



# The Soul of a Pilgrim: Eight Practices for the Journey Within

*Christine Valters Paintner*

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## **The Soul of a Pilgrim: Eight Practices for the Journey Within** Christine Valters Paintner

The renowned author of eight books and abbess of the online retreat center Abbey of the Arts, Christine Valters Paintner takes readers on a new kind of pilgrimage: an inner journey to discover the heart of God. Eight stages of the pilgrim's way—from hearing the call to coming home—are accompanied by scripture stories of great biblical journeys and the author's unique and creative practices of prayer, writing, and photography.

As she did in *The Artist's Rule* and *Eyes of the Heart*, Paintner once again helps readers travel to the frontiers of their souls to discover the hidden presence of God. In *The Soul of a Pilgrim*, Paintner identifies eight stages of the pilgrim's way and shows how to follow these steps to make an intentional, transformative journey to the reader's inner "wild edges." Each phase of the exploration requires a distinct practice such as packing lightly, being uncomfortable, or embracing the unknown. Paintner shows how to cultivate attentiveness to the divine through deep listening, patience, and opening oneself to the gifts that arise in the midst of discomfort.

Each of the eight chapters offers reflections on the themes, a scripture story, an invitation to the practice of lectio divina, and a creative exploration through photography and writing.

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