pocket guide

1 CHOOSE A THEME FOR YOUR JOURNEY

Potential themes:

- Pilgrimage (might as well start at square one!): *The Art of Pilgrimage* by Phil Cousineau
- Being Present: *The Power of Now* by Eckhart Tolle
- Naming Your Desires: *The Desire Map* by Danielle LaPorte
- Womanhood and Femininity: *Women Who Run with the Wolves* by Clarissa Pinkola Estes, or *The Dance of the Dissident Daughter* by Sue Monk Kidd
- Life Direction: *To Be Told* by Dan Allender

2 FOLLOW A MORNING ROUTINE

Ideas for your morning routine:

- Take morning walks along the same route
- Pour yourself a cup of coffee, sit outside, and simply listen for 20 minutes or more
- Practice Lectio Divina with texts centered around your theme (a how-to here)
- Greet the day with sun salutations (yoga)
- Devote time to inspirational reading
- Practice Centering prayer or meditation for 20 minutes

3 TAKE TIME FOR REFLECTION

Journal regularly, specifically during the following times:

- When you choose your theme
- Before your departure
- Each night of your journey
- Upon return

4 SHARE YOUR JOURNEY

Ways to share your journey with others:

- Share your theme with them, and perhaps some quotes or insight from a book that has brought you inspiration.
- Invite them to participate in an aspect of your morning routine. You could invite them to share one of their practices as well, or add to your own.
- Spend time reflecting together in the evening by a fire, on the beach, or lingering at dinner with a glass of wine. Share where your journey has taken you, and invite your collaborator to reflect on your trip as well.

5 BRING SOMETHING HOME

Whether found or purchased, here are some ideas for pilgrim-style souvenirs:

- Gather natural objects from your walks or hikes. Bring home a small container of sand or water from your beach vacation.
- Press a flower between the pages of a book and frame it when you get home.
- Purchase a piece of jewelry that you can wear regularly in honor of your time.
- Take photos or draw sketches and create a collage or book when you return home.

Find more free offerings and weekly inspiration at asacredjourney.net

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