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## WISDOM WALK

### *New Book Explores Practices from the World's Spiritual Traditions*

Daily we are bombarded with news about wars based on religious intolerance, suicide bombings, and hate crimes. As a result, fear, prejudice and misunderstandings regarding religions that are different than our own are on the rise.

In the enclosed advance reading copy of *Wisdom Walk: Nine Practices for Creating Peace and Balance from the World's Spiritual Traditions* (New World Library, April 2007), author and minister Dr. Sage Bennet offers an enlightening glimpse into some of the most powerful practices from a variety of religions and traditions. "Knowing about the breadth of spiritual traditions," she writes, "opens the door to tolerance and appreciation of others' religions—and the oneness that runs through them all."

*Wisdom Walk* explores these practices from the following religions, making them accessible without diminishing their substance and showing the power they hold to bring personal peace and balance and awareness about the needs of others:

- **Hinduism's** home altars serve as a daily reminder that we are linked to a larger spiritual presence that adds richness and wisdom to our lives.
- **Buddhism's** practice of the art of meditation leads to greater clarity, creativity, peace of mind, and health
- **Islam's** exercise of surrendering to prayer helps us direct reverent words of request, praise, and thanksgiving to a higher power.
- **Judaism's** weekly Sabbath tells us to rest and relax with family and friends to cultivate relationships that add meaning to our lives so we can return to work refreshed and satisfied.
- **Christianity** reminds us to forgive others and ourselves.
- **Native American** wisdom tells us to let nature be our teacher so we can remember that we are part of the grand matrix of life.
- **Taoism** teaches us to let go and trust the river of life by becoming one with its universal flow.
- The **New Thought** tradition tells us to practice the art of visioning, which links us to inner and universal wisdom and allows us to discover our life purpose.
- **All traditions** encourage service to others in our families, community, and the world

Each chapter includes inspiring quotes and personal stories from each of the spiritual traditions and suggested action steps for applying the various wisdom practices into our daily lives. Whether we are in a dark night of the soul, desire a more fulfilling life, or simply want to learn more about spirituality, *Wisdom Walk* provides a simple, easy-to-follow guide for bringing the world's spiritual traditions into our lives through practical, powerful rituals.

**Dr. Sage Bennet**, an ordained minister who served at the Agape International Center of Truth for eight years, is the author of *Wisdom Walk*. She offers seminars, retreats, counseling, and coaching to those exploring the deeper mysteries on their spiritual journeys. A faculty member at a number of universities, such as Loyola Marymount University, she lives in Marina Del Rey, CA. Visit her online at <http://www.sagebennet.com>

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