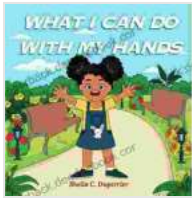


Practical Things To Do With Our Hands And Above All How To Be



What I can do with my hands: A book about practical things to do with our hands, and above all, how to be compassionate and caring by Sheila C. Duperrier

★★★★☆ 4.4 out of 5

Language : English

File size : 23247 KB

Screen Reader : Supported

Print length : 32 pages

Lending : Enabled

Hardcover : 85 pages

Item Weight : 6.4 ounces

Dimensions : 6 x 0.39 x 9 inches



Our hands are one of the most important parts of our body. They allow us to interact with the world around us, to create, to connect, and to heal. In this article, we will explore some practical things to do with our hands, and above all, how to be.

The Importance of Using Our Hands

Our hands are capable of great things. They can be used to create beautiful works of art, to play music, to build homes, and to grow food. They can also be used to connect with others, to heal ourselves and others, and to make a difference in the world.

When we use our hands, we are not only using our physical strength, but also our minds and hearts. Our hands are an extension of ourselves, and they can express our creativity, our compassion, and our love.

Practical Things To Do With Our Hands

There are many practical things that we can do with our hands. Here are a few ideas:

* **Create something beautiful.** You can use your hands to paint, draw, sculpt, knit, crochet, sew, or build something. There are no limits to what you can create when you use your imagination and your hands. * **Play music.** Learning to play a musical instrument is a great way to use your hands and your mind. You can learn to play the piano, guitar, violin, drums, or any other instrument you choose. * **Build something.** If you're handy, you can use your hands to build something, such as a piece of furniture, a shed, or a house. Building something with your own hands is a great way to learn new skills and to create something that you can be proud of. * **Grow food.** Growing your own food is a great way to use your hands and to connect with nature. You can grow vegetables, fruits, herbs, and flowers in your garden or on your patio. * **Connect with others.** Our hands can be used to connect with others in many ways. We can use them to hold hands, to give hugs, and to massage each other. We can also use our hands to communicate through sign language. * **Heal ourselves and others.** Our hands can be used to heal ourselves and others. We can use them to massage our bodies, to apply pressure to acupuncture points, and to perform energy healing. * **Make a difference in the world.** Our hands can be used to make a difference in the world. We can use them to volunteer our time, to help others, and to create positive change.

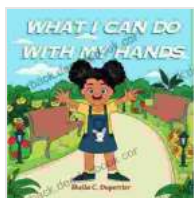
How To Be

In addition to using our hands to do practical things, we can also use them to be. What does this mean? It means using our hands to express ourselves, to connect with others, and to live our lives in a more meaningful way.

Here are a few tips on how to be:

* **Be present.** When you are using your hands, be present in the moment. Pay attention to the sensations in your hands and to the task that you are doing. Don't let your mind wander. * **Be mindful.** Be mindful of your thoughts and feelings as you use your hands. Notice how your hands feel when you are creating something, connecting with someone, or healing yourself or others. * **Be grateful.** Be grateful for the use of your hands. Your hands are a gift, and they allow you to do many wonderful things.

Our hands are a powerful tool that we can use to create, to connect, and to heal. By using our hands wisely, we can live more meaningful and fulfilling lives.

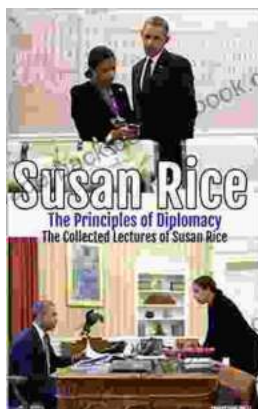


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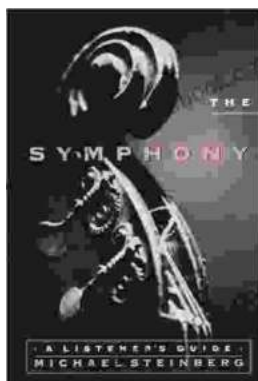
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