



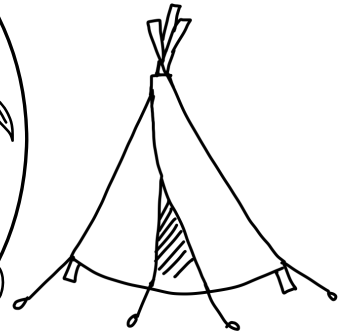
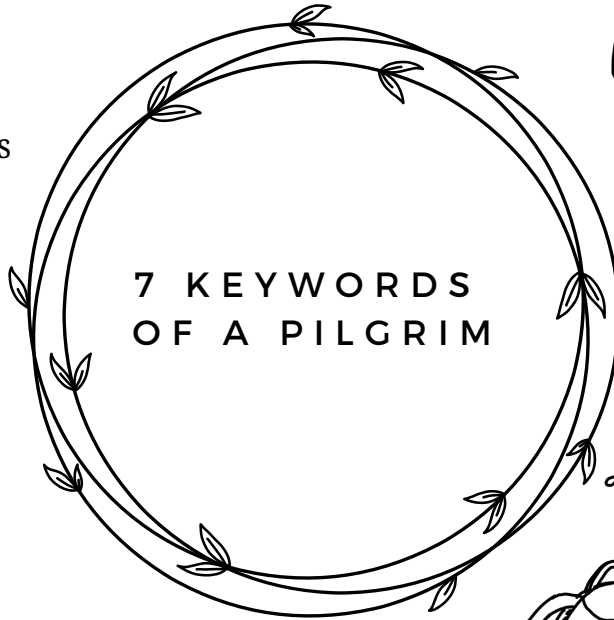
lightheartedness



spirituality



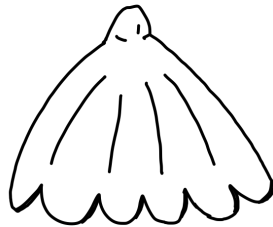
unhurriedness



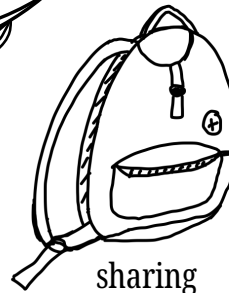
simplicity



freedom



quietness



sharing

7 KEYWORDS OF A PILGRIM

by Kaisa Stenberg-Lee at www.KutsuCompanions.com

Pilgrimage can be described as "a walking prayer", or "a journey of the heart". It is about movement, practice of silence and a search for meaning and encounter. Pilgrimage is found in all world religions and it moves millions of people annually worldwide. Anyone who is curious and dares to slip under the cloak of silence and put on the shoes of slowing down can embark on a pilgrim's journey.

The destination and the length of the pilgrimage can vary greatly, however its purpose sets it apart from a regular hike or a stroll around the park. Pilgrimage is not merely a physical journey but an inner journey of the soul, hence it can be done anywhere, around our neighborhood, or indeed even through the legs of our imagination whilst staying indoors.

Hans-Erik Lindström, a Swedish veteran pilgrim and priest, summarizes the word Pilgrimage with seven keywords. Each keyword has also been attributed with a symbol.

- Simplicity (Tent)
- Freedom (Hiking sticks)
- Unhurriedness (Shoes)
- Quiet (Seashell or a Cloak)
- Lightheartedness (Hat)
- Sharing (Bag)
- Spirituality (Torch or Cross)

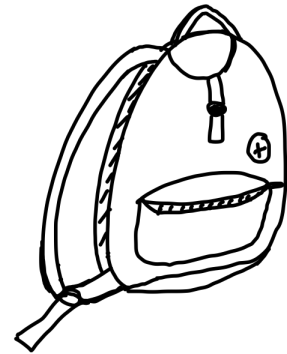
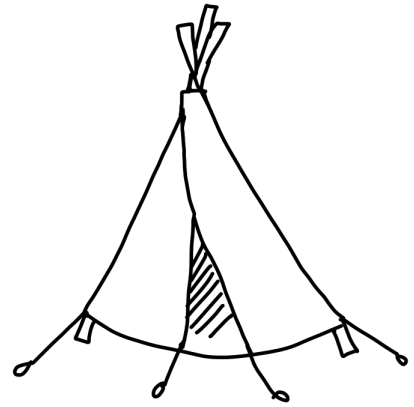
Which one of these words or symbols do you feel most drawn to? Which one do you dislike or struggle with the most?

Consider your own life as a life long pilgrimage, which keywords would you choose to describe your life and the values you live by? Notice that these most likely change over the span of our lives and depend on the season in which we find ourselves.

