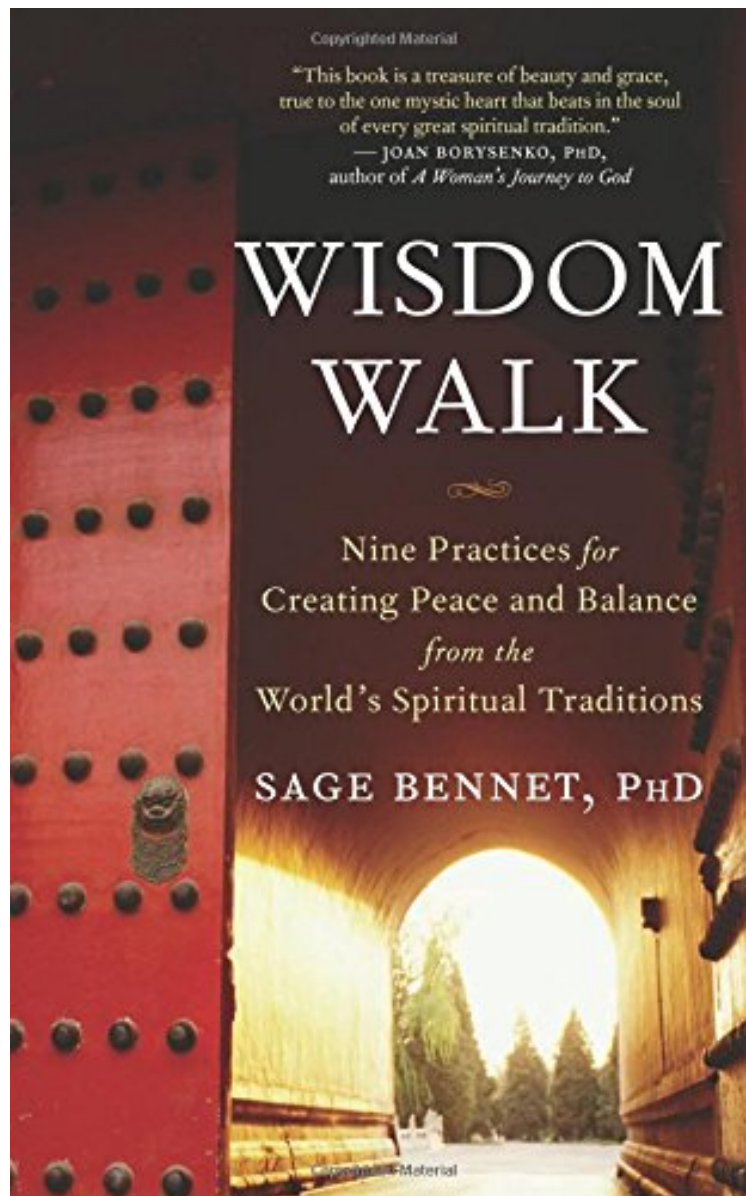


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## Wisdom Walk: Nine Practices for Creating Peace and Balance from the World's Spiritual Traditions

*Sage Bennet*

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Sage Bennet : Wisdom Walk: Nine Practices for Creating Peace and Balance from the World's Spiritual Traditions

before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Wisdom Walk: Nine Practices for Creating Peace and Balance from the World's Spiritual Traditions*:

0 of 0 people found the following review helpful. Worth a read! By Wishful Thinking Great book, read it for a class, it's like a mini-course in world religions that's not preachy. 0 of 0 people found the following review helpful. An easy read and makes you think. By TQI purchased this book for a class I took. I bought another one for my Mother (88) who loves to read. She loved it too. It was like opening a door to a lot of different viewpoints without shoving information down your throat. I really enjoyed the conversational way the book read. It was like taking a walk down a road. Just like the title. Really recommend this for anyone who is looking for another perspective of life. Very thought provoking. 0 of 0 people found the following review helpful. Highly Recommended!! By Liz P I'm a college student who had the pleasure of taking a class with the author of this book, Sage Bennet. She was such a wonderful professor and person but when she made us buy her book I was honestly a bit skeptical of how it'd be. After I read it, however, I was so so thankful that she had us buy it! This book is perfect for those who are looking to bring some inner peace and spirituality into their lives without wanting to immerse themselves into a specific religion. This book basically gives you 7 different steps that you can take (each step inspired by a major world religion) to achieve inner peace. I loved it and highly recommend it!

