



SELF GUIDED REFLECTIVE MEDITATION

Sit quietly for a few moments to prepare yourself for the meditation.

Begin by thinking about the landscape of the Camino. Focus on the different paths that you encountered that led you to Santiago.

What were your expectations as you walked them?

Did the Camino meet your expectations, or maybe they change along the way.

What experiences are you grateful for?

Ponder or journal your answers to these questions. Pay attention to anything that comes to mind, no matter how insignificant it may seem at first.

Psalm 23

The Lord is my shepherd; I shall not want.

He makes me lie down in green pastures.

He leads me beside still waters.

He restores my soul.

He leads me in paths of righteousness for his name sake.

Even though I walk through the Valley of the shadow of death,

I will fear no evil,

For you are with me; your rod and
your staff, They comfort me.

You prepare a table before me in the presence
of my enemies; You anoint my head with oil;
my cup overflows.

Surely goodness and mercy shall follow me all the
days of my life, And I shall dwell in the house of
the Lord forever.

Use the next couple of minutes to give thanks for those experiences.

Think about the people you met during your time on the Camino. Consider your Camino family as well as your family and friends from other walks of life.

Who came to mind while you were walking?

Is there anyone that you're particularly grateful for?

Is there anyone you need to forgive; anyone you need to apologize to?

Which relationships might need to be restored and which might you need to let go of?

John 15:12-13

Jesus said, “ This is my commandment, that you love one another, just as I have loved you. Greater love has no one than this, that one lay down his life for his friends.

Jesus our companion,

You have give us friends to love us and to be loved by us.

You have traveled with us on our varied journeys.

You have encouraged and strengthened us through the gift of one another and the beauty of creation. Continue to be our traveling companion, challenging us strongly, upholding us when we fall, and nurturing us with your presence.

- Elizabeth Baxter

Use this next time of silence to reflect on and pray for those that come to mind.

Now focus on the future.

How do you feel now that your physical Camino is over?

What have you learned?

What will you take back with you?

Psalm 121

I lift my eyes unto the hills

Where does my help come from?

My help comes from the Lord

The Maker of Heaven and Earth

He will not let your feet go out
from under you.

He Who watches over you will not
sleep.

A Closing Prayer

Our Journey is near its ending.
O great Giver of the Way,
Where we have walked too roughly on the Earth,
humble us Where we have missed a turning, redirect us.
Where we have failed to listen, watch and wonder, wake our senses.
Where we have bypassed, backtracked, or been dead to pain, break our hearts and move us to compassion.

For you are not our small and sketchy map.
You are our ground and you are holy.
You are the holy ground Of
lonely hearts and long exiles
Of small steps and great
adventures.

Our journey's end is near.
But you and we go on together.
When we wake tomorrow, we shall still be
with you. Searching us out, gazing into our
hearts, watch, lest we follow paths that
grieve you, and leave us in the way that is
everlasting.

Please feel free to sit in silence as long as you'd like.

We hope you've enjoyed your time in reflection. Buen Camino.