



# Contemplative Crochet: A Hands-On Guide for Interlocking Faith & Craft

*Cindy Crandall-Frazier*

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## Contemplative Crochet: A Hands-On Guide for Interlocking Faith & Craft Cindy Crandall-Frazier

With Hook in Hand, Enrich Your Spiritual Practice and Renew Your Awareness of the Connections of Creativity to Spirit

What can you learn about yourself through your crocheting? 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 crochet journeys of the author and other crocheters to discover how they have used their crocheting 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 will discover ways to:

- Find a Sense of Fullness and Gratitude
- Have More within a Structure of Less
- Combine the Spiritual Practices of Meditation and Prayer
- Create Tools for Intensifying Spiritual Practice
- Find Your Spiritual Path with Crochet
- Connect with Community through Crochet
- Make Crochet Uniquely Yours

... and much more



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