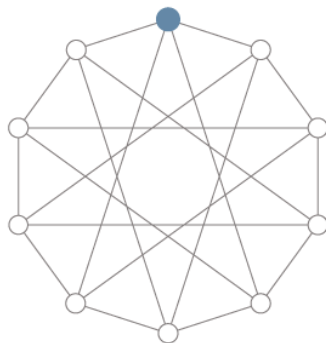


Pilgrimage

A Wisdom Jig from



Humane
Leadership
Conference

Pilgrimage

One day I was driving down the interstate, again, and I realized that I might have the power to transform my trip into a pilgrimage. I started asking myself questions. I recorded my questions below so you could join me on this journey of transforming a possibly mundane trip into a potentially life-changing pilgrimage.

Start with two questions

- Are you going somewhere?
- If yes, would you like to add more meaning than might be normally found in that trip?

If yes, then ask

- Why are you going?
- Ask why again about that reason, take yourself one step deeper.
- Take a minute and go one step deeper and ask, "Why am I **really** going?"
- And then another question is, "Why do I **wish** I were going?"
- Are you starting to get a fresh sense of the possibility of this trip?
- If not, ask why of your last few answers a few more times to get closer to your root causes. Take your last answer, ask why about it, repeat that with each answer you come up with until you have gone 3-5 levels deep.

Ask who

- Who could you meet along the way who might turn this trip into a pilgrimage?
- Who could you honor by meeting there?
- Who could you learn from just by being with them?
- Why those people?
- What's preventing you from actually meeting them?
- Go bigger.
- Think of someone who lives there or nearby that you could never meet.
- NEVER.
- What would you want to ask them about?
- What would you want to learn from them?
- What would you hope to gain just by osmosis?
- What would you do if you were with them?
- Why couldn't you ask them to meet you?
- Is that a valid reason or a self limitation?
- What would be the harm in asking to meet them?
- Forget the person now.

Ask what

- What would you do there?
- What could you do that would be ten times more meaningful than what you're planning on doing?
- What could you do to make that happen?
- What could you read that would prepare you and give you a transformative perspective on that place?
- What could you listen to? Music, podcasts?
- What poem could you read while you were there that might give you a different perspective?

- What art could you look at in preparation for going?
- What art could you see there that you could see nowhere else?
- What natural thing could you see there but nowhere else?
- What man made or social event is there?

Offerings

- Think of the amazing person you could meet there again or of some other wonderful person you might meet along the way.
- What would you tell them if it was your last time to ever see them?
- What would you share with them?
- What is your most treasured item that you could give to them as your parting gift, the last memento you could ever give them?

What could you create while you were there?

- How would you memorialize your pilgrimage in a piece of simple art?
- Would it be
 - Photos, a slideshow?
 - A poem, essay or an illustration?
 - A journal with watercolors in it?
 - A video?
- What would you do with your creation to make it even more meaningful? How might you sanctify it?
- Where would you display or share it?
- Who would you give it to to complete the magic?

Does any of this inspire you?

- Go back over your answers above and start circling the ones that make you feel a zing inside your body.
- Now, look at the circled items and see if you could get it down to three to five things that you could actually do.
- Pick something that's totally outrageous, like contacting a person you can hardly imagine meeting.
- It is very unlikely? Why not try?
- Is that reason enough to turn your back on the possibility of magic and meaning?

Does any of this seem meaningful, purposeful, and worth doing to you?

- If not, why not?
- What is that?
- What's missing as a foundation underneath that thing?
- Is there anything at all that might be meaningful about this trip?
- If not, should you go at all?

If you are doubting the possibility of meaning

- What do you know so certainly that it eliminates the meaning from this?
- Really?
- Are you sure?
- Beyond a shadow of a doubt?

- What if the opposite were actually true?
- What if the absolute opposite were true?
- What would that mean in your life and in your world?
- Should you go on this pilgrimage to find out if *that* might be true?

An offering

*When your ship, long moored in harbor,
gives you the illusion of being a house...*

put out to sea!

*Save your boat's journeying soul,
and your own pilgrim soul,*

cost what it may.

–Brazilian Archbishop Camoro

May every day be a pilgrimage for you.

A handwritten signature in black ink that reads "Stephen". The letters are fluid and connected, with a long horizontal stroke at the end.

Seed of inspiration from:
The Art of Pilgrimage by Phil Cousineau of San Francisco.

Learn more about the [Humane Leadership Conference](#)