

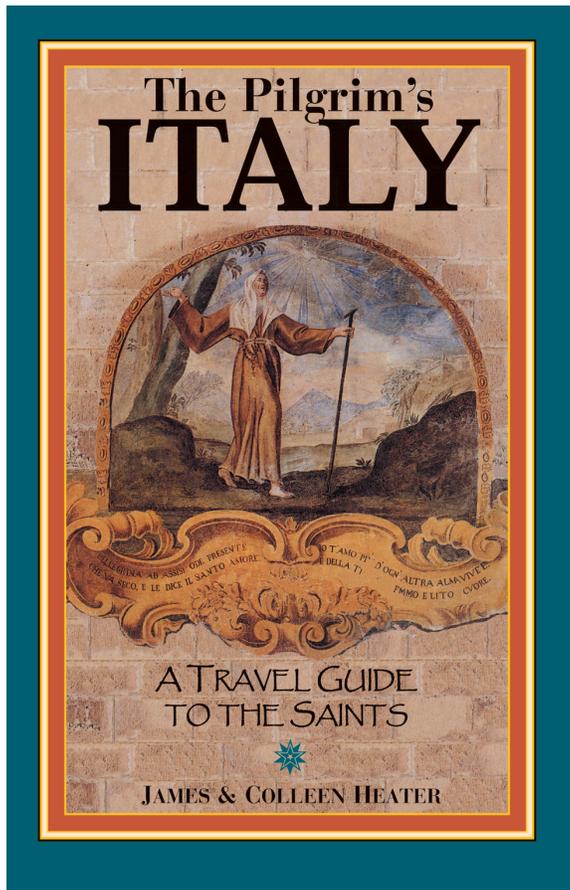
Experience the Heart and Soul of Italy with

The Pilgrim's Italy

A Travel Guide to the Saints

James and Colleen Heater

"*The Pilgrim's Italy* is a joyous addition to the growing literature of soulful travel guides. I recommend it to anyone who wants to turn his or her travels into a sacred journey."
Phil Cousineau, author of *The Art of Pilgrimage* and *The Book of Roads*



The footsteps of pilgrims have echoed continuously through the halls of time, as seekers of all faiths search for deeper meaning and purpose in their lives. The tangible vibrations of the saints and their shrines provide a direct personal experience of Divinity and transform lives. This is the power of pilgrimage.

Italy has long been the destination of countless pilgrims, yet *The Pilgrim's Italy* is the first comprehensive guide to the spiritual side of this ancient country. This unique guidebook offers all that is needed to visit profound pilgrimage sites, meditate on the lives of saints, and feel their blessings. The authors provide step-by-step instruction in simple meditation techniques to enhance the pilgrim's experience, as well as a wealth of practical information to make the journey an enjoyable one.

Features include:

- ◆ Inspiring biographies of the saints
- ◆ Location of hidden rooms with saints' relics
- ◆ Instruction on how to meditate with the saints
- ◆ How to find quiet areas for meditation and prayer
- ◆ Useful maps and directions
- ◆ Helpful references for lodging in monasteries

PAPER \$17.95 ◆ TRAVEL/ITALY ◆ ISBN 0-9719860-0-2
5.5 X 8.5 ◆ 288 PAGES ◆ 77 PHOTOS ◆ 27 MAPS
FEBRUARY 2003

JAMES AND COLLEEN HEATER are longtime practitioners of yoga and teach classes on meditation and inspirational music as members of a spiritual community in Northern California. Their honeymoon to Italy in 1998 became a pilgrimage and birthed the idea for writing a series of spiritual travel guides. The Heaters combine their interest in the lives of the saints and their love of travel to create books that lead to more meaningful and spiritually enriching travel experiences. *The Pilgrim's France* is next in this series of soulful travel guides, which will include countries of Western Europe and North America.



INNER TRAVEL BOOKS ◆ TOLL FREE 866-715-8670 ◆ WWW.INNERTRAVELBOOKS.COM