

Pilgrimage

לִירוּשָׁלַיִם עִירְךָ בְּרַחֲמִים תָּשׁוּב

*L'yerushalayim Ircha
B'rachamim Tashuv*

**To Jerusalem Your city
With compassion you will return.**

(from the Daily Amida)

I composed this chant in preparation for a trip to Israel. I use this sacred phrase to open me to the call of Pilgrimage.

Richard Niebuhr, (quoted in *The Art Of Pilgrimage* by Phil Cousineau p. 14) says, "Pilgrims are persons in motion, passing through territories not their own, seeking something we might call completion, or perhaps the word clarity will do as well, a goal to which only the spirit's compass points the way."

Every pilgrimage is a journey inward, even if we travel clear across the world. We can use this chant, which is a "double round," to prepare ourselves for pilgrimage, for journeying inward towards the Center of Awareness.