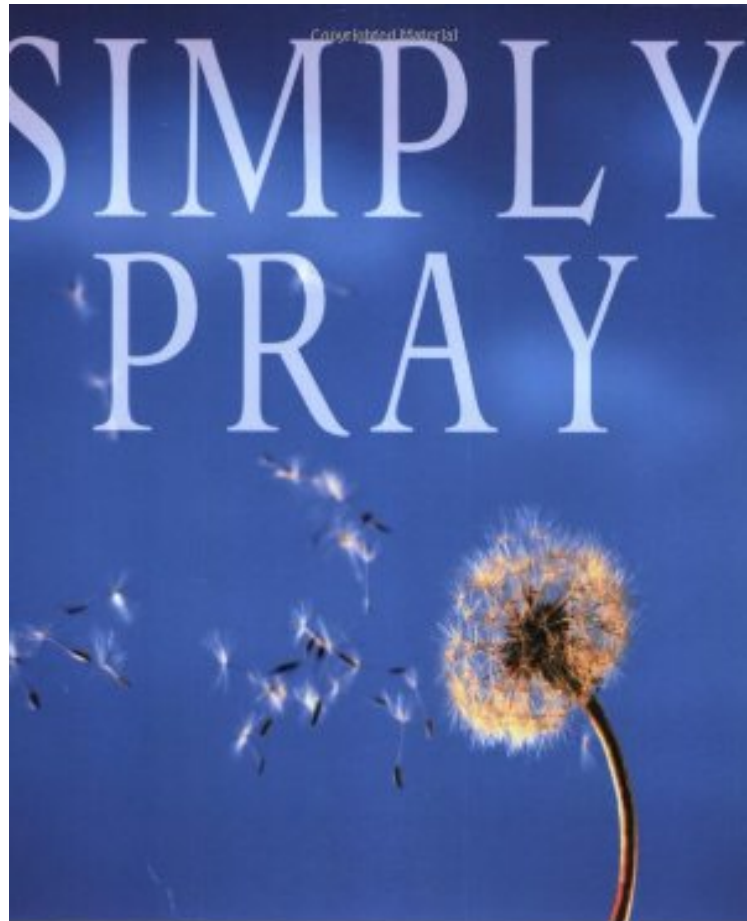


(Download) Simply Pray: Modern Spritual Practice to Deepen Your Life

Simply Pray: Modern Spritual Practice to Deepen Your Life

Erik Walker Wikstrom

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*a modern spiritual practice
to deepen your life*

ERIK WALKER WIKSTROM

author of Teacher, Guide, Companion: Rediscovering Jesus in a Secular World

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Erik Walker Wikstrom : Simply Pray: Modern Spritual Practice to Deepen Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Simply Pray: Modern Spritual Practice to Deepen Your Life:

1 of 1 people found the following review helpful. Wonderful overview of prayer practicesBy Bethany M.This book

gives a wonderful overview of the four main types of prayer - Naming, Knowing, Listening and Loving. The author does a fantastic job of sharing many examples of prayer from various religious/ spiritual traditions, allowing the reader to decide what is of value to them. As a former Catholic turned Unitarian Universalist, I took special interest in the chapter on modern prayer bead practices. The use of modern prayer beads outlined by the author seems like a wonderful way to carry on the cherished practice of praying the Rosary, but in a way that is more meaningful to me today. His suggestions for making your own prayer beads provides a template for a prayer practice that can be wholly adopted or individually adapted by any person seeking to begin such a practice. Most importantly for us UUs, this book reminds us that it's okay not to know whom/what we are praying to at all times...it is okay to simply pray. 0 of 0 people found the following review helpful. *Pray Now and Live Better* By Grandpa Bill This book really helps me to find a way to make my life work better. It has been a big hit in our family and with other members of the UUFB (Universalist Unitarian Fellowship Beaufort SC). It will help you learn how to pray and how to make it happen for you!!!!!! Grandpa Bill 3 of 3 people found the following review helpful. *Beginning a more prayerful life?* By SRenee09 This was the best way to begin...I borrowed the book from and then purchased it to read again. I also purchased a copy for my sister. I have actually incorporated some of the phrases in my mediational-prayer bead sessions.

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.