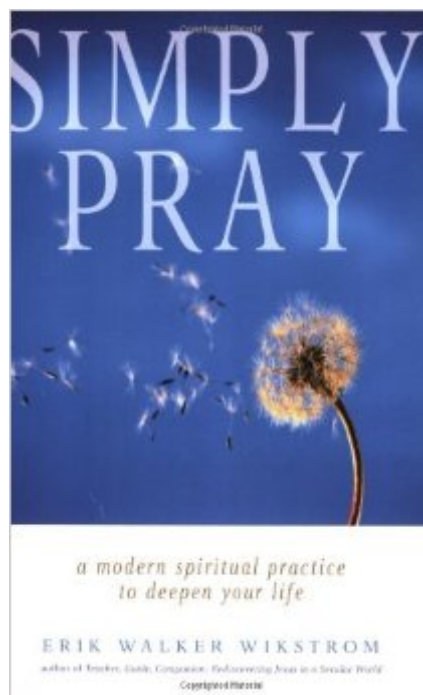


The book was found

# Simply Pray: Modern Spritual Practice To Deepen Your Life



## Synopsis

Offers fresh answers to the age-old question, "Why pray?" • Building from the shared prayer forms of many faiths, Wikstrom offers a modern prayer bead practice that you can make your own. In addition, the author includes practical suggestions for composing prayers to use with the beads. Simply Pray is an excellent guide for anyone seeking a unique spiritual practice that is deeply rooted in the world's great religions. Wikstrom identifies and defines the four major types of prayer that are practiced by all the world's major religions: • Naming the many ways in which the holy is present in daily life and the wider world • Knowing the self introspectively --both in its strengths and weaknesses • Listening to the "voice of quiet stillness" that resides in each individual • Loving by reaching out to the world Simply Pray uses these four core prayer types to develop a modern worship practice, using prayer beads as a frame of reference. The book offers illustrated prayer-bead techniques that can be used directly or customized for personal use. There are also helpful tips on how to make prayer a part of your daily routine, as well as how to make prayer beads and the benefits of using them: • Prayer beads serve as a focus for meditation. Much more than a mnemonic aid to prayer, prayer beads engage the senses to create a state of mindfulness. • Prayer beads are mobile altars. Simply touching the beads as they rest in a pocket, briefcase, or purse brings a prayerful presence to mundane moments. • Prayer beads serve as reminders of prayer and help keep track of prayers. Simply Pray is for anyone who is seeking a modern prayer practice that is deeply rooted in world tradition.

## Book Information

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## Customer Reviews

I was out here grabbing the link for this book (yet again), and I was aghast to see that there were only THREE comments about it - and only two of them were positive. Really!? Seriously!? So I felt compelled to add my voice to the mix. After discovering this book on a spiritual quest in the midst of a personal crisis, I literally felt like I had found something of SUBSTANCE to grab onto. What I love about this book is that invites the reader - no matter WHAT your denomination - to connect with something that universal...the need to belong, the need to believe in something greater than ourselves, and the need to know we are not alone (which allows us to ask for help/guidance). And the author does all that by connecting us with this ancient practice of using prayer beads as a form of meditation - a practice that has stood the test of time (and been translated/adapted to many religions). And bonus! It also got me FINALLY to integrate meditation into my life, so I felt like it was a twofer on my to-do list: prayer + meditation. Check! The reason I was aghast at the lack of reviews for this book was because I feel like it saved me spiritually. When I was in crisis and went to pray, I felt like I couldn't until I was clear on the power/name/entity I was praying to...and at the time, they were all jumbled up in my mind (God, the divine, my spirit guides, Gaia, the Goddess...) The author gave me permission to step over that, inviting me to "simply pray" as a means to discover the power/entity I was praying to...just as you would begin ANY relationship with someone new to you. Simple, indeed. The artist in me loved the fact that I got to string my own beads, once I got over the fact that there was not a "one-click" prayer bead making kit option...

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