

WELCOME TO *RETURNING FROM CAMINO, KEEPING THE CAMINO SPIRIT ALIVE* WEBINAR

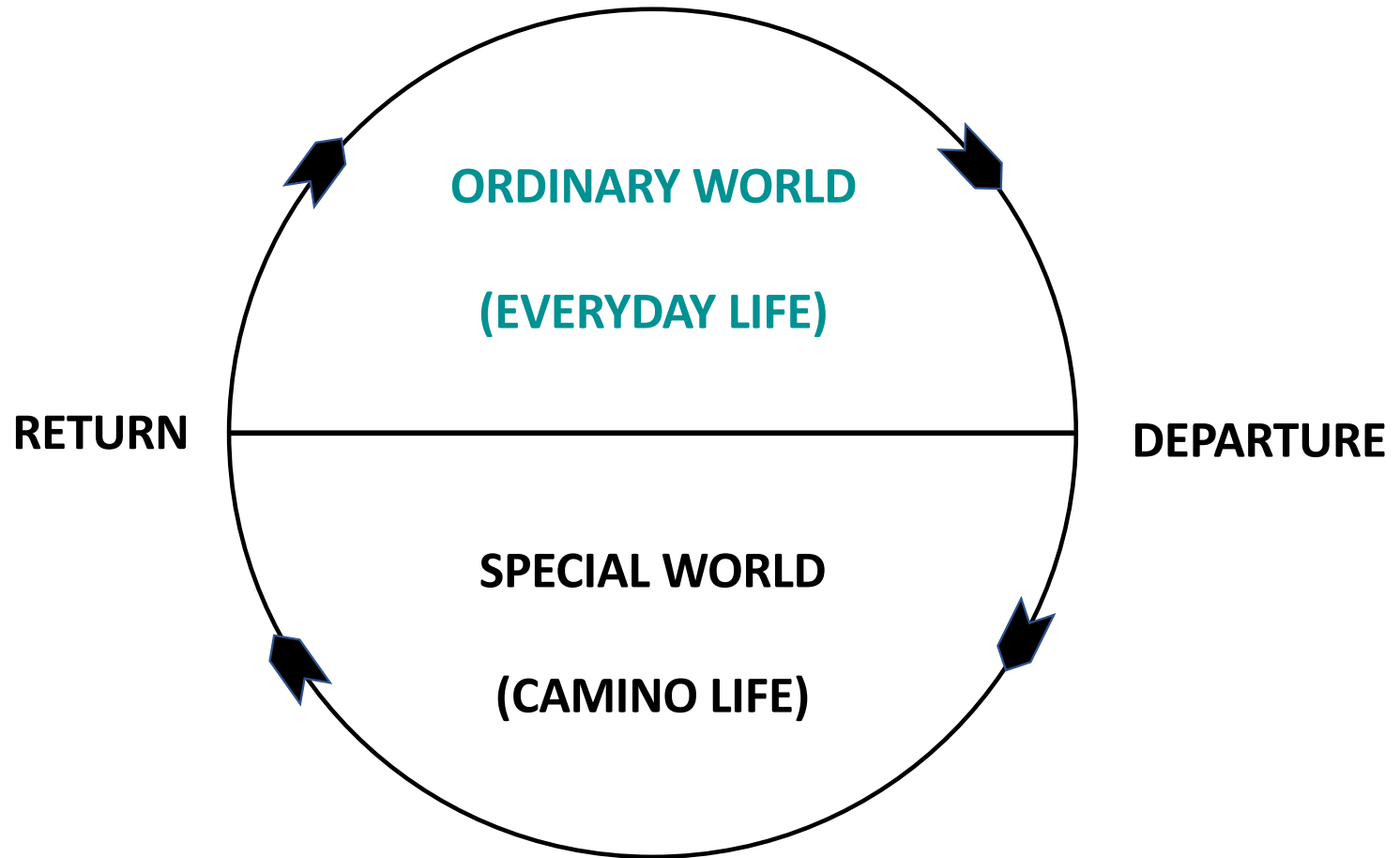


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ON OUR RETURN WE MAY LEAVE BEHIND THE CAMINO SPIRIT IN THE SPECIAL WORLD

**IMPROVED
FITNESS**

**'BETWIXT &
BETWEEN'
STORYTELLING**

**RISK &
ADVENTURE**

**SENSE OF
ACCOMPLISHMENT**

**CONNECTION
TO NATURE**

COMMUNITAS

**BREAK THROUGH
LIMITATIONS**

PLAY

SIMPLICITY

SOLITUDE

**CONTRIBUTION &
HELPING OTHERS**

**SELF-
DISCOVERY &
LEARNING**

MYSTERY

**NEW LIFE
RHYTHM**

**DAILY
PURPOSE**

HEALING & SUFFERING

**FREEDOM TO BE
YOU**

ARRIVING BACK HOME WE MAY FEEL...

