

St. Olof Pilgrim Path

To me the Pilgrim Path is a spiritual journey and a transformation.

It's a walk of the soul and a mere physical experience simultaneously - step by step I transform to just a body where the soul and mind is totally incorporated, melted inside. The mind stops gradually to talk, finally silence. Just feet walking. The spirit is filled with joy and wonder over details in the big. Suddenly there is space - a transformation - and my inner wordless being can breath, other deeper layers can be heard and released in this new silence. Spaces not easily defined, shapes and conditions that needs endless space to unfold, can suddenly be drawn in the open sky and vast landscapes.

Another equally important dimension is how waking with friends affects me and the walk itself. To feel the presence of other bodies, talking or in silence, measuring the same earth but with different feet, other inner journeys, different thoughts, knowing we share the same experience, walking the same grass and stones and soil, knowing we have the same pain in our bodies, silently and intuitively helping each other. That makes links; strong and invisible unspoken bonds between us, of which traces always will remain in one or another way, even if our future paths would go in separate directions.

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