



The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred

Phil Cousineau

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Join award-winning author Phil Cousineau for a sacred journey around the globe.

First published in 1998 and updated with a new preface by the author, *The Art of Pilgrimage* is a sacred travel guide in book form that is full of inspiration for the spiritual traveler.

Award-winning writer and filmmaker and host of the acclaimed Global Spirits series seen on PBS and Link TV, Phil Cousineau weaves stories, myths, parables, and quotes from famous travelers with practical suggestions and accounts of modern-day pilgrims to show that there is something sacred waiting to be discovered in virtually every journey. Connecting these voices is a series of meditations that suggest different ways to practice what pilgrims and poets have done for centuries, to see with the "eyes of the heart." With over 70 illustrations, this book is for the traveler who longs for something more than diversion and escape.

The Art of Pilgrimage shows that every journey can be sacred, soulful, and transformative if it is undertaken with a desire for spiritual risk and renewal. Whether traveling to Mecca or Memphis, Stonehenge or Cooperstown, one's journey becomes meaningful when the traveler's heart and imagination are open to experiencing the sacred.

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