



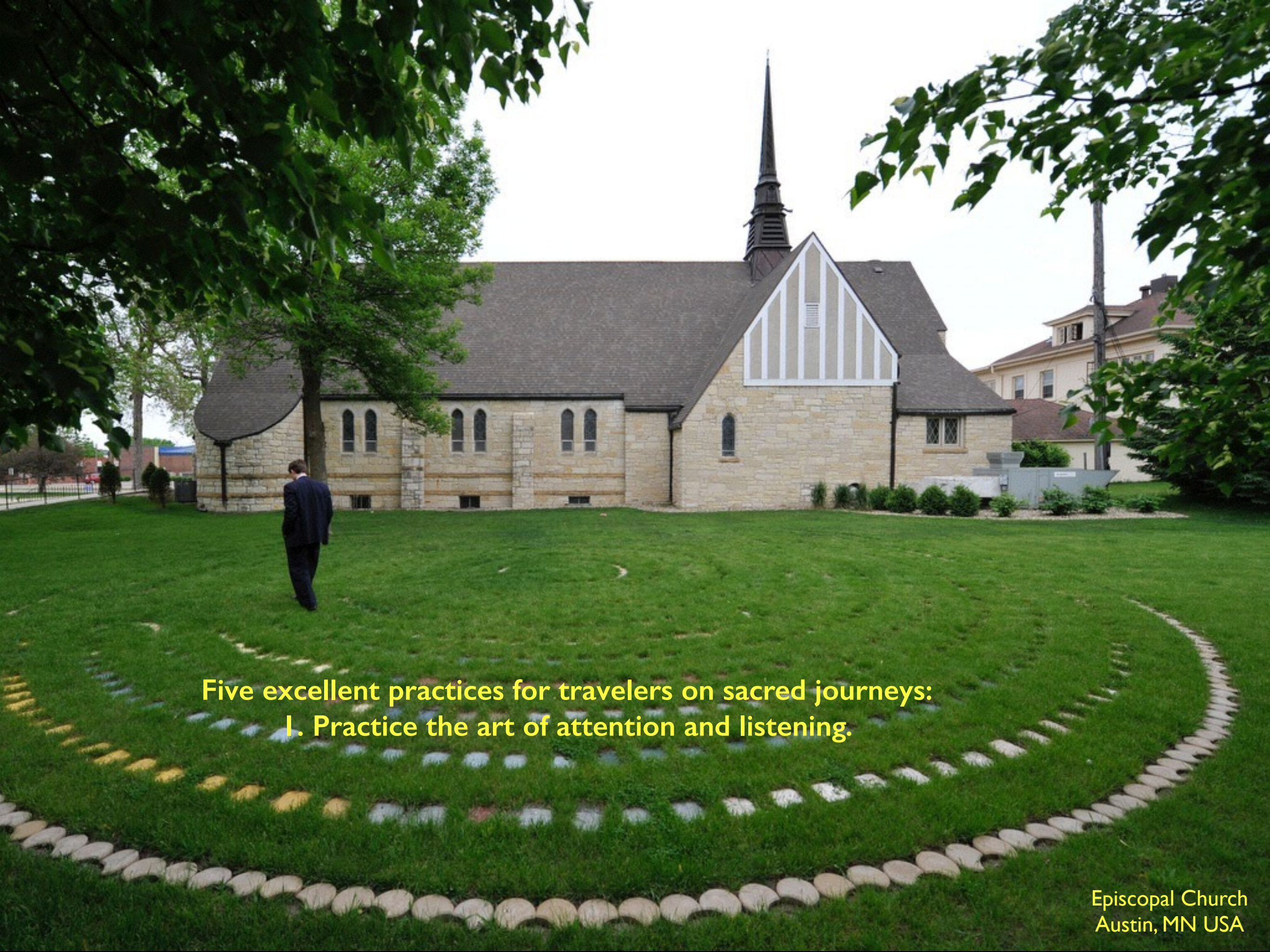
From a fifth-century conversation between
Zi Zhang and Confucius in The Analects.
See: Phil Cousineau, The Art of Pilgrimage
(Boston: Element, 1998), page 126.

Five Practices for Pilgrims:


1. Practice the arts of attention and listening.
2. Practice renewing yourself every day.
3. Practice meandering towards the center of every place.
4. Practice the ritual of reading sacred texts.
5. Practice gratitude and praise-singing.