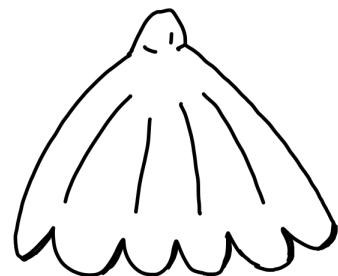
Perhaps you feel drawn to choose one of the seven keywords of a pilgrimage above as an intention and guide for your next daily "pilgrimage", or a longer period of time, or even a season of life as you try on the ancient practice of prayerful walking.

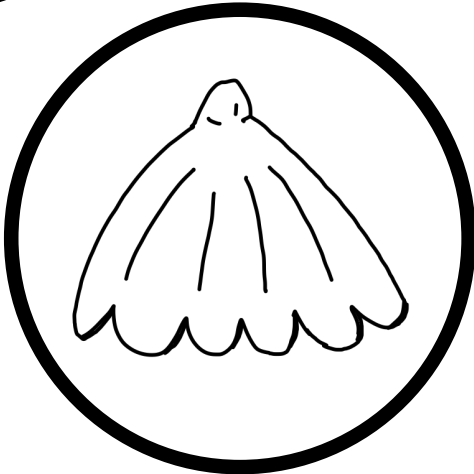
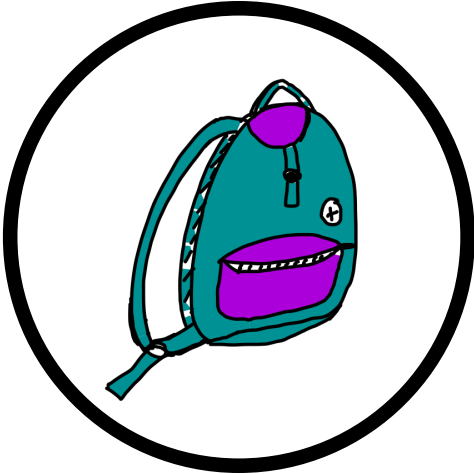
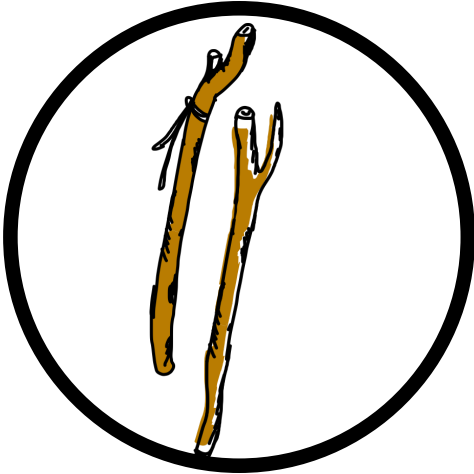
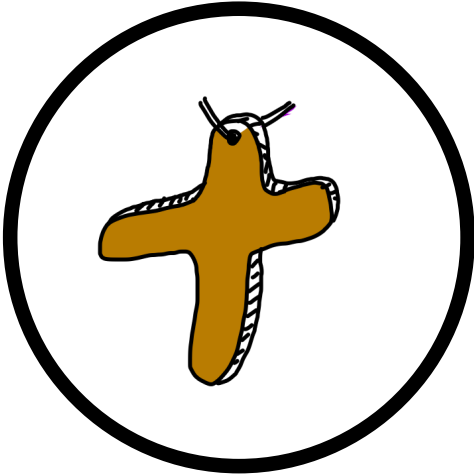
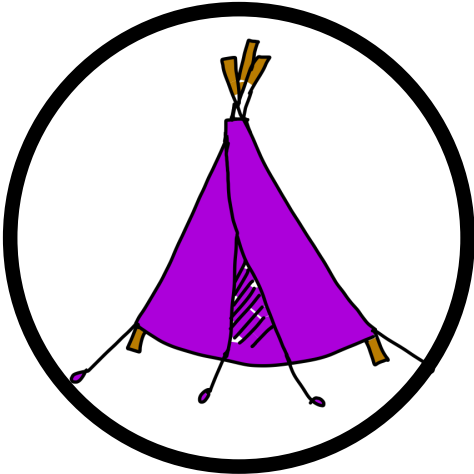
Create something visual with the word that serves as a physical reminder to come back to. Attached illustrations can serve as a spring board for your embroidery or felted pilgrimage patches, made into stickers by using adhesive tape or printed into a pocket card. You can use the images with all ages as you talk about what you like about walking with God and observing nature.

Source: <https://pyhiinvaellus suomi.fi/en/pilgrimage-in-finland/the-key-words-of-a-pilgrim/>



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