



# The Sacred Art of Bowing: Preparing to Practice (The Art of Spiritual Living)

*Andi Young*

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**Open your heart, strengthen your spiritual core, and discover how the sacred art of bowing can enrich your spiritual life.**

"Daily, across America and across the world, people begin their day by bowing. Christians kneel for morning prayers, Muslims turn east to Mecca for the first salat (prayer) of the day, Jews daven (pray), and Buddhists prostrate themselves. Over the course of the day, many more people will find time to pause and, bending their body toward the earth, bow as part of their spiritual practice."

?from Chapter 1

*The Sacred Art of Bowing* serves as a welcoming introduction to the whys and ways of bowing. This ancient tradition?so often mistakenly tagged as only part of Asian cultures?has roots in nearly every religion around the world. In different forms in different faiths, people bow as a physical expression of their spiritual aspirations, humility, gratitude, and respect.

A companion for your journey rather than an instruction book, *The Sacred Art of Bowing* shares helpful insights that will inspire you to begin or deepen your own bowing practice through:

- A comprehensive look at bowing as practiced in many spiritual traditions
- Illustrations of bowing in practice
- Inspiring reflections from people who practice the sacred art of bowing
- Advice on how you too can incorporate bowing in your daily spiritual life



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