



The Way of a Pilgrim and The Pilgrim Continues His Way (Shambhala Classics)

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The Way of a Pilgrim and The Pilgrim Continues His Way (Shambhala Classics)

This classic of world spiritual literature is the firsthand account of a pilgrim's journey as he endeavors to live out Saint Paul's instruction to "pray without ceasing." The narrator, an unnamed nineteenth-century peasant, sets out on his pilgrimage with nothing but a Bible, a rosary, and some dried bread. As he walks, he recites the Jesus prayer ("Lord Jesus Christ, have mercy on me")—a prayer that is said to quiet anxiety and fill the heart with love for all creation. With this prayer constantly on his lips, the pilgrim undergoes a profound spiritual education. This edition includes the sequel to *The Way of a Pilgrim*, entitled *A Pilgrim Continues His Way*, which contains a lengthy appendix reviewing the teachings of the Holy Fathers on the Jesus prayer.

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