



The Way We Pray: Celebrating Spirit from Around the World

Maggie Oman Shannon

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The Way We Pray is the first book to explore prayer practices from the world's many religions. Author Maggie Oman Shannon presents and celebrates fifty wonderfully diverse prayer practices, creating the perfect guide for spiritual explorers everywhere.

Among the powerful and colorful rituals described in the book are walking a labyrinth, speaking affirmations, writing in a gratitude journal, displaying prayer flags, dressing in ceremonial costumes, reading sacred scriptures, listening to the resonant sounds of a prayer bowl, drawing a mandala, counting prayer beads, fasting, writing haiku, and chanting.

For each practice described, Maggie Oman Shannon offers historical details, meanings and interpretations, and stories and anecdotes from practitioners she interviewed. She also includes suggestions for bringing these rituals into one's existing spiritual practice.

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