



Pilgrimage to Inner Strength

FEBRUARY 23, 2024

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Pilgrimage is a rite of passage, which Arnold Van Gennep described as a “ritual which dramatizes passages in the life-cycle and the calendar.” Three phases of rites of passage are familiar to us labyrinth-walkers:

- **SEPARATION:** The first step involves leaving behind a familiar and comfortable phase or condition. On the labyrinth, we call this **RELEASING**.
- **LIMINALITY:** Here, the individual experiences their life from a broader perspective, detached from the specifics of their previous state. On the labyrinth, we call this **RECEIVING**.
- **INCORPORATION:** The individual now assumes a new role in their society. On the labyrinth, we call this **RETURNING**, or perhaps, **REINTEGRATING**.

“Pilgrimage is poetry in motion, a winding road to meaning.”

PHIL COUSINEAU



A pilgrimage is a very special kind of rite of passage, which often begins with a longing, a hunger for meaning that gnaws at us long before the separation.

In his book, [The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred](#), Phil Cousineau takes the reader through seven steps of pilgrimage, weaving these together he shares the Five Excellent Practices for Pilgrimage:



THE FIVE EXCELLENT PRACTICES OF PILGRIMAGE

by Phil Cousineau

- Practice the arts of attention and listening.
- Practice renewing yourself every day.
- Practice meandering toward the center of every place.
- Practice the ritual of reading sacred texts.
- Practice gratitude and praise-singing.

“Uncover what you long for and
you will discover who you are.”

PHIL COUSINEAU



MUSICAL SELECTION:

Original musical
improvisation on cello by
Rob Hodges

Lyrics: “How Can I Keep
From Singing” - an old
Southern Harmony hymn

References:

Cousineau, Phil. *Art of Pilgrimage*.
Mango Media Inc., 2012.

Rites of passage | *Oxford Classical
Dictionary*.

<https://doi.org/10.1093/acrefore/9780199381135.013.5599>

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