

# Pilgrimage to Inner Strength

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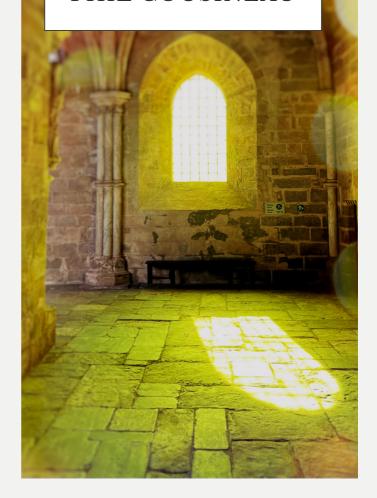
Laura Esculcas, Facilitator Rob Hodges, Musician

Pilgrimage is a rite of passage, which Arnold Van Gennep described as a "ritual which dramatizes passages in the life-cycle and the calendar." Three phases of rites of passage are familiar to us labyrinth-walkers:

- SEPARATION: The first step involves leaving behind a familiar and comforatable phase or condition. On the labyrinth, we call this RELEASING.
- LIMINALITY: Here, the individual experiences their life from a broader perspective, detached from the specifics of their previous state. On the labyrinth, we call this RECEIVING.
- INCORPORATION: The individual now assumes a new role in their society. On the labyrinth, we call this RETURNING, or perhaps, REINTEGRATING.

"Pilgrimage is poetry in motion, a winding road to meaning."

PHIL COUSINEAU



A pilgrimage is a very special kind of rite of passage, which often begins with a longing, a hunger for meaning that gnaws at us long before the separation.

In his book, <u>The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred</u>, Phil Cousineau takes the reader through seven steps of pilgrimage, weaving these together he shares the Five Excellent Practices for Pilgrimage:

### VERIDITAS HANDHELD LABYRINTH MEDITATION



## THE FIVE EXCELLENT PRACTICES OF PILGRIMAGE

#### by Phil Cousineau

- Practice the arts of attention and listening.
- Practice renewing yourself every day.
- Practice meandering toward the center of every place.
- Practice the ritual of reading sacred texts.
- Practice gratitude and praise-singing.

"Uncover what you long for and you will discover who you are."

#### PHIL COUSINEAU

## MUSICAL SELECTION:

Original musical improvisation on cello by Rob Hodges

Lyrics: "How Can I Keep From Singing" - an old Southern Harmony hymn



#### References:

Cousineau, Phil. Art of Pilgrimage. Mango Media Inc., 2012.

Rites of passage | Oxford Classical Dictionary. https://doi.org/10.1093/acrefore/97801 99381135.013.5599

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