



# Pilgrimage-The Sacred Art: Journey to the Center of the Heart (The Art of Spiritual Living)

*Dr. Sheryl A. Kujawa-Holbrook*

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This fascinating look at the sacred art of pilgrimage integrates spirituality, practice, spiritual formation, psychology, world religions and historical resources. It examines how the world's religious pilgrimages evolved as central spiritual practices and the relationship between pilgrimage and transformation. Intended for both the novice and the experienced traveler, this spiritual resource provides guidelines for preparation, tips on how to organize pilgrimages and a list of resources to aid those called to the journey today.



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#### **Tia Sargent:**

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