- **Joy and Excitement**
- **Inner disequilibrium**
- **Disillusionment**
- **Fear**
- **Confusion/Stuckness**
- **Powerlessness**
- **Misunderstood**



3 TIPS TO HELP NAVIGATE THE RETURN HOME

1. UNDERSTAND YOUR SPECIAL WORLD EXPERIENCE



2. CONSIDER WHAT MIGHT TRULY BE 'CALLING' YOU NOW



3. ALLOW CAMINO WISDOM TO BE A ROADMAP FOR LIFE



**TIP 1:
UNDERSTAND YOUR SPECIAL WORLD
- A WILD & FERTILE VOID EXPERIENCE**

HOW TO UNPACK YOUR SPECIAL WORLD EXPERIENCE

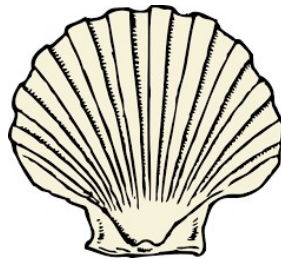
Take the time to:

- **Write/re-visit your Camino journal**
- **Consider more deeply the good, the bad and the ugly moments of your Camino and what you 'gained'/ 'lost' through them**
- **Look at the people you met and how they impacted you, and you them, through the stories you heard and shared**
- **Explore the moments of serendipity and how you interpreted them**
- **Become aware of how you responded to fears coming true and what happened next**
- **Find a Camino mentor or someone who can understand your experience. What can you learn from them?**

TIP 2:
CONSIDER WHAT MIGHT BE 'CALLING' YOU NOW

*Returning Home:
The Journey Continues*

Workbook



At its heart, the journey of each life is a pilgrimage
through unforeseen and sacred places that enlarge and enrich the soul.

John O' Donohue

THE RETURNING HOME WORKBOOK

[https://americanpilgrims.org
/welcome-home/](https://americanpilgrims.org/welcome-home/)

WHAT DO YOU MISS FROM THE CAMINO?

- the feeling of improved physical condition
- community and a shared group identity
- a sense of accomplishment
- solitude and time with myself
- immersion in nature
- learning new things
- a sense of bravery and expanding personal boundaries
- a sense of freedom
- spiritual growth
- the excitement of dreaming about and planning my Camino
- connecting with a global community
- engagement in story telling - my own and those of others
- living a more simple life
- connecting with others beyond trivial
- moments of discernment and self-knowledge

'CALLS' ALSO COME KNOCKING THROUGH...



- Life issues
- Recurring dreams
- Symptoms of poor health
- Relationship friction
- Synchronicity
- 'Aha' moments
- Ultimatums received
- Injustice

OUR DEEPEST FEAR IS NOT THAT
WE ARE INADEQUATE.
OUR DEEPEST FEAR IS THAT WE ARE
POWERFUL BEYOND MEASURE.
IT IS OUR LIGHT, NOT OUR
DARKNESS
THAT MOST FRIGHTENS US.
WE ASK OURSELVES, WHO AM I TO BE
BRILLIANT, ACTUALLY, WHO ARE
YOU NOT TO BE?
GORGEOUS, YOU ARE A CHILD OF GOD.
TALENTED, YOUR PLAYING SMALL
DOES NOT SERVE
FABULOUS? THE WORLD.
THERE IS NOTHING ENLIGHTENED ABOUT SHRINKING
SO THAT OTHER PEOPLE WON'T FEEL INSECURE AROUND YOU.
WE ARE ALL MEANT TO SHINE,
AS CHILDREN DO. WE WERE BORN
TO MAKE MANIFEST THE GLORY OF GOD THAT IS WITHIN US.
**IT'S NOT JUST IN SOME OF US;
IT'S IN EVERYONE.**
AND AS WE LET OUR OWN LIGHT SHINE,
WE UNCONSCIOUSLY GIVE OTHER PEOPLE
PERMISSION TO DO THE SAME.
AS WE ARE LIBERATED FROM OUR OWN
FEAR, OUR PRESENCE AUTOMATICALLY
LIBERATES OTHERS.