Two Tamil Pilgrims,
St. Cheron window,
shells on outer choir sculptures,
Chartres Cathedral



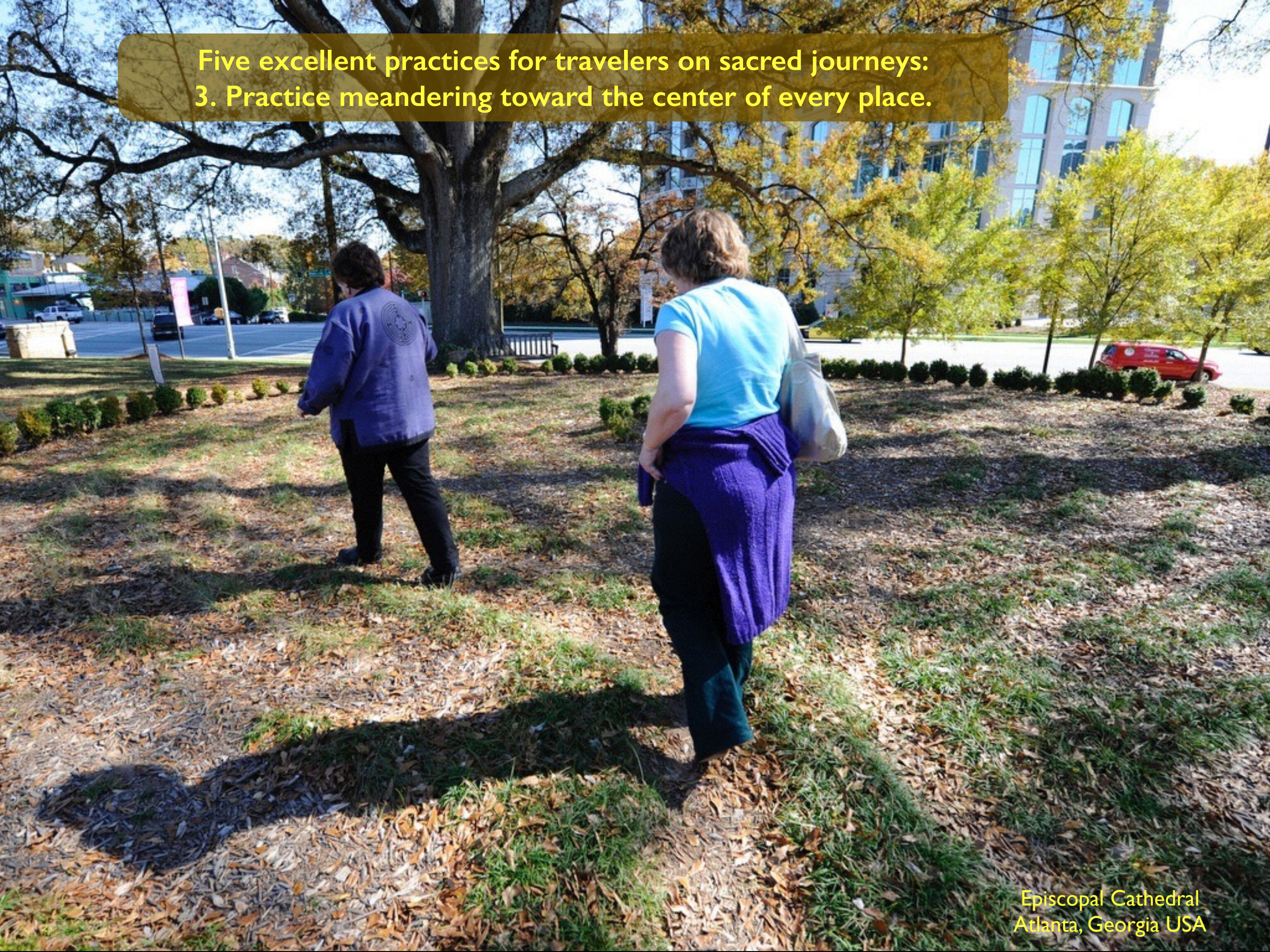
Five excellent practices for travelers on sacred journeys:
I. Practice the art of attention and listening.

A person is lying on their back in a vast, green grassy field. They are wearing a dark blue t-shirt and light-colored trousers. Their legs are bent at the knees and raised in the air, with their feet flat on the ground. Their arms are resting on their chest. The field is lush and green, with some taller grasses in the foreground. In the background, there are some trees and a clear sky.

**Five excellent practices for travelers on sacred journeys:
2. Practice renewing yourself every day.**

St. Norbert's
Abbey
Green Bay,
Wisconsin USA

Five excellent practices for travelers on sacred journeys:
3. Practice meandering toward the center of every place.



Episcopal Cathedral
Atlanta, Georgia USA

**Five excellent practices for
travelers on sacred journeys:**

**4. Practice the ritual of reading
sacred texts.**

Friday labyrinth walk
Chartres Cathedral, France





Practice the ritual of reading sacred texts:

Abraham as a pilgrim: Genesis 12

Theme of exile as pilgrimage: Exodus

The wise men travel to meet Jesus: Matthew 2:1-12

The shepherds visit Jesus: Luke 2:8-20

**Jesus on the Road to Emmaus (Jesus walking with the disciples)
Luke 24:13-53**

Christians as exiles and strangers (pilgrims KJV) 1 Peter 2:11-12

Cathedral labyrinth, Evry, France (modern)

Five excellent practices for travelers on sacred journeys:
5. Practice gratitude and praise-singing.



Chalice Labyrinth
Atlanta, Georgia USA