

OTHER WAYS TO USE THE PEARLS

- To pray the Lord's Prayer
- To pray Aaron's Blessing
- To recollect Christ's life

To learn more about these practices, as well as other types of Lutheran and ecumenical Christian prayer beads, please visit:

www.lutheranprayerbeads.com

For inspiration from around the world for using and living with the Pearls:

www.pearlsoflife.org

REJOICE ALWAYS,
PRAY CONSTANTLY,
GIVE THANKS IN ALL
CIRCUMSTANCES;
FOR THIS IS THE WILL OF GOD
IN CHRIST JESUS
FOR YOU.

1 Thessalonians 5:16-18

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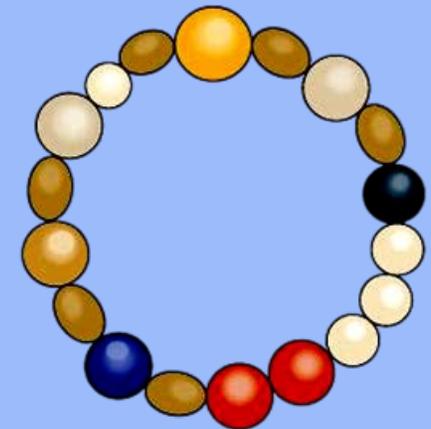
CONTACT

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Grounding Spirit's mission is to offer inspiration and support for the prayer and contemplative lives of Christians, especially Lutherans and other Protestants. Our prayer beads and educational materials are inspired by our direct experience, created with sincere love, and offered in gratitude for our many teachers—past, present, and future.

Pearls of Life



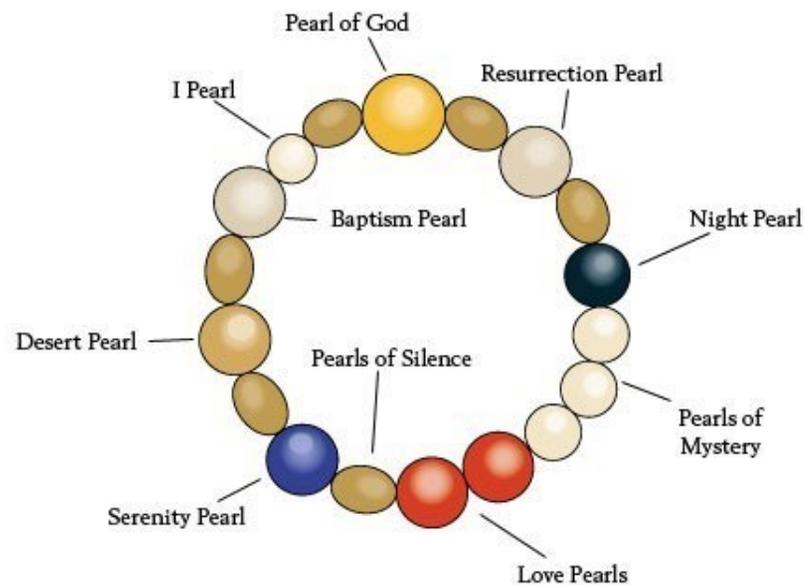
INTRODUCTION AND PRACTICE GUIDANCE

The Pearls of Life is a set of prayer beads created by a bishop of the Swedish Lutheran church, Rev. Martin Lönnebo. On a visit to Greece, he saw people using strands of beads, moving the beads through their fingers. He found this a very peaceful sight and was inspired to create something similar for himself.

Rev. Lönnebo designed a set of beads of many colors, strung as an elastic bracelet. Each bead has a particular theological significance. The genius of his design is that the beads can be understood in different ways and used to support different types of prayers. They are also a simple contemplative tool for centering the mind, as they take advantage of the mind-body connection. A few minutes moving these beads through your fingers, as did the Greek people whom Rev. Lönnebo encountered, and you will very likely feel calmer and more embodied.

This pamphlet will introduce you to the basic design of the Pearls of Life. You can learn more about using the Pearls at www.lutheranprayerbeads.com and find lots of inspiration at www.pearlsoflife.org. Grounding Spirit's Etsy store offers additional materials that can support your learning, as well.

Most of all, enjoy the journey with the Pearls! Make them your own! 



DIRECTION OF PRACTICE

The customary practice with the Pearls of Life begins with the gold Pearl of God bead. Move from this bead to the oblong bead closest to the small white I Pearl.

MEANING OF THE PEARLS

- The round gold Pearl of God reminds us that God is always with us and loves us.
- Six oblong Pearls of Silence remind us to shut out our distractions and to remember that, as we approach God, words are not necessary.
- The small white I Pearl reminds us to turn inward, recollecting that we are created in God's image.
- The larger white Baptism Pearl reminds us we can start over any time.
- The brown Desert Pearl represents the difficulties that challenge us and cause us to grow and develop.
- The blue Serenity Pearl represents faith and courage that can arise in stillness.
- The two red Love Pearls signify that we can be loved and that we can love others.
- Three small white Pearls of Mystery stand for our inner secrets. (Some versions include a green Pearl of Mystery for praying specifically for the environment and natural world.)
- The black Night Pearl represents darkness and doubt, the "dark night."
- The white Resurrection Pearl stands for faith and hope that triumph over all.