



Pilgrim's guidelines

A pilgrimage is an expression of love and harmony between oneself and the landscape.

Awareness of the purpose of the pilgrimage is essential, i.e. why are you doing the pilgrimage? This should take into consideration the need of the particular landscape you are entering, and the need of the group.

Be clear with the group what this purpose is – it may be a gentle attunement to the landscape, research for future pilgrimages or a directed working with the landscape energies. Not that these objectives are mutually exclusive, but clarity as to the prime objective of the journey enables the group to build a common purpose and clear intent, thus sending a pure message to the landscape angels, from whom you can then receive the appropriate response. As Peter Dawkins says (see back cover) there is a science attached to how we pilgrimage.

SOME OF THE THINGS WE NEED TO THINK ABOUT ARE:
Preparation, research beforehand.
Appoint a tyler (the 'keeper of the gates' – physically and

psychically) to walk behind and check that everyone and the landscape is OK and that all gates (inner and outer) are shut after use – and a leader.

The leader must know the route well, be aware of the pace of the pilgrimage and be alert to any changes of plan and any new intuitions coming into the group. It is a role of 'listening' as well as 'leading'. The leader and the tyler work closely together at all times.

PROCESS:

Make a *dedication* for the pilgrimage.

Give time for the group to *attune* together.

Remember the *gateways* – inner and outer.

Celebrate nature and all life through song, dance, chant and any creative expression available to the group.

Afterwards *seal* yourselves and the site.

Give *thanks*, remember and share.

Abbreviated from 'Gatekeeper Trust – Facilitator's Handbook'