

## PILGRIM RITUAL

May our minds be clear  
(prayer hands at head)

Our hearts open  
(hands opening at heart level)

Our spirits free  
(little fingers linked like a butterfly on either side of the heart,  
then extending outward in a big circle)

As we journey home  
(hands over belly)

And serve in love  
(hands reaching out)

From Cielle Tewksbury, tai chi teacher, TLS member