

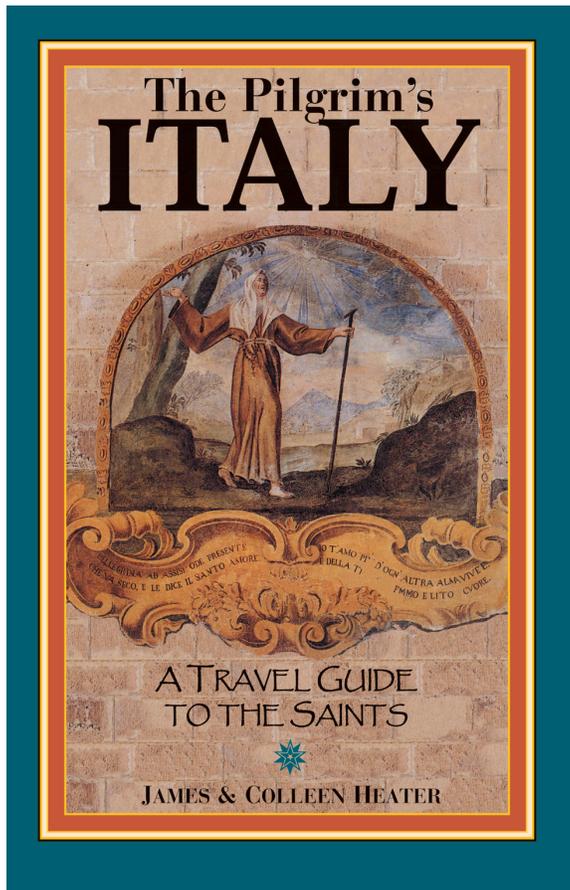
Experience the Heart and Soul of Italy with

# The Pilgrim's Italy

## A Travel Guide to the Saints

James and Colleen Heater

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Phil Cousineau, author of *The Art of Pilgrimage* and *The Book of Roads*



The footsteps of pilgrims have echoed continuously through the halls of time, as seekers of all faiths search for deeper meaning and purpose in their lives. The tangible vibrations of the saints and their shrines provide a direct personal experience of Divinity and transform lives. This is the power of pilgrimage.

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Features include:

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- ◆ 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 France* is next in this series of soulful travel guides, which will include countries of Western Europe and North America.



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