

Spirituality



The small tortoiseshell butterfly, *Aglaris urticae*



Describe a tree

During a pilgrimage, a hiker has plenty of time to discover more about himself.

Spirituality is sought through discussions and exchange with others. Now it's your turn to try!

Divide into pairs and spread out. One person in each pair should choose a tree without telling the other which tree they have chosen. The other should now close his/her eyes and listen to the person who describes the tree as carefully as possible. What does the tree look like? Is it big or small? Does it lean? Does it have needles, leaves, broken twigs, knots, or cones? The other person then opens his/her eyes and tries to find the tree. Switch roles so that you can both describe and guess. Feel free to decide in advance how far away your tree may be.



Make a poem about a place sacred to you

The words "holy" and "spirituality" can have many different meanings, often the words are associated with something personal, e.g., a feeling, an experience, or a place. A pilgrim walks on foot from place to place, like a butterfly that flies from flower to flower. Do you have a place that means a lot to you? What is it like? What feelings and words does the place evoke in you? Make a poem about your special place, for example in Haiku poem form. Haiku originates from Japan and the poems consist of three lines with 5-7-5 syllables.