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**Pre-Camino Guided Reflection**

We are so excited for you to get out and experience pilgrimage on the Camino de Santiago. We hope that it will be a blessing for you, providing context for connection with fellow pilgrims, solitude to reflect on your own journey, and a fresh landscape for communion with God.

Thoughtfully engaging with the pilgrimage experience before you start walking can lend deeper insight to the journey itself. As you prepare your heart and mind for the Camino, here are a few questions to consider:

**What or who got you interested in the Camino?**

**Do you have goals for your Camino in any of the following areas: physical, spiritual, emotional?**

**Are there areas in your life that need healing?**

**How can you create space for yourself on the Camino to reflect in these areas in order to move toward healing?**

**What expectations do you have going into your Camino?**

**What are you concerned or fearful about?**

**Is there anything in your life right now that you think will distract or keep you from fully embracing your time away on the Camino?**

**Have you considered purposefully carrying something as you walk or purposefully leaving something behind? (This could be done physically, prayerfully or symbolically)**

**Do you have any tools or resources you need to prepare beforehand that you hope to use during your Camino?**

Feel free to email us at pilgrimhousesantiago@gmail.com if you have questions, or would like to connect before your time on the Camino.

We would love to see you and hear about your journey when you arrive in Santiago. If you’d like to participate in a debrief session with us, or just want a comfortable space for respite and solitude here in the city, you are welcome in Pilgrim House!

Buen Camino!