

THE *Eight Spiritual Practices* IN  
The SOUL of a  
PILGRIM

Whether you are setting out on a physical pilgrimage or embarking on a pilgrimage within your soul, Christine Valters Painter's eight practices for the journey within will help you along the way.



**The Practice of  
Hearing the Call  
and Responding**

**The Practice of  
Packing Lightly**



**The Practice of  
Crossing the  
Threshold**

**The Practice  
of Making the Way  
by Walking**



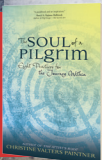
**The Practice  
of Being  
Uncomfortable**

**The Practice of  
Beginning Again**



**The Practice  
of Embracing  
the Unknown**

**The Practice of  
Coming Home**



Explore each of these practices more deeply in Christine Valters Painter's *The Soul of a Pilgrim*. Learn more at [www.avemariapress.com/pilgrim](http://www.avemariapress.com/pilgrim).