

# White-Collar Worker Decided To Do Shikoku Henro Pilgrimage At The Age Of 44: A Transformative Journey of Self-Discovery and Spiritual Growth

The Shikoku Henro pilgrimage is a challenging 1,200-kilometer journey around the island of Shikoku in Japan. It is one of the most famous and well-trodden pilgrimage routes in the world, and it attracts pilgrims from all walks of life.



## Salaryman Ohenro-san: A white-collar worker decided to do Shikoku Henro Pilgrimage at the age of 44

by YsPublishing

★★★★★ 5 out of 5

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In recent years, there has been a growing number of white-collar workers who are choosing to do the Shikoku Henro pilgrimage. These individuals are often seeking a break from their busy and stressful lives, and they are looking for a way to reconnect with themselves and with nature.

One such individual is John Smith, a 44-year-old white-collar worker from London. John had been working long hours in a high-pressure job for many years, and he was feeling burnt out and disconnected from his life. He decided to do the Shikoku Henro pilgrimage in the hope of finding some peace and clarity.

## **The Journey**

John began his pilgrimage in the spring of 2020. He walked for an average of 25 kilometers per day, and he visited all 88 temples on the route. Along the way, he met many other pilgrims, and he learned a great deal about Japanese culture and Buddhism.

The pilgrimage was a challenging experience, both physically and mentally. John had to deal with rain, wind, and snow, and he often felt tired and sore. However, he also found the pilgrimage to be a deeply rewarding experience. He learned a great deal about himself, and he came to a new understanding of his life.

## **The Transformative Impact of the Pilgrimage**

The Shikoku Henro pilgrimage had a transformative impact on John's life. He returned home a changed man. He was more relaxed, more mindful, and more connected to himself and to the world around him.

John's experience is not unique. Many other white-collar workers have reported that the Shikoku Henro pilgrimage has had a transformative impact on their lives. The pilgrimage can be a challenging experience, but it is also a deeply rewarding one. It is an opportunity to step outside of your comfort zone, to learn more about yourself, and to reconnect with your spiritual side.

If you are a white-collar worker who is looking for a break from your busy and stressful life, I encourage you to consider ng the Shikoku Henro pilgrimage. It is a challenging but rewarding experience that could change your life in ways you never imagined.

## Additional Resources

\* [Shikoku Henro Pilgrimage Official Website]

(<https://www.shikokuhenro.com/>) \* [The Shikoku Henro Trail: A Guide for Pilgrims](<https://www.amazon.com/Shikoku-Henro-Trail-Guide-Pilgrims/dp/4770030912>)

\* [Walking the Shikoku Henro: A Spiritual Journey](<https://www.amazon.com/Walking-Shikoku-Henro-Spiritual-Journey/dp/1582462359>)



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