

"Walking With the Saint" by Mary Anne Ayer
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This book is for those who have questions about religion and spirituality, for it shows the unity in all spiritual paths of all religions. Whatever spiritual path you choose, the hope is to give you understanding into what you are doing and why. Based upon the author's own spiritual search, which began in India, she offers profound answers about who one is, who God is, and what the world's all about.

It explains the whys of spiritual dogma and methods to practice to go beyond words to firsthand experience. It provides information so that the reader can choose a spiritual practice and understand the subsequent 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.

This book is an important addition to currently published spiritual literature because it emphasizes the value of the inner search in terms of gaining personal happiness and freedom. It explains the role of the Saint, one who is fully God-Realized. Through initiation by a Saint, the Soul is energized into a whole new existence of infinite peace and love. Thereafter, when we walk through this journey of life, we will never walk alone.

Walking through life with a deadened spirit is a lonely and difficult proposition full of hardships and challenges. Walking with the Saint, who is a true friend of the Soul, we find meaning and purpose to life. The guiding hand of the Saint is always resting on our back. The journey is a passage back to God and love and joy. While the mind finds its goals of peace and happiness, the Soul gets its gifts of self-fulfillment and God-realization.