



# **CAMINO DE LA SABIDURIA, EL (Spanish Edition)**

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Muchas personas sienten la necesidad de incorporar prácticas espirituales a su vida cotidiana para buscar consuelo y dar un sentido más profundo a la vida, pero al no profesar ninguna religión en particular no saben cómo hacerlo. Sage Bennet recurre a las principales tradiciones religiosas -hinduismo, budismo, islamismo, cristianismo, espiritualidad de los nativos americanos, taoísmo y ""nueva era""- para extraer de cada una la práctica o ritual más poderoso y sencillo de incorporar al día a día. Doctora en filosofía y experta en religiones del mundo, la autora nos muestra cómo adoptando estas prácticas -oración, meditación, mantenimiento de un altar casero, instauración de un día consagrado a Dios, perdón, contacto con la naturaleza...- la vida adquiere un sentido más pleno y profundo. Un viaje maravilloso a las grandes tradiciones espirituales del mundo que nos hace conscientes de que la espiritualidad es la mayor riqueza de la existencia. / Starred Review. 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. PW



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