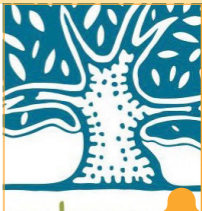




CALL

Once upon a time the idea of a pilgrimage came across your path. Now it captivates you. You are resolved: I am going to do this!

- How did the call manifest itself?
- Who or what was the messenger?
- We often wait to answer a call; what made you hesitate?
- What triggered your decision to set out on the journey right now?
- Who or what was decisive?



in the footsteps of...
(abrahampath.org).

TIP:

You take the step from dream to action: you want to announce your departure. Think about it: to whom? how? where? and ... tell!

"Go forth from your country."

- Call to Abraham -
(patriarch of Jews,
Christians and Muslims)



DEPARTURE: PREPARATIONS

You choose your destination and route, you make arrangements, you pack your luggage, you practice and you prepare yourself mentally.

- What happened between your decision and your departure?
- What does your journey mean to you?
- What do you want to receive? And what to give?
- What do you want to close off, or leave behind during this journey?
- What is the most important that you take along?



Travel simply ...
(Hindu pilgrim, India).

TIP:

Choose a challenging and inspiring form to record your journey: a diary, a blog, drawings...

"The real quest is not looking for new landscapes but looking with new eyes."

- Marcel Proust -



DEPARTURE: FAREWELL

**You are really going.
This is when you realise who and what
you must leave behind.**

- How do you say goodbye? What does it mean to you?
- Who and what do you leave behind?
- What does your journey mean for those who stay at home?
- You keep this in mind during your journey? How?
- Which certainties can you let go of, which ones not (yet)?



Farewell in Saint-Jean-Pied-de-Port (France).

TIP:

Make 'letting go of the familiar' as specific as possible:
how are you going to do it?

**"Life is
a constant goodbye."**

- Elisabeth von Heyking -



DEPARTURE: FIRST STAGE

You are on your way.
You walk or bike towards
an unknown future.

- What emotion does this bring you? What does it do to you?
- For you also “the first step was the hardest”?
- What other previous moments in your life resemble this one?
- Which step in your life was more than worth it?
- Which step would you never take again?



Xuanzang: monk/pilgrim
(China, 7th century).

TIP:

Throw your planning into the wind and focus on the here and now. Travel trusting that your wishes are already coming true.

“All growth is a leap in the dark, a spontaneous unpremeditated act without the benefit of experience.”

- Henry Miller -



ON THE WAY: SOURCES

You've been on the road for hours.
It is hot and your water bottle is empty.
You are happy when you come across a source.

- Which are your sources?
- When do you turn to them?
- Which period in your life was really refreshing?
- How do you use that experience now?
- Which sources do you use on your pilgrimage?



Source along the Camino del Norte (Spain).

TIP:

Decide on one point of time. At that moment you stop, wherever you are, to regain strength. Be inspired by what that place offers you.

*"Look well into yourself;
there is a source
of strength which will
always spring up whenever
you look there "*

- Marcus Aurelius -



ON THE WAY: PEAKS

**It was quite a long climb, but what a view!
All the things you worried about first,
now seem tiny specks in a distant past.**

- Which experiences were the pinnacle of your life?
- What was your role in them?
What the role of others?
- Which insight did such a top experience bring you?
- What did your experience mean to others?
- Are you climbing the right mountain in your life?



On the way around the holy mountain of Kailash (Tibet).

TIP:

While climbing, breathe through your nose and let that determine your pace. Then there is a balance between 'inside' and 'outside'.

"Someone who does not dare to go his own way (..), who has never struggled, will never know happiness."

- Krishnamurti -



ON THE WAY: VALLEYS

No peaks without valleys. You are going through a rough time: "What am I doing here?"
"What is the purpose of all this?"

- When on your way did you lose courage?
- What were other trials you had to meet head-on?
- Did they come from within or from outside?
- Who or what helped you to climb out of a mental valley?
- What insight did it offer you?



A devil
(Vézelay basilica, France).

TIP:

In holy places, monsters often depict the trials on our life path. Watch which monster you will meet today.

"Do not judge me
by my successes,
judge me by how many
times I fell down
and got back up again."

- Nelson Mandela -



ON THE WAY: SIGNS

Many pilgrim roads are marked by arrows, cairns and other signs.
They offer security: you are on the right track.

- Which course is your life taking?
- How do you know that you are on the right track?
- Which decisions have pointed you in the right direction?
- How did they come about? Who or what helped you?
- How do you rate doubts? Positive or negative?



Cairns near a temple in Korea.

TIP:

Watch how many signs you encounter today.

Which ones really show you the way?

"Lessons do not come earlier than when you are ready for them. If you watch the signs, you will learn everything you need."

- Paulo Coelho -



ON THE WAY: SYMBOLS

On their way pilgrims make themselves known by symbols. It offers significance, creates a bond and opens doors.

- What is the symbol of your pilgrimage?
- What does it mean to you?
- What other symbols do you have with you? What do they mean?
- Which symbols do you recognize with others?
- Which symbol has a special meaning for you?



