



## Nine Wisdom Steps From Spiritual Traditions, by Sage Bennet

Each of the first eight [wisdom steps] introduces you to a different spiritual tradition -- Hinduism, Buddhism, Islam, Christianity, Judaism, Native American spirituality, Taoism, and New Thought -- and offers an easy-to-do wisdom practice from which you can benefit. The ninth [wisdom step] departs from this format by focusing on all traditions and their views about service as a spiritual practice.

[...] These suggested actions contain how-to directions that will assist you in applying the wisdom practices in your own life. [...]

- \* Create a home altar. Establish a reminder in your home that you are linked to a larger spiritual presence that adds richness and wisdom to your life.

- \* Meditate and find peace. Learn the skill of turning within and practice the art of stillness that brings peace of mind and bodily health, and leads you to uncover your authentic self.

- \* Surrender to prayer. Cultivate the art of directing reverent words of request, praise, and thanksgiving to a higher power as an alternative to worry and fear.

- \* Forgive yourself and others. Improve the quality of everyday living by dissolving the negativity of past resentments and opening your heart to more love.

- \* Make time for the Sabbath. By designating one day per week as a respite from work, you can deepen your connection with God, become more aware of the blessings in your life, and create more intimacy with family and friends.

- \* Let nature be your teacher. Connect to and learn from nature, and establish an awareness that you are part of the grand matrix of life.

- \* Go with the flow. Become at one with the universal flow of life, and spend less time and energy resisting its movement.

- \* Catch God's vision of your life. Practice the art of visioning, which links you to inner and universal wisdom, allowing you to discover your true life purpose.

- \* Offer yourself in service to others. Assist others in your family, community, and the world, and reap the satisfaction of selfless service. --Sage Bennet, From "Wisdom Walk"