————— MARIANNE WILLIAMSON —————

TIP 3: ALLOW CAMINO WISDOM TO BE A ROADMAP FOR LIFE



Wall art Rabé de las Calzadas



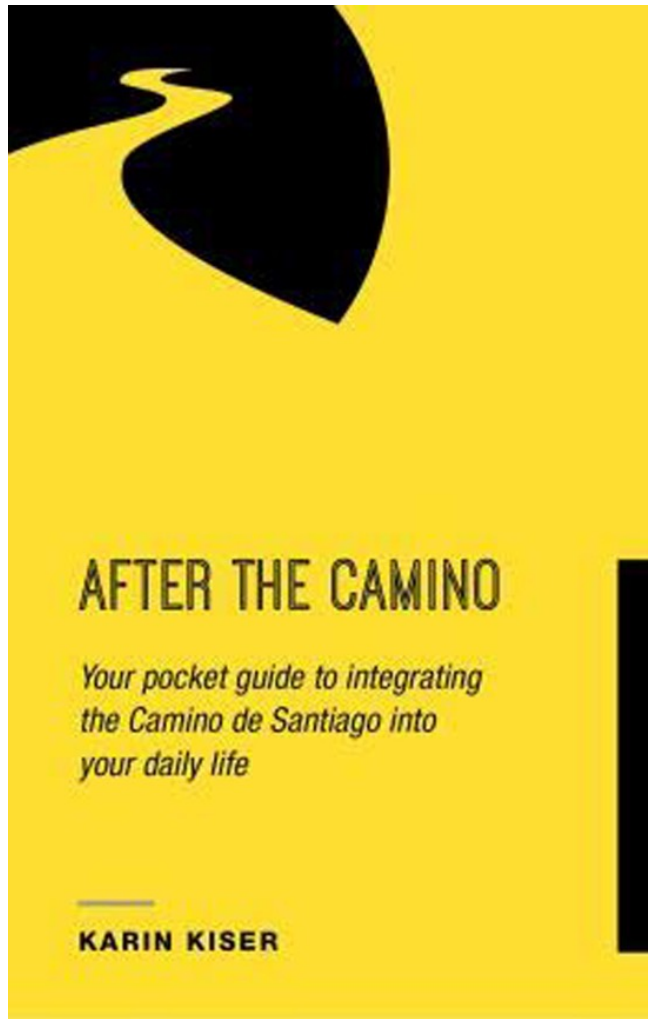
When we look at our Camino from the perspective of our entire life journey, we can see how the Camino might act as a portal into, as Jung would say, *'the second half of life'*.

‘We cannot live the afternoon of life according to the program of life’s morning; for what in the morning was true will in evening become a lie.’

Carl Jung

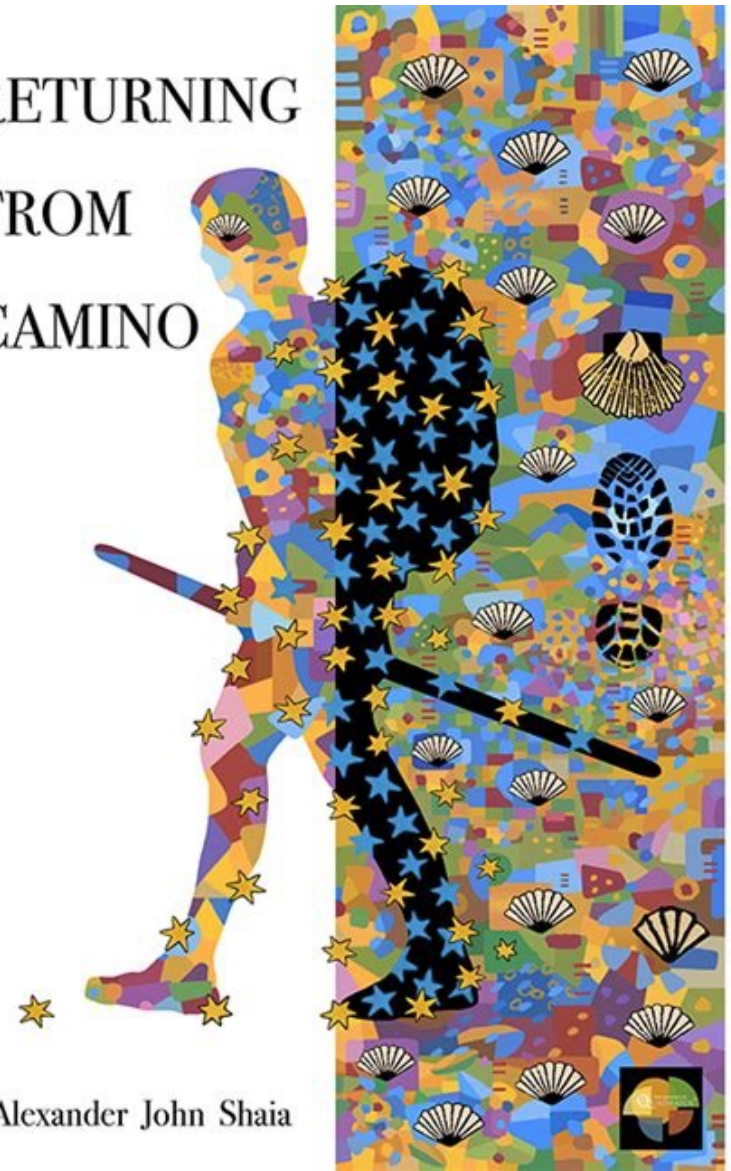
**‘Life is a short pause, between two great
mysteries.’**

Carl Jung



www.caminochroniclespress.com

RETURNING
FROM
CAMINO



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Life Reimagined



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