



# Praying with Our Hands: 21 Practices of Embodied Prayer from the World's Spiritual Traditions

*Jon M. Sweeney*

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**Praying with Our Hands: 21 Practices of Embodied Prayer from the World's Spiritual Traditions** Jon M. Sweeney

Here are twenty-one simple ways of using our hands to speak to God, presented in word and image. These spiritual practices are from a broad range of religious traditions—from Anglican to Sufi, from Buddhist to Shaker. They teach us to experience the unique spiritual enrichment that can be found when we pray with our hands.

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