



# Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind

By Roger Walsh

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Essential Spirituality beautifully articulates the benefits of spiritual living in the material world.-Dan Millman, author, Everyday Enlightenment and The Way of the Peaceful Warrior""Deceptively simple. Its power is rooted not only in Dr. Walsh's formidable intellectual capacity to deal effectively with a vast body of religious literature but in his own deep spiritual practices in a multitude of disciplines over many years. An important contribution.""-Ram Dass, author, Be Here Now ""An absolute masterpiece . . . Essential Spirituality is helpful to both the unseasoned and seasoned seeker. The writing is deep, simple, and clear yet at the same time poetic and musical. A must read.""-GERALD G. JAMPOLSKY, M.D. author, Love Is Letting Go of Fear

""Energetic, engaged, and occasionally electrifying. . . . The field of spiritual books has been looking for its own Lewis Thomas or Carl Sagan, and I believe Roger Walsh may be that one.""-KEN WILBER, author, One Taste and A Brief History of Everything

Based on over twenty years of research and spiritual practice, this is a groundbreaking and life-changing book. In his decades of study, Dr. Roger Walsh has discovered that each of the great spiritual traditions has both a common goal and seven common practices to reach that goal: recognizing the sacred and divine that exist both within and around us. Filled with stories, exercises, meditations, myths, prayers, and practical advice, Essential Spirituality shows how you can integrate these seven principles into one truly rewarding way of life in which kindness, love, joy, peace, vision, wisdom, and generosity become an ever-growing part of everything you do.

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### Editorial Review

#### Amazon.com Review

Psychiatrist and philosopher Roger Walsh looks at seven common practices of the world's major religions to tease out a guidebook for contemporary spirituality. With gleanings from Judaism, Christianity, Hinduism, Buddhism, Taoism, and Confucianism, Walsh offers seven chapters devoted to enlightenment. For example, "Practice 1" discusses how readers can reduce cravings and find the soul's desire (very relevant in an increasingly materialistic world). Once Walsh has laid out the goals and reasoning behind each practice, he offers an array of exercises, such as how to "Examine the Experience of Craving" or "Reflect on the Cost of Craving." Although this format is overtly self-help, Walsh has brought forth a wise and highly respectable book that integrates some of the best practices that the world's religions can offer. The introduction by the Dalai Lama gives Walsh great praise for helping readers become purer in motivation so that they can lead a more fulfilling life in service to love and compassion. --*Gail Hudson*

#### From the Inside Flap

Essential Spirituality "The field of spiritual books has been looking for its own Lewis Thomas or Carl Sagan, and I believe Roger Walsh may be that one." —Ken Wilber, author of *One Taste* Based on over twenty years of research and spiritual practice, written by a man who is both a spiritual practitioner and award-winning scientist, this is a groundbreaking and life-changing book. For the first time, *Essential Spirituality* shows how you can apply the seven practices central to all the world's major religions in your daily life. In his decades of study, Dr. Roger Walsh has discovered that each of the great spiritual traditions has both a common goal and seven common practices to reach that goal: recognizing the sacred and divine that exist both within and around us. Going beyond *Care of the Soul*, *Essential Spirituality* integrates the spiritual principles of Buddhism, Christianity, Hinduism, Islam, Judaism, and Taoism into one truly rewarding way of life in which kindness, love, joy, peace, vision, wisdom, and generosity become an ever-growing part of everything you do. Filled with stories, exercises, meditations, myths, case histories, prayers, and practical advice, this extraordinary book has the power to change your life now. "An engaging, inspiring synthesis of the core insights of humanity's spiritual traditions. This is a rare gem of a book—a unique treasure distilled from a quarter century of deep spiritual practice and intellectual inquiry. *Essential Spirituality* is a book to live with and work with, filled with simple though powerful exercises that invite people to discover for themselves the truths about which Roger Walsh writes so beautifully and lovingly." —Duane Elgin, author of *Voluntary Simplicity*

#### From the Back Cover

"*Essential Spirituality* beautifully articulates the benefits of spiritual living in the material world."—Dan Millman, author, *Everyday Enlightenment* and *The Way of the Peaceful Warrior* "Deceptively simple. Its power is rooted not only in Dr. Walsh's formidable intellectual capacity to deal effectively with a vast body of religious literature but in his own deep spiritual practices in a multitude of disciplines over many years. An important contribution."—Ram Dass, author, *Be Here Now* "An absolute masterpiece . . . *Essential Spirituality* is helpful to both the unseasoned and seasoned seeker. The writing is deep, simple, and clear yet at the same time poetic and musical. A must read."—GERALD G. JAMPOLSKY, M.D. author, *Love Is Letting Go of Fear*

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