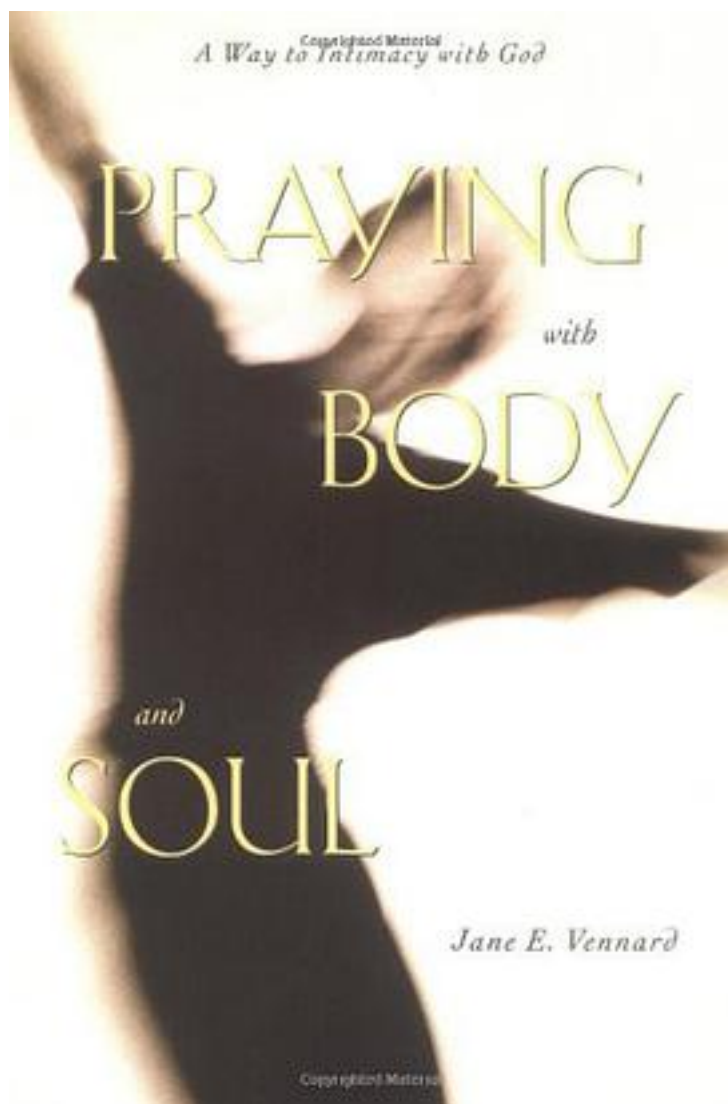


# Praying with Body and Soul



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Praying with Body and Soul involves the whole person: our senses, our bodies at rest or in motion, our imaginations, as well as our minds and emotions. By paying prayerful attention to the body people will not only recognize the ways in which they already pray, but will learn how to deepen their relationship with God. Each chapter includes questions for reflection, and practical exercises, such as drawing, walking meditation, fasting, making music, dancing, and praying in sickness and disability. This guide to prayer can be used by individuals, prayer partners, and small groups.

作者介绍:

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