

"Walking With the Saint" by Mary Anne Ayer Released by Tenth Gate Publishing

This book was written as an explanation of what many of the world religions and spiritual paths have to offer the seeker of spirituality. It is based upon the writer's own spiritual search, which began in India, and ends back in India. It is based upon a profound search for answers about who one is, who God is, and what is this world all about from the standpoint of the seeker. In order to get answers, the author dropped everything, including her Catholic background, and ended up in India studying the ancient Hindu spiritual texts in their original language of Sanskrit for two and a half years. The course was intense and covered the world, but provided a profound indication of the direction of the major world religions and the experiences of the mystics, which form the role models of the world religions.

After completing the equivalent of a twelve-year study of East Indian scripture in an intense two and a half years the author was able to travel the continent in search of the holy men who represented their spirituality in their lives. Many miracles and holy men later, the author turns her attention to Tibetan Buddhism, experiences in a Zen monastery and meeting the Dalai Lama. Finally, the search ends with the meeting of a holy Saint and teacher of meditation. Since the passing away of this Saint, a new adventure begins in the search for His protégé, so that others may benefit by this profound journey within through meditation.

This book helps those who have questions about their own religion and spirituality. It talks about the whys of spiritual dogma and practice. It clarifies different spiritual paths and legitimizes spiritual experiences of the Saints and the practitioners. It gives the reader a clear idea about the fundamentals of spirituality and where a person should begin to develop a link with the inner experiences. It helps a person choose a spiritual practice and demonstrates its benefits. The book takes the mystery out of mysticism, demonstrating that, no matter which religion an individual adheres to, practice brings results in getting in touch with the soul behind the mind. It

explains the dogma of Catholicism; for example, what and why has been lost by the church as it separated itself from its mystical source.

The material is based upon firsthand experience of the author as she wades through not only the dogmas of world religions, but her practice of different meditations over the past thirty years. This book is an important addition to current published spiritual literature because it demonstrates the value of the inner search in terms of gaining personal happiness and freedom. It goes beyond mere explanation, to the actual how-to of spirituality, so that the reader can begin his/her own inner journey of the "house with many mansions". It relates spirituality to the fundamentals of world religion, but then goes one step beyond to the actual experience of the "peace that passeth all understanding". It answers basic questions about our own Christian religion, for which we have never had answers, and provides a launching pad to begin oen's own inner journey.

About the Author

Mary Anne Ayer is a wife and mother of two children, who, after growing up in a strict Catholic school environment, took off into the world searching for answers to questions about God and God-realization. Her study of anthropology and foreign languages, as well as experience as a teacher of Indian philosophy for over ten years and practitioner of meditation for over thirty years, provide the reader with some interesting observations and insights into the discipline of spiritual practices. She invites the reader to join her so that spiritual insights and benefits can be experienced firsthand by anyone seeking them. She is able to cross-reference the experiences of mystics around the world to demonstrate that the journey within is not based upon subjective imagination, but has a link to the subjective experiences of mystics in all cultures and religions. This is truly a remarkable journey and the author invites you, the reader, to experience this fascinating outer and inner voyage with her.