

The Power and Symbolism of Giving a Prayer Shawl

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Giving a prayer shawl to someone, even to you, is a symbol of heartfelt caring and love. When wearing the shawl, the receiver is not just wearing a piece of silk, as beautiful as that is. The individual is wrapped in the prayers, blessings, good wishes and love of the giver.

Prayer shawls are integral to prayer in the Jewish community. The elder women, the crones, the wise women of the Sikh community wear their shawls especially when praying. In the Christian scriptures Jesus suggested praying in your inner room or closet (Matthew 26:30). When wrapping yourself in a prayer shawl, you create your inner room wherever you may be, even in a crowded room.

Today, many women and men, when connecting with their spiritual core, have begun to cover themselves with a prayer shawl before meditating or praying. They create around themselves a sacred space, a heart-centered space as they raise their minds and hearts to God or whatever name they use for their spiritual connection.

When you present a Healing Silk prayer shawl to a loved one or to yourself, you are giving the sacred space to connect with the divine within you. When you enclose a note or card with your blessings and prayers for the individual, especially if you hold the shawl in your hands next to your heart while saying the prayers, your love and blessings are transmitted to that person each time the prayer shawl is worn.

Healing Silks has prayer shawls of different sizes, shapes and patterns. When choosing one for yourself, hold your hand over your heart and feel which pattern resonates within you. When choosing for a loved one, hold the image of that person in your mind, and then choose the prayer shawl that “speaks” to you.

Enclose a card with your prayer shawl, even if the shawl is a gift to yourself. If you have a talent for elegance with words, you need no suggestions about what to write. However, if you need some recommendations, enclose one of the following sentiments.

- My prayers, hopes and blessings for you (*add a specific intention if desired*) fill this scarf. Please know, each time you see it, each time you wear it, that I often think of you and hold you in my heart.
- Wear this prayer shawl knowing the love and caring I have for you. You are in my thoughts and prayers often.
- May you wear this prayer shawl knowing that each time you pray, I am with you.
- When you feel alone, wear this prayer shawl and know that I am with you in spirit and heart.
- Each time you enfold yourself in this prayer shawl, know that I am enfolding you in my love and

care.

- May this prayer shawl remind you that you are loved and supported.
- Each time you wear this prayer shawl, know that you are being enfolded in the arms of God, even when you feel so alone.
- May this prayer shawl remind you that you are loved.

I have placed within this prayer shawl the following blessings:

- May you be filled with love.
- May you be filled with healing.
- May you be filled with strength and courage.
- May you be filled with the knowledge of how precious you are.

Add your own blessings. When presenting a prayer shawl with blessings you are gifting someone with your presence, no matter how many miles may separate you.