Pilgrims symbols (Rijksmuseum, Amsterdam).

TIP:

"The essential is to the eye invisible, you can only truly see with the heart."

- Antoine de Saint-Exupéry -

Today, along the road, create a symbol for someone who is dear to you. Just use objects you carry along or that you came across.



ON THE WAY: SILENCE

You may not be able to do it at home,
but this journey can put you in the mood
to really allow the silence.

- At home, do you sometimes allow time and space for silence?
- If so: how? What does this mean to you?
- If not: what hinders you? How do you value that?
- In silence: what presents itself to you?
- What question would you like to ask someone else?



A beautiful moment in
silence ...

TIP:

Walking is like meditating.
Today give it some extra thought.
Become more aware of what this means to you.

*"Silence is a friend
who never betrays you."*

- Confucius -



ON THE WAY: TIME

**You have all the time and you take it.
On your way you live much slower than
you normally do, in another rhythm.**

- How does it feel to take it slowly?
- Do you look, think or act differently because of that?
- Is time your friend or your enemy?
- Are there moments, that you have to kill time? When? How?
- Do you live right here and now? Or rather more in the past or future?



**On your way, do you get a
different sense of time?**

TIP:

Every day is a one-time gift. So make something beautiful out of it. Move with what is there. Let the time be the time.

**"That is longing:
living in the waves
and having no residence
in time."**

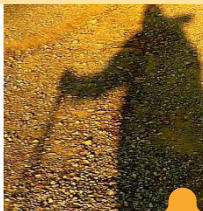
- Rainer Maria Rilke -



PILGRIM: YOU YOURSELF

To go your own way: deliberately and consistently,
with full attention, being open to others
and aware of the Other.

- Are you a good companion for yourself? Why?
- On your journey, what do you learn about yourself?
- How do you cope with obstacles on your path?
- Do you go your own way, at your own pace? or that of another?
- Do you call yourself 'pilgrim'? What does it mean to you?



To travel is (also)
to look at yourself...

TIP:

Today, tell yourself
(or another) the story
of your life,
in a nutshell.

"Traveling is looking at
yourself against a different
background"

- Jan Brokken -



PILGRIM: HOME AWAY FROM HOME

Even far away from home,
in some places you feel at home
as soon as you arrive.

- Who or what do you need to feel at home somewhere?
- Who or what from 'home' do you miss most now?
- Who or what do you not miss at all?
- Do you feel at home with yourself? What do you do or leave out for it?
- How do you see to it that other people feel at home with you?



Pilgrims at the table
in a hostel.

TIP:

Look closely how others organise their own place when they are on the road. Today create your own 'home' at one place.

*"You don't feel at home
where you live,
but where
they understand you."*

- Christian Morgenstern -



PILGRIM: STAFF

A staff can be a great support on the way.
Some, however, do not bring a staff and prefer
to find their own balance and rhythm.

- Who or what is your staff to lean on on your (life) path?
- Does it come naturally to you to ask for help?
- Can others call on you for support? Unconditionally?
- Which essential motto would you carve into your staff?
- With a staff you can protect yourself. What are your biggest dangers?



Pilgrims' staffs near a temple (Shikoku, Japan).

TIP:

Today,
choose one thing of
which you think will
be just out of your
reach, and ...
do just that!

*"The people for whom
we are a support,
give us a hold in our lives"*

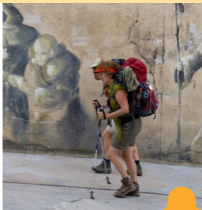
- Marie von Ebner-
Eschenbach -



COMPANIONS: OTHERS

After a while you are used to traveling by yourself.
If anyone asks you to be your companion,
you hesitate

- What do you expect from a companion?
- What do you have to offer a companion?
- When is there a genuine meeting of souls?
- Who or what are the most important companions on your life path? Why?
- Which travel companions would you rather get rid of?



Together on the road
(Camino Francés, Spain).

TIP:

See how others approach you. Today, take some practice in an aspect which appeals to you.

*"It's your way, only yours.
Others can walk with you,
but nobody can do it
for you."*

- Jalal ad-Din Rumi -



COMPANIONS: HOSPITALITY

You knock on a door somewhere.
The door is opened and you are
immediately invited inside for a meal.

- What kind of hospitality do you experience on your journey?
- Hospitality, what does it mean to you?
- Is it easy for you to accept hospitality?
- Do you behave like a guest in the eyes of the local population?
- Would you open your door to a stranger?



Hospitality (Rijksmuseum, Amsterdam).

TIP:

Today, walk in silence for a while and greet full of attention people, animals and things that come your way.

*"Open people are
a blessing to us.
In their vicinity,
we can also open up.
Their sincerity does good."*

- Anselm Grün -



COMPANIONS: SAINTS

Every year millions of people all over the world make pilgrimages to, among others, the graves of saints important to them.