After experiencing her own crisis of faith, Sage Bennet developed an eclectic spiritual life, borrowing rituals from many religions and traditions. In *Wisdom Walk* she outlines some of the most powerful of those practices, making them accessible to contemporary readers without diminishing or disrespecting their subtle nuances. Drawing from Hinduism, she explains how to create a home altar as a reminder of a larger spiritual presence. She explores how Buddhist meditation helps one find peace. From Islam comes surrendering to prayer, and from Christianity the practice of forgiveness. There's even Native American spirituality in the form of a chapter on letting nature be one's teacher. A final, summarizing chapter, brings together all the traditions, demonstrates their fundamental unity, and discusses the importance of offering oneself in service to others. *Wisdom Walk* provides a simple, easy-to-follow guide for bringing the world's spiritual traditions into one's life through practical, powerful rituals.

From Publishers Weekly Starred . For ordained minister Bennett, familiarity breeds wisdom. She examines eight of the world's great faith traditions, mining them for transcendent practices and forms applicable to any spiritual discipline. Prior to a culminating multifaith chapter on service, Bennett explores Hinduism's home altars; Buddhism's meditation practices; Islam's rewards of surrendering in a daily cascade of prayers; Judaism's observance of the Sabbath to keep relationships with friends and family intact; Christianity's rich legacy of forgiveness; Native American spirituality's nature insights; Taoism's trust in the processes of life; and New Thought's application of "visioning" to discern calling and course. Each chapter uses broad brush strokes to cover the elements of each tradition, as well as the author's running personal narrative to reveal how this approach has unfolded in her own life and teaching. Bennett's thrust is always on seeing how other traditions can support, not erode or supplant, an existing faith. Practical application steps and stories of how her students reacted to and integrated these gifts further serve to make this a lively, honest and substantive conduit toward meaningful conversation in the explosive arena of religion. (Apr.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From the Back Cover "This book is a treasure of beauty and grace, true to the one mystic heart that beats in the soul of every great spiritual tradition." -- Joan Borysenko, PhD, author of *A Woman's Journey to God* "What a brilliant idea Sage Bennet has in this book -- to give us insight into the world's religions while using them to illuminate the components of our own spiritual journeys." -- Christina Baldwin, author of *Storycatcher* "A beautifully simple and clear description of the wisdom teachings of the great religions of the world, enhanced with stories showing their practical benefits. A great read that can lead to inspiring results." -- Catherine Ponder, author of *The Dynamic Laws of Prosperity* "Wisdom is the religion of the heart, and Sage Bennet has given multifaceted insight into the world's timeless wisdom traditions and practices, which is perhaps more timely and needed today than ever before." -- Rev. Michael Bernard Beckwith, founder and spiritual director of the Agape International Spiritual Center "Wisdom Walk is a treasure. This collection of practices from key spiritual traditions affirms the tolerance and respect that have gone missing in our world and that are desperately required if we are to survive and flourish. This book fosters grounded spirituality through practice, a hallmark of any tradition worth its salt." -- Larry Dossey, MD, author of *The Extraordinary Healing Power of Ordinary Things* "Sage Bennet beckons us into the world's great spiritual teachings with her book *Wisdom Walk*. In making these teachings accessible, she invites us to discover the depth that simple but consistent principles in each of them can offer to us in our spiritual unfoldment. Try these practices. The rich gifts they offer will bless your life." -- Rev. Mary Murray Shelton, author of *Guidance from the Darkness* "A marvelously inspired compilation of sacred offerings that unite the reader's awareness into the wonder of the One as seen through the many." -- W. Brugh Joy, MD, author of *Joy's Way and Avalanche*