

The Knitting Way

Reader's Guide

By Linda Skolnik and Janice MacDaniels,
authors of *The Knitting Way:
A Guide to Spiritual Self-Discovery*

The discussion starters in this guide are based upon each chapter in *The Knitting Way*. They can be used during personal time or in a group as openings for exploration and discussion.

- Think about when and where you knit. Describe how you feel at these times and places. Each stitch can be a time capsule. What is in yours?
- Have you ever noticed the mystery inherent in science? Describe an experience that gave you a sense of wonder.
- Tell how knitting has been a sanctuary for you. What are the projects that provide sacred space for you?
- Briefly share your favorite knitting story. It does not need to be your own.
- What was the silliest thing you ever knitted? What did it add to your life?
- Do you have a daily practice? How do you cultivate the time?
- Get up and do "the hokey pokey."
- Think about your knitting secrets. Do you dare to share?
- Are you a part of a knitting community? Describe what it brings to your life and what you bring to it. Who was the last person you taught to knit?

Now, serve the tea and cookies!



For more information about *The Knitting Way: A Guide to Spiritual Self-Discovery*, visit www.theknittingway.com.