- Is your journey dedicated to a saint? What does (s)he mean to you?
- Who are, in your opinion, modern saints? How do they inspire?
- How do you inspire others?
- Who are the guardian angels on your way?
- For whom are you such a guardian angel?



Pilgrims on their way
(Lalibela, Ethiopia).

TIP:

Today let someone who inspires you know, that he or she is important to you.

"The Eternal will not ask me why I have not been Abraham, or Moses, but why I have not been more myself."

- Chassidic wisdom -



COMPANIONS: VISIONS

On your way you can be more open to 'mystical' experiences, making you feel deeply connected to something big and beautiful.

- Have you experienced 'mystical' moments on your way? How?
- At what moments did you have a clear vision?
- When did you see ghosts?
- How do you recognise the difference?
- What's your dream? Do you live your dream? If so, how? If not, why?



A Native American 'Vision Quest' imagined.

TIP:

Think of it ... a miracle happens at night: your dream comes true. Today, imagine all the changes that would lead to.

"Today's dreams are the material of tomorrow's world."

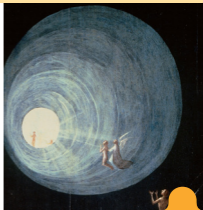
- Peter Gabriel -



COMPANIONS: THE OTHER

You might not expect it,
but you may experience the Other
on your pilgrims journey.

- How does the Other look according to you?
- How are things between you and 'God' (the Unnameable...)?
- Has 'God' ever let you down?
- Have you ever let 'God' down?
- Which subject would you like to talk about with 'God'?



'Tunnel of light'
(Hieronymus Bosch).

TIP:

"It doesn't really matter
whether you believe in
God or Buddha or not.
You should live
a good life."

- Dalai Lama -

Today, turn your
attention to the
possibility that you
might
experience the Other.
Be aware of what it
does to you.



ARRIVAL

You arrive in Santiago, Rome or another place that is special to you. Is this the end or above all a new beginning?

- You often hear: “The way is the goal” (not: Rome, etc.). How’s that for you?
- How does it feel, to arrive?
- Have you now reached the goal of your journey? Did you find your ‘treasure’?
- Has this goal changed on the way? If so, how?
- Has your journey now come to an end?



Arrival at Saint Peter's (Rome, Italy).

TIP:

Highlight moments of value by doing something special. Also now: celebrate your arrival!

“There is no way to happiness, happiness is the way”

- Gautama Buddha -



ARRIVAL : SACRIFICE

You arrive at a holy place. You light a candle, sing a song, write something in a guestbook, or stay a while in silence.

- Do you bring offerings along your way?
- When or for whom or what do you sacrifice yourself?
- For whom or what do you want to light a candle? With what intention?
- Which are the lights of hope on your (life) path?
- What are the dark spots?



Lighting a candle
(Lourdes, France).

TIP:

Today,
light a candle for someone or something.

Make it a special moment.

"There is enough light for those who just want to see, and enough darkness for those who just don't want to."

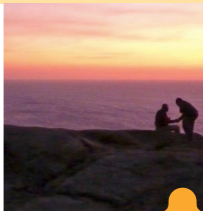
- Blaise Pascal -



ARRIVAL: THE JOURNEY BACK

Some people touch the walls of their destination
and immediately return home.
Other people take their time to arrive.

- How do you say goodbye to your journey? What does it do to you?
- Does it also feel like a turning point in your life? Why?
- Who and what do you leave behind?
- What do you take along, for yourself and those who stayed at home?
- What does the return journey mean to you?



Farewell at the end
(Cape Fisterra, Spain).

TIP:

Take the time to say goodbye to your journey. Find or create a 'souvenir' that represents what your journey means to you.

**"The art of living
is being at home
as if you are traveling."**

- Godfried Bomans -



HOME COMING

After having been on the road for days, weeks or months as a pilgrim (= stranger), you arrive home now.

- Do you see to it, that your home coming is like you want it to be?
- What does it mean to you? And to those who stayed at home?
- For whom or what are you longing most?
- How can you make others share in your experiences?
- Has 'home' changed in your view? If so, how?

"Your return to everyday life is the test of your pilgrimage."

- Jennifer Westwood -



Home coming: the circle is complete, for now ...

TIP:

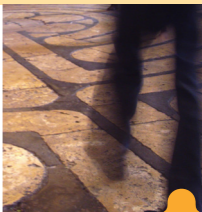
You can only come home once after such a journey. How does it feel? Continue for a while to record your experiences.



THE ROAD CONTINUES

Once home, the next stage awaits: how do you give meaning to your journey in your everyday life, also in relation to others?

- What significance does your journey have for you now?
- What does your journey mean to those around you?
- What is your next destination? Far away? Or just around the corner?
- Who or what are now your travel companions?



Stay on the go
(labyrinth Chartres, France).

TIP:

You set off to your next destination: you want to announce your departure. Think about it: to whom? how? where? and ... tell!

**"Be the change
you want to see
in the world"**

- Mahatma Gandhi -