

Meaningful Journey

Tips for use

The 24 cards follow the seven stages of the Meaningful Journey. Each stage has a symbol. The journey starts at the top - at the small house on the hill - goes clockwise (call, departure, etc.) and ends at the beginning. The house therefore has a double meaning.

Of course you can use the cards in a different order or draw a card and see what comes your way.

Each card asks five questions to contemplate, provides an illustration and a quote from wisdom traditions, and makes a suggestion for on your way.

Start every day with one card and take it along in your mind. In the evening write down your experiences and insights in your diary. Or...

- offer another pilgrim to pull out a card from the stack. Start a conversation and/or give this card away as a present.
- in the albergue, use the cards together with other pilgrims. Everyone draws a card and presents his/her own point of view. Listen carefully, with respect. Ask more questions if you want to, but do not judge. There is not just one 'right' answer. Everyone has his/her own story.
- undoubtedly you will find another good way which appeals to you.



Meaningful Journey

A pilgrimage in seven stages

The pilgrimage is, worldwide, an ancient symbol for the journey through life.

For many people, their decision to go on a pilgrimage coincides with a special event or a new phase in their lives.

You are challenged to leave your familiar surroundings behind and to set out. Obstacles and help will await you on your way. As will meetings: with others, with yourself and with the Other.

When you have reached your destination, it is time to go back home. There you can share your experiences and insights. And there you are faced with the challenge of giving them a place in your 'ordinary' life.

This is the common thread of all major travel stories. We have divided it into 7 stages and, through that, we will tell you more about the pilgrimage. We are inspired by the stories of thousands of pilgrims who spent the night in our hostel and by examples and wisdom from 'all' over the world.

We hope our story can inspire you to turn your pilgrimage into a Meaningful Journey.

Read more: www.espritduchemin.org > Meaningful Journey!