



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

Sage Bennet

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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.

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