

We thank in advance communes and municipalities,
mountain communities, local tourist associations, districts and regions, organisations, boards,
private and public bodies in Italy and abroad
that could suggest us noteworthy places and journeys
and willing, for their generosity and passion,
to sponsor our trips *Wasnahaijin Oicimani*
offering meals, overnight stays and detailed routes.

WASNAHAIJIN OICIMANI

Sacred food of the haijin poet – pilgrimage on foot

Wasnahaijin Oicimani is a literary/spiritual journey made walking slowly.
The purpose is that every poet taking part in it writes Haikus, accompanied by dry and essential prose passages, telling the trip from his/her point of view.
The pilgrimage will be scanned by a time for walking, stops for meals and overnight stays, pauses to admire nature, to write, to read aloud.

The writings produced during the journeys *Wasnahaijin Oicimani*, after opportune remarks and revisions, will be **collected and published in a book**.

It will be agreeable if every Haijin poet taking part in the pilgrimage is provided with a pilgrim's staff and a "bandana" on which *Wasnahaijin Oicimani* is written.

Wasna is a Dakota word. It means "*sacred food*". It was the hunters' food, made by cherries and dried meat. *Oicimani* too is a Dakota word. It means "*pilgrimage*", "*spiritual journey, path*". *Haijin* is a Japanese word. It identifies the Haiku poems writer. So, "*pilgrimage as sacred food of the Haiku poet*".

It is an initiative that Cascina Macondo organizes every year in July.

A four days-trip, walking through woods and countries, places and inns, on roads and paths.

The purpose of the journey is to plunge into nature and admire it, writing *Haibun* with a dry and essential prose, full of Haiku spirit, to grasp deeply the spirit of the poet Bashō.

"The passing days and months are eternal travellers in time. The years that come and go are travellers too. Life itself is a journey; and as for those who spend their days upon the waters in ships and those who grow old leading horses, their way home is the open road. And some poets of old there were who died while travelling."

Matsuo Bashō

The four days-trip on foot that Cascina Macondo organizes every year is a real literary/spiritual pilgrimage through places that evocate sometimes silence, sometimes contemplation.

Unique, essential purpose of the trip is to write Haikus and Haibuns.

The initiative is reserved to Haiku writers.

RECOMMENDED OUTFIT
for a WASNAHAIJIN OICIMANI
passwords: simplicity, essentiality, lightness

ITEMS	quantity	comments
spray against mosquitoes	1	<i>not essential</i>
“bandana” <i>(with the following words embroidered, or written or printed on it: Wasnahaijin Oicimani)</i>	1	<i>essential</i>
hat or cap for the sun or the night <i>(in case of sleeping in the open air)</i>	1	yes
money enough to eat and sleep along the road <i>(restaurant, tavern, inn, camping, etc)</i>	1	yes
wind-cheater	1	yes
kit for personal care <i>(toothbrush, tooth paste, brush, comb,..)</i>	1	yes
waterproof cloack <i>(covering also the knapsack)</i>	1	yes
“pastoral” <i>(pilgrim’s staff)</i>	1	<i>essential</i>
pen/pencil and copy-book to write	1	<i>essential</i>
small electric torch	1	<i>not essential</i>
spare socks/stockings	1	<i>not essential</i>
spare singlet	1	<i>not essential</i>
spare handkerchiefs	1	<i>not essential</i>
spare vest or jersey	1	<i>not essential</i>
spare trousers	1	<i>not essential</i>
spare bra	1	<i>not essential</i>
spare shoes <i>(gym shoes or sandals)</i>	1	<i>not essential</i>
spare clothes for the night’s sleep	1	<i>not essential</i>
sleeping-bag <i>(the lighter as possible)</i>	1	yes
cake of soap <i>(to wash, during the pauses, also the spare clothes)</i>	1	yes
climbing-boots or robust shoes, fit to walk	1	<i>essential</i>
mobile phone <i>(trying to use it the least as possible)</i>	1	<i>not essential</i>
camouflaged sheet or thin blanket	1	<i>not essential</i>
knapsack <i>(the lighter as possible)</i>	1	<i>essential</i>

WASNAHAIJIN OICIMANI
next travel on foot – July 2007