



The Knitting Way: A Guide to Spiritual Self Discovery

By Linda T. Skolnik, Janice MacDaniels

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Knitting is the miracle of creating new dimensions from a strand of yarn. Let it bring that miraculous transformation to your spiritual life too.

"This book is about seeing and listening. It's about becoming aware that through knitting you can hear and give attention to what's in your heart and soul?that knitting can be a place of rest and thought and a place for the Divine. It's about connection?to yourself, to the world, to others and to the Holy."
?from the Preface

What can you learn about yourself through your knitting? What deeper symbolism lies behind the loops and patterns that you create? How can this simple activity help you make your way down a spiritual path? Delve into these questions and more in this imaginative book that will become your spiritual friend, your teacher and your sanctuary. Follow the knitting journeys of the authors and other knitters to discover how they have used their knitting to explore and strengthen their spiritual selves, and how you can do the same. In this joyful and engaging look at a time-honored craft you are invited to:

- Find time and space that was previously hidden in plain sight
- Try creative, thought-provoking original knitting patterns
- Recognize and deepen spiritual connections through knitting
- Meet other knitters on the journey to spiritual and self- discovery
- Explore new ways to expand and savor your knitting community
- Recognize your own power to pass along the knitting wisdom

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Editorial Review

From Publishers Weekly

Knitting is all the rage again, as is discovering the spiritual side of just about everything. This book joins Tara Jon Manning's *Mindful Knitting* and Izard and Jorgensen's *Knitting into the Mystery* in exploring what knitting and spirituality have in common. Skolnik, founder of the well-known knitting company, Patternworks, and MacDaniels, a lifelong knitter and business associate of Skolnik, view the practice of knitting as a special source of connection, particularly among women. They liken knitting to a river that flows between people in such a way that anyone who knits, whether alone or in community, becomes connected to "all who have gone before." For Skolnik and MacDaniels, knitting "links us to the past, to those who knitted for their existence, who knitted for survival, who knitted for beauty and love." Knitting is an activity rich in spiritual possibility; it is not only a doorway to spiritual community, but also a means for knowing our souls. As a meditative practice, it can center and unburden the self, opening us to the divine. By interspersing spiritual wisdom—from what yarn colors say about a person's "true colors" to explaining how knitting can be used to tell stories—with practical project instructions, Skolnik and MacDaniels offer experienced knitters a fresh approach to a favorite hobby.

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Review

"An enlightening, entertaining and affirming text on the spiritual depth of knitting. Finally, Skolnik and MacDaniels have put into words what I have been trying to express for so long about why knitting means so much to me."

?**Melanie Falick**, author of *Handknit Holidays*, *Weekend Knitting*, *Kids Knitting* and *Knitting in America*

"A fascinating tale, knitting together the often disparate strands of science and religion, faith and reason, art and technology. Expert knitters and spiritual seekers, Skolnik and MacDaniels have filled their book with stories about design and wisdom to enrich our journeys, and guide us gently into Mystery."

?**Susan S. Jorgensen**, spiritual director, retreat leader and coauthor of *Knitting into the Mystery: A Guide to the Shawl-Knitting Ministry*

"Can make some of our knitting time not be about product or even process, but about understanding, meaning and connection. Linda Skolnik brings to *The Knitting Way* an enthusiasm, curiosity and honesty that we trust."

?**Elaine Rowley**, editor of XRX Books

"A heartfelt journey that inspires us all to look both outward, into our culture and families, and inward, into our hearts, to seek the true meaning of our own knitting pathways."

?**Deborah Newton**, author of *Designing Knitwear*

From the Inside Flap

Consider Your Knitting from a New and Spiritual Point of View

The click of needles, the touch of wool, the miraculous creation of beautiful fabric from a single strand of yarn—any knitter knows the satisfaction to be found in the simple act of knitting. But is there a way to develop this sense of the spiritual into a deeper, more mindful practice?

Let *The Knitting Way* take you on a path deeper into your knitting and your spiritual awareness. Follow the stories, musings and discoveries of the authors as they illuminate the spiritual lessons you can learn through knitting. Explore your own knitting practice through original patterns, fun explorations and personal stories from knitters past and present. You will find yourself reaching for your needles and yarn as you read, inspired to take up your projects in a whole new state of mind.

"A fascinating tale, knitting together the often disparate strands of science and religion, faith and reason, art and technology. Expert knitters and spiritual seekers, Skolnik and MacDaniels have filled their book with stories about design and wisdom to enrich our journeys, and guide us gently into Mystery." —Susan S. Jorgensen, spiritual director, retreat leader, and coauthor of *Knitting into the Mystery: A Guide to the Shawl-Knitting Ministry*

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Daniel Campbell:

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Spiritual Self Discovery, it is possible to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its named reading friends.

Aimee Buffington:

In this era globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. Typically the book that recommended to you personally is The Knitting Way: A Guide to Spiritual Self Discovery this guide consist a lot of the information of the condition of this world now. This kind of book was represented so why is the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The particular writer made some research when he makes this book. Honestly, that is why this book acceptable all of you.

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