

White-Collar Worker Decided to Do Shikoku Henro Pilgrimage At the Age of 44

In 2019, I decided to do the Shikoku Henro pilgrimage. I was 44 years old and had been working as a white-collar worker for over 20 years. I had a good job, a nice house, and a loving family. But I was also feeling restless and unfulfilled. I knew that there was something more to life than just working and making money.



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

by YsPublishing

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I had always been interested in spirituality, and I had read about the Shikoku Henro pilgrimage. The pilgrimage is a 1,200-kilometer journey around the island of Shikoku in Japan. It is a popular pilgrimage route for both Japanese and international pilgrims.

The pilgrimage is said to have been founded by the Buddhist monk Kūkai in the 9th century. Kūkai believed that the pilgrimage could help people to

achieve enlightenment. The pilgrimage route is divided into 88 temples, and pilgrims typically walk or cycle between the temples.

I decided to do the pilgrimage on foot. I started my journey in Tokushima, on the east coast of Shikoku. I walked for about 30 kilometers each day, and I stayed in temples or guesthouses along the way.

The pilgrimage was a challenging experience, both physically and mentally. I had to walk through rain, snow, and heat. I also had to deal with blisters, sore muscles, and loneliness. But I also had some amazing experiences. I met some wonderful people along the way, and I learned a lot about myself.

I completed the pilgrimage in 43 days. It was an unforgettable experience, and I am so glad that I did it. The pilgrimage helped me to find peace and fulfillment in my life. I would encourage anyone who is looking for a challenge to do the Shikoku Henro pilgrimage.

Here are some of the things that I learned on my pilgrimage:

- **I learned that I am stronger than I thought I was.** I had never walked more than 10 kilometers in one day before, but I was able to walk for 30 kilometers each day on the pilgrimage.
- **I learned that I am capable of doing anything I set my mind to.** If I can walk 1,200 kilometers, I can do anything.
- **I learned that I am not alone.** I met some amazing people on my pilgrimage, and I realized that there are people who care about me.
- **I learned that life is precious.** I saw some beautiful things on my pilgrimage, and I realized that life is too short to waste.

If you are looking for a challenge, I encourage you to do the Shikoku Henro pilgrimage. It is an experience that will change your life forever.

Here are some tips for ng the Shikoku Henro pilgrimage:

- **Start training early.** You need to be able to walk for long distances before you start the pilgrimage.
- **Pack light.** You will be carrying your belongings on your back, so it is important to pack light.
- **Be prepared for all types of weather.** The weather in Japan can be unpredictable, so be prepared for rain, snow, and heat.
- **Take your time.** The pilgrimage is a journey, not a race. Take your time and enjoy the scenery.
- **Be open to new experiences.** The pilgrimage is a great opportunity to meet new people and learn about different cultures.

I hope that this article has inspired you to do the Shikoku Henro pilgrimage. It is an experience that will change your life forever.

If you have any questions about the pilgrimage, please feel free to leave a comment below.



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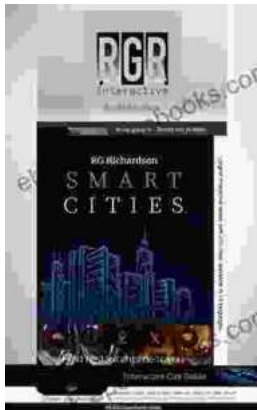
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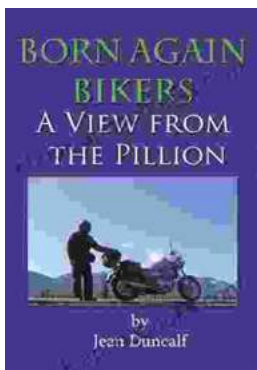
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