

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

What would it be like to meet a Living Saint? In the book Walking with the Saint, the author talks about her experiences with a person of saintly stature. She explains that they are not ordinary people who operate out of the motivations of desire and fear, but have, because of their own spiritual practices, been able to connect with God and are here not to serve themselves, but to serve God and the world.

In her book Walking with the Saint the author takes you on a journey to find answers to the fundamental questions about life and the soul and in her travels, studies and spiritual practices of religious culture around the world, she encounters a living Saint, who shows her how to connect to peace and happiness within and to begin her soul journey back to her spiritual home.

"The inner subjective world of experience, like the outer world of experience is verifiable and the same for all spiritual practitioners around the world, regardless of the culture or time in which these practices were performed. When I started to discover that the Christian mystics and Saints had similar inner experiences as the yogis and sages of the East, then I understood that the spiritual journey was a real one and had legitimacy" said the author, Mary Anne Ayer. Her journey has lasted for 30 years, from Ashrams to temples and monasteries. She speaks of encounters with yogis, rumpoches, sages and monks, and finally her encounter with a Living Saint.

"People do not realize that spiritual practices create an actual pathway through the brain to the soul and what tremendous benefit they have in getting us in touch with our full potential as human beings", said Ayer. "The soul has been knocking around for lifetimes and has many gifts of intuition and inner sight. When we learn how to connect with our souls, we connect not only

with the 'many mansions of our fathers house', but with our true purpose and destiny and God-head".

It was Ayer's hope in writing this book that she could explain and tie in spiritual practices with their results so that her children and any one else with similar interests would be able to benefit from this "fantastic journey of soul stirring proportions". "We in the west are so scientifically oriented that it is easy to dismiss the validity of religion as mere superstition. But what I found out was that spirituality is just another level of objectifiable experience within the domain of the mind and soul, and that we can actually control the process of becoming more spiritual and exploring these worlds through a scientific process. It was the study of ancient texts in the Sanskrit medium of perhaps up to 5,000 years old that brought all kinds of answers and understanding to the spiritual practices of my own religion, Catholicism. My thinking was, for example, if only Catholics at home had any idea of what these traditions and practices mean to them, it would open up all kinds of inner doors for them. The Bible came alive after my trip to the Orient", she said.

"We in the West are used to thinking that there are a few human beings who have got what it takes to be spiritual giants and the rest of us can just look on with wonder, but are not able to enter their world. On the contrary", says Ayer, "all of this is a process which is explained very scientifically by our Eastern practitioners of earlier times, and we also can, by performing certain practices and following certain rules, tap into the 'peace that passeth all understanding'."

In the book Walking with the Saint, the author takes you on her personal journey to the Orient and back to rediscover what ancient spiritual texts and science have to say about the process of becoming a mystic and of tapping into the spiritual energy and inner wealth that comes with spiritual practices. She explains that when it comes to experiencing the benefits of

the inner spiritual domains, it is like looking at advanced physics, advanced chemistry, advanced psychology and even advanced geography all in one.

Ayer invites you to a talk about all of this at the \_\_\_\_\_ Bookstore on \_\_\_\_\_, \_\_\_\_\_, at \_\_\_\_\_ when she will sign her book.

\* \* \*