



# Ancient Wisdom for a New Age: A Practical Guide for Spiritual Growth

*Terry Hunt, Paul Benedict*

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Is everything just as it should be, or is the world spiraling out of control and we must try to save it? Is life simple, once we understand how it works, or is it so complicated only a nuclear physicist could understand it? The authors claim that life is simple, but only if we accept what we encounter with equanimity and are willing to replace old ideas with new ones that make more sense. Attachment, resistance, and emotional reactions are what make life difficult. Is there a personal God? Does Satan exist? Do politics have a role in the spiritual development of our world? What part does sex play in our spiritual development? This is not a "safe" book. The authors have answers for all these questions and more, but not all readers will agree with them. And that is as it should be, according to them. Their concepts of how life works, based on Ancient Wisdom teachings, will make you analyze, ponder over, and re-assess your entire belief system. The overall message is one of assurance. As one reader said, "It gave me hope. I never considered myself a spiritual person until I read this book." "This book speaks in today's language to seekers of all ages. Whether a seasoned student or a beginner, it opens new doors and fresh vistas on the soul's journey to wisdom. It is indeed a practical guide, at the same time surveying all the principles necessary for understanding the wisdom-tradition we know as Theosophy. This book brings the Ancient Wisdom into the 21st century!" - Joy Mills, author of *Reflections on an Ancient Wisdom* "Ancient Wisdom for a New Age provides some very important advice for those who want to live the spiritual life. The chapter on reincarnation is especially well-done. Hunt and Benedict are to be commended for making a noble effort to help spiritual pilgrims on their way. By far the most practical chapter in the book is 'Your Spiritual Practice'." - Quest Magazine

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