



## A Pilgrimage in Action

**Two groups totaling 27 women accepted the challenge to hike the last 70 miles of the 1000 year old spiritual trail of the Camino de Santiago in Spain this month.**

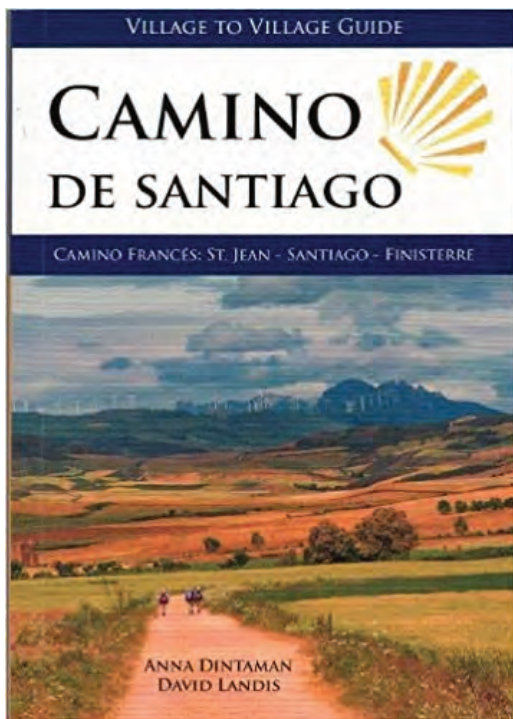
### Preparing Physically

Each "pilgrim" who accepted the Camino challenge has taken seriously the need to be prepared physically. Some started out by walking 15 miles a week and worked up to 8-10 mile hikes in a day. Cross training has also been a big benefit by adding yoga, aerobic classes, and weight training into the mix. Founder Sally Bassett said she has enjoyed adding in Pilates reformer classes. She looks forward to her yoga home, Blooming Life Yoga, in Zionsville, adding on a Pilates center by July to help 2023 pilgrims who live in Indiana on their journey.



**Check out Blooming Life Yoga Studio**

## New Girls for Success Library in Dominica



### Preparing Mentally

The women on this journey have had fun recommending titles of different books and movies on the subject of hiking the Camino de Santiago. The 2010 movie, *The Way*, with Martin Sheen is at the top of the list. The task of preparing mentally for this adventure also included taking on the challenge of being away from family and work, to being open to new experiences, and to "let go" of things in life that no longer serve us anymore.

[See Information for May 2023 Camino Trip](#)



### The Spiritual Journey

From the book, *Art of the Pilgrimage*, by Phil Cousineau, "In each of us dwells a pilgrim. It is the part of us that longs to have direct contact with the sacred...the experience of the pilgrim in actually walking in the way of others enables them to become a participant in all that has happened." Being present with intentionality is a major goal for a pilgrim. Being one with nature and your "higher source", whatever that is for you, is important.

One of the reasons why people decide to do the Camino de Santiago is it is a spiritual journey for them. The people who decide to do the Camino de Santiago for religious reasons usually perform the pilgrimage as a vow of humility or detachment.



[Read latest Journal on Preparing for a Pilgrimage](#)



## Hiking Is Yoga in Motion

When I hike I feel connected to my soul, to nature, to Source. I belong. I am enough. I feel peace. Fellow hikers understand. There's no need for words. We can just be, together, in silence, soaking it all in.

I hike because I love to explore on foot. I may wander, but I am not lost. In fact, it is here, on my Great Adventure, where I am found. I am on the right path. I am on my Path.

I jumped at the chance to hike El Camino with other fabulous adventures who have the same soul's calling. This will be my first trip to Europe, and how wonderful to share it with friends I have yet to meet, who already understand my journey, as it is their journey, too.

*Kavita Battula*

## The Beatitudes of the Pilgrim

1. Blessed are you pilgrim, if you discover that the "camino" opens your eyes to what is not seen.
2. Blessed are you pilgrim, if what concerns you most is not to arrive, as to arrive with others.
3. Blessed are you pilgrim, when you contemplate the "camino" and you discover it is full of names and dawns.
4. Blessed are you pilgrim, because you have discovered that the authentic "camino" begins when it is completed.
5. Blessed are you pilgrim, if your knapsack is emptying of things and your heart does not know where to hang up so many feelings and emotions.
6. Blessed are you pilgrim, if you discover that one step back to help another is more valuable than a hundred forward without seeing what is at your side.
7. Blessed are you pilgrim, when you don't have words to give thanks for everything that surprises you at every twist and turn of the way.
8. Blessed are you pilgrim, if you search for the truth and make of the "camino" a life, and of your life a "way", in search of the one who is the Way, the Truth, and the Life.
9. Blessed are you pilgrim, if on the way you meet yourself and gift yourself with time, without rushing, so as not to disregard the image in your heart.

