

Experience the Heart and Soul of France with

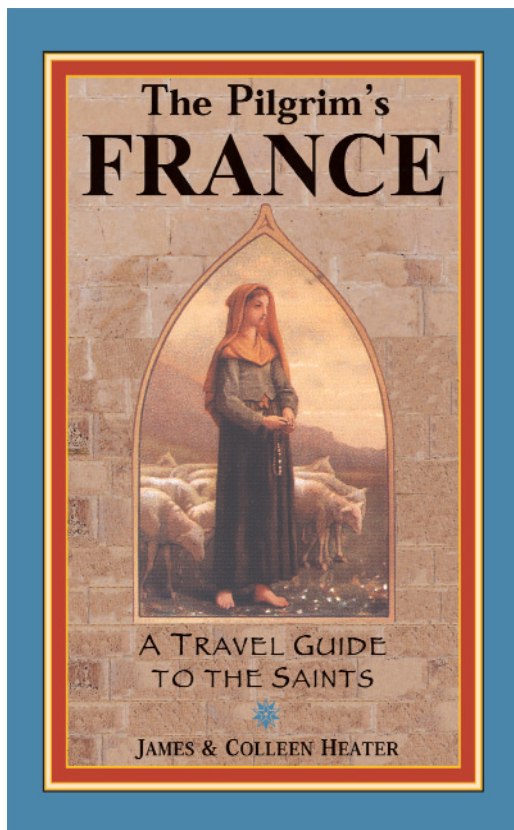
The Pilgrim's France

A Travel Guide to the Saints

James and Colleen Heater

"The saints' presence is very much alive, today, at these shrines. James and Colleen Heater show us how truly to receive the saints' blessings, by experiencing for ourselves their living presence."

J. Donald Walters, author of *Meditation for Starters*



While France is known for the romantic grandeur of Paris, beautiful chateaus, lush vineyards and gourmet cuisine, it also offers an exceptional opportunity for those seeking more meaningful travel experiences at its many inspiring spiritual shrines. *The Pilgrim's France* leads the spiritual adventurer from Normandy to the Pyrenees, from Mont-St-Michel to the Riviera, and from Brittany to the Alps, inviting the pilgrim to encounter the deep blessings of many sacred places.

This unique guidebook explores seven shrines of the Virgin Mary and more than thirty saints, providing fascinating biographies of these revered souls. Stories of well-known historical figures such as St. Joan of Arc come to life, as well as ancient legends including St. Radagund and her battle with the dragon of Poitiers. For those seeking spiritual serenity and inspiration with a Gallic flavor, this book will serve as a faithful companion to experience the heart and soul of France.

Features include:

- ◆ Inspiring biographies of the saints
- ◆ Location of hidden rooms with saints' relics
- ◆ Instruction on how to meditate with the saints
- ◆ How to find quiet areas for meditation and prayer
- ◆ Useful maps and directions
- ◆ Helpful references for lodging in monasteries

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JAMES AND COLLEEN HEATER are longtime practitioners of yoga and teach classes on meditation and inspirational music as members of a spiritual community in Northern California. Their honeymoon to Italy in 1998 became a pilgrimage and birthed the idea for writing a series of spiritual travel guides. The Heaters combine their interest in the lives of the saints and their love of travel to create books that lead to more meaningful and spiritually enriching travel experiences. *The Pilgrim's Italy* was the first, and *The Pilgrim's Spain & Portugal* is next in this series of soulful travel guides, which will include Western Europe and North America.



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