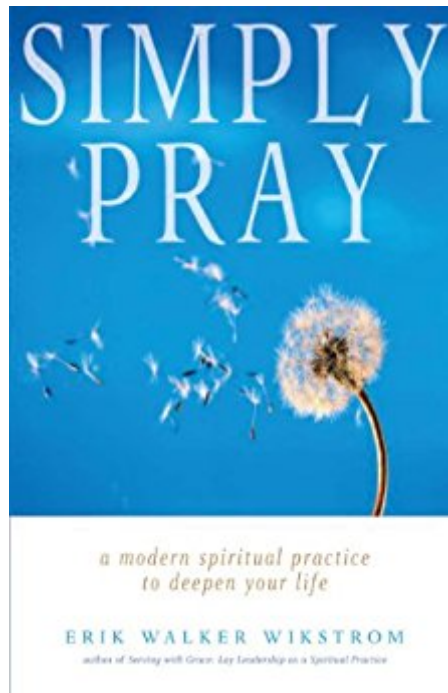




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# Simply Pray: A Modern Spiritual Practice To Deepen Your Life



## Synopsis

The practice of prayer appeals to something deep within many of us, especially those of us who grew up reciting Catholic prayers on a rosary, or those of us fascinated by the mala beads carried by Buddhist practitioners. But what if our journey has taken a path different from the traditional religions and the often moving rituals they provide? How, and why, should we pray? In *Simply Pray*, Erik Walker Wikstrom reveals the universal qualities of prayer and offers a way to incorporate this spiritual practice into your personal journey. The first two sections of *Simply Pray* unravel the meaning and practices of prayer within world religions and consider how these ideas are relevant to the individual. The third section, *Making a Practice of Prayer*, describes how to make your own set of prayer beads and begin to use them. The fourth section, *Pray Like This*, insightfully translates traditional prayers, such as the Lord's Prayer, into fresh new language, demonstrating how the practice of prayer may be shaped for your individual needs. This is a wonderful guide for all of us who want to integrate our personal beliefs with the practices we enjoyed as children or who want to enliven our spiritual practices with something new. "Simply Pray is an excellent and much needed bridge for people who struggle with a way to pray that is authentic to them and their sense of the Holy. Not only does Wikstrom help readers to understand the four fundamental forms of prayer shared by all major religions but he offers a practical new form of prayer based on a modern use of prayer beads. A great many people realize that they need a fresh, steady spiritual practice and an understanding that opens their larger being to the Sacred amidst cultural pressures. This book goes a long way toward feeding the hunger of such people with a nourishing spiritual feast. You will not be disappointed in the practical yet deep wisdom drawn from the world's faith traditions found throughout its pages." --Rev. Dr. Tilden Edwards, Founder and Senior Fellow, Shalem Institute for Spiritual Formation "Wikstrom writes about a topic as slippery and elusive as prayer in a style that is both clear and accessible, while maintaining a profound sense of mystery. His guidance is at once down to earth and deeply wise, and his tone both serious and tinged with a sense of well rooted humor bubbling just under the surface." --Ethel Hornbeck, Parish Assistant for Spiritual Formation, Sheperdstown Presbyterian Church, West Virginia

## Book Information

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## Customer Reviews

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.

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

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.

Rev Wikstrom does a masterful job in guiding those who are uncomfortable with prayer in realizing the power of focused attention on ones deepest longings. He provides numerous suggestions on "getting started" and "following through."

This is a short, deep read that deserves to be read more than once. It offers a lot to think about how we pray and why we pray.

Loved it, making the beads.

excellent!

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... Since that time, I have made them with my kids, I have used this book as a guide for multiple women's retreats and have offered it to countless of my coaching and consulting clients that say they are deeply "spiritual" and are

craving a connection/form of meditation, but aren't "religious". So get it. It's as simple to read as it is to practice. But it's chocked full of historic examples and suggestions on how to apply that lend both substance and grease to get you on your way...to simply praying.

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