

## Lessons of the Peace Trail

**Be trusting.** Have faith that the trail knows where it's going--even if you don't.

**Be generous.** Travel lightly. All in life is a gift. What you don't need, give away.

**Be kind.** On the trail, even the smallest word of encouragement makes a difference.

**Be humble.** Walking on dirt is easier on the feet than walking on pavement, anyway.

**Be human.** There is no harm in getting lost--only in staying lost.

**Be a friend.** Folks on the trail impact your life, if just for a moment. All too soon they leave to follow their own path. Don't resent this. Bid them good journey. Thank them for their gift.

**Be content.** Savor the small victories now, along the way.

**Be grateful.** Even the smallest things on the trail are either a gift or lesson.

**Be flexible.** Sometimes trails just vanish. That doesn't mean you were on the wrong path--there's just a better one now.

**Be focused.** Never look back. Sempre diretto!

**Be courageous.** A mountain is always highest when you're climbing it.

**Be hopeful.** Tomorrow is another day awaiting with the possibility of success.

**Be happy.** Laughter and song are nature's tonic for adversity.

**Be aware.** It is the journey that ultimately matters, not the destination.

**Above all else,** love all living things on the trail. Love God, your fellow travelers, yourself.

Brandon Wilson is a Lowell Thomas Award-winning author/photographer/explorer. He has walked ten long distance paths, including the Camino de Santiago (twice), the Via de la Plata, the Via Francigena to Rome, and the St. Olav's Way across Norway. In 1992, he and his wife Cheryl became the first Western couple to hike an ancient pilgrimage trail 650-miles across Tibet, as chronicled in his IPPY award-winning book, *Yak Butter Blues*. In 2006, he and a friend founded a pilgrim's path following the route of the First Crusades from France to Jerusalem, naming it the Templar Trail. Their adventure is told in Brandon's book, *Along the Templar Trail*, named 2009 Best Travel Book by the prestigious Society of American Travel Writers. His other books include: *Dead Men Don't Leave Tips: Adventures X Africa* and *Over the Top & Back Again: Hiking X the Alps*. They are available from Amazon.com or from your favorite bookstore. Visit <http://www.pilgrimstales.com> for a preview and more.

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