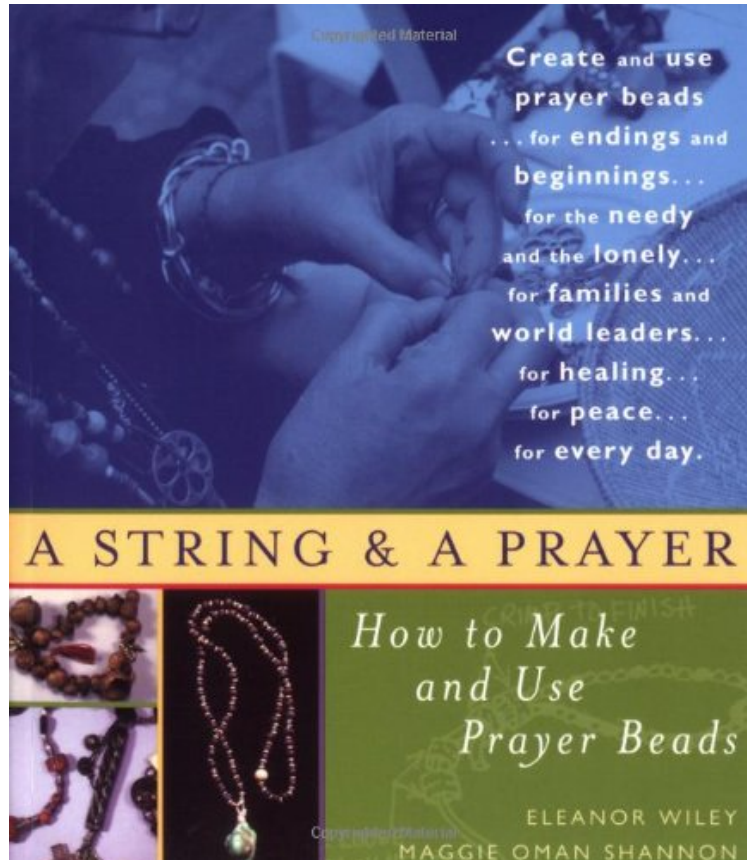


[FREE] A String and a Prayer: How to Make and Use Prayer Beads

A String and a Prayer: How to Make and Use Prayer Beads

Eleanor Wiley, Maggie Oman Shannon
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Eleanor Wiley, Maggie Oman Shannon : A String and a Prayer: How to Make and Use Prayer Beads before purchasing it in order to gauge whether or not it would be worth my time, and all praised A String and a Prayer: How to Make and Use Prayer Beads:

4 of 4 people found the following review helpful. Minimal instruction; generous inspiration By Fair and Honest A solid survey of the spiritual and ritual use of beads. However, from an instructional standpoint this book is weak -- it has no photographs showing how to create the projects. Instead it has a sparse sprinkling of simplistic line drawings. If you already have experience with beading, this book will offer some inspiration. Otherwise, another book might be a better starting point. 3 of 3 people found the following review helpful. I love this book By Melitta Theodora Stafford I love this book! It is loaded with an invaluable source of information concerning the use and making of prayer beads. I highly recommend it to anyone interested in incorporating prayer beads into their spiritual lives. 2 of 2 people found the following review helpful. Good, but could be better. By C Camarlinghi I enjoyed reading this book as stringing prayer beads is a new experience for me. I've worked many years making beaded jewelry but prayer beads is a new concept. I, like so many of the other reviewers, would have liked color photos. I think color photos would have added significant value to the book.

Eleanor Wiley and Maggie Oman Shannon have taken an ancient practice and made it new. *A String and a Prayer* recounts the history and symbolism of prayer beads, teaches basic techniques for stringing beads and a host of other objects into prayer beads, and offers a variety of prayers and rituals to use those beads on a daily basis. Beads have appeared throughout history. Prayer beads are used in the spiritual practices of cultures as diverse as the African Masai, Native Americans, Greek and Russian Orthodoxy, as well as the religious rituals of Islam, Hinduism, Christianity, and Buddhism. But prayer is highly personal. By infusing prayer beads with personal associations, we can keep our spirituality fresh. The beads are a device to help build and rebuild meaningful ritual in our lives. With myriad ideas about what makes objects sacred and where to find sacred objects -- from the personal, perhaps beads from a grandmother's broken rosary, to the unusual, maybe seashells from far away found in a thrift store -- *A String and a Prayer* offers many suggestions for different ways that beads can be made and used, exploring the creative roles they can play in our relationships, ceremonies, and rituals. "You are the expert, trust yourself. Let the instructions be a guide to your own creativity," write the authors.

About the Author Eleanor Wiley is a former speech pathologist and gerontologist who began her prayer bead practice at age fifty-eight. She teaches workshops on making prayer beads as a spiritual practice all over the world; her pieces have been worn by Ram Dass and His Holiness the Dalai Lama. She is the author of *A String and a Prayer*. Her own spiritual practice includes beading, sitting meditation with both Christian and Buddhist communities, and practicing yoga and the Twelve Steps. Wiley's prayer beads are available through her website. Maggie Oman Shannon is a spiritual director and writer. She is the author of *One God, Shared Hope* and *The Way We Pray*, editor of *Prayers for Healing* and co-author of *A String and a Prayer*. She lives in San Francisco.