



Sensing the Spirit

A Whole Body Experience of Pilgrimage with the Senses



Some ideas on praying with the sense of touch

-  Pray the Anglican rosary: [here's how!](#) (a follow along video from the Diocese of New Jersey with a traditional approach)
-  There's no "right" way to do it. Here are some ideas on how to use the rosary from [Cardboard Dog Coaching](#).
-  Try the Anglican Rosary. [Check out these beautiful items](#), including a custom option at BCPBeads.
-  Attend a healing prayers service with laying of hands or ask a friend to pray with you!
-  Use a palm cross, worry stone or other item while sitting prayerfully. As your mind wanders, return your attention to the item in your hands as a reminder you are sitting in God's peace.