

## THE SPIRITUAL PRACTICE OF PILGRIMAGE: RESOURCES LIST

*Many believe a pilgrimage is about going away but it isn't;  
it is about coming home.*

*Those who choose to go on pilgrimage have already ventured away from themselves;  
and now set out in a longing to journey back to who they are.*

*-L.M. Browning*

### BOOKS (general):

***Pilgrimage: A Very Short Introduction by Ian Reader.*** Every year, millions of pilgrims journey to both religious and secular pilgrimage centers. This Oxford University Press book introduces pilgrimage in a global and historical context. Through a wide range of examples, the author explores how people take part in and experience their pilgrimages, and what they take back from their journeys.

***Pilgrimage- The Sacred Art: Journey to the Center of the Heart by Dr. Sheryl A. Kujawa-Holbrook.*** Pilgrimage is a spiritual practice in nearly every major religion of the world and also for those who practice no religion at all. This book explores the sacred art of pilgrimage and integrates spirituality, practice, spiritual formation, psychology, world religions and historical resources. It examines the relationship between pilgrimage and transformation.

***The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred by Phil Cousineau.*** This book is a global sacred travel guide, full of inspiration for the spiritual traveler. It includes stories, myths, parables and quotes, as well as practical suggestions.

***The Pilgrim Journey: A History of Pilgrimage in the Western World by James Harpur.*** This book tells the story of sacred travel in the West over the course of the past 2000 years. In addition to describing pilgrim routes and sacred destinations, it explores the traditional stages of pilgrimage, the challenges of travel and spiritual motivations and rewards.

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## **BOOKS (specific pilgrimage paths, other related topics):**

***A Pilgrim's Guide to the Camino de Santiago: A Practical and Mystical Manual for the Modern-day Pilgrim* by John Brierley.** The Camino de Santiago has become the most popular Christian pilgrimage site in the world (France, Spain). This ancient path has been transforming lives for ten centuries; this book is a detailed guide for those preparing for and making this pilgrimage journey. It includes a self-assessment tool to use when preparing for any pilgrimage experience.

***Guide to the Camino Ignaciano* by José Luis Iriberry, SJ and Chris Lowney.** The authors have helped create the Camino Ignaciano (in Spain), following in the footsteps of Ignatius of Loyola on the pilgrimage path that changed his life in 1522.

***Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool* by Dr. Lauren Artress.** Walking the Labyrinth is a metaphor for the spiritual journey and a powerful tool for transformation.

## **VIDEOS ABOUT PILGRIMAGE:**

**Camino de Santiago (The Way of St. James) Documentary:** Planet Doc offers this full documentary, showing the Camino's story from its origins to the present day. <https://www.youtube.com/watch?v=blK3IF51B0M>

**Iona: A Celtic Pilgrimage:** For centuries, pilgrims have traveled to this small island off the West coast of Scotland, leaving behind their chaotic lives to rest, reflect and walk in the footsteps of St. Columba, the Irish missionary who founded a monastery on Iona in 563 AD. <https://www.youtube.com/watch?v=9gQoOYBRNj8>

**Pilgrimage as a Path to the Heart:** This video on YouTube is Erinn Zavaglia's senior symposium, presented on December 1, 2016 at Antioch University in Seattle, WA. In addition to studying the spiritual practice of pilgrimage, she experienced being a pilgrim on a path in Italy; her presentation captures her studies and her pilgrimage journey... <https://www.youtube.com/watch?v=r0M5E9STa38&t=339s>

**Pilgrimage with Simon Reeve: Canterbury (Religious History Documentary)/Timeline:** Simon makes a 400-mile pilgrimage journey from Holy Island to Canterbury in England, retracing the steps of pilgrims who have taken this journey for hundreds of years. <https://www.youtube.com/watch?v=MLkmoHiSIHQ>