



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

*PhD Sage Bennet*

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

PhD Sage Bennet

After experiencing a crisis of faith, Sage Bennet looked to the practices of the world's religions for help. In *Wisdom Walk*, she beautifully outlines nine of these teachings, making them accessible without diminishing them, while exploring the essential beliefs of each tradition.

From Hinduism: Create a home altar.

From Buddhism: Meditate and find peace.

From Islam: Surrender to prayer.

From Christianity: Forgive yourself and others.

From Judaism: Make time for the Sabbath.

From Native American spirituality: Let nature be your teacher.

From Taoism: Go with the flow.

From New Thought: Catch God's vision of your life.

From all traditions: Offer yourself in service to others.

*Wisdom Walk* provides a simple, easy-to-follow guide for bringing the world's spiritual traditions into your own life through practical, powerful rituals.

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