

**For Immediate Release**

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## ***The Wisdom of the Masters Translated for Today's Peace of Mind***

*"Reading Michael's book is like listening to a symphony that leaves you feeling uplifted. For all those who seek an alternative to suffering."* – George Fine

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**San Francisco, CA (August 1, 2010)** -- In his new book, *Making Your Wisdom Come Alive*, Michael Gluckman reveals secret teachings passed down from antiquity. He shows the reader how these teachings are actually reasonable and meant to be experienced. Although they help with stress, depression and anxiety, Michael shows how life is much more than just getting free of neurosis. In fact the readers will be surprised by how much joy and wisdom they can experience in their life and meditations when they look to their own being.

Lost and rediscovered again and again throughout history, the wisdom of the masters has, until now, seemed largely unknowable, unavailable to us in the 21st century. By studying the words and the deeds of the sages--such as Christ, Buddha, Lao Tsu, Moses, Meister Eckhart and Shankara--and translating their words into appealing, easily understood, everyday English, he points the readers to the endless spring of consciousness, which is their genuine self-nature and their birthright of happiness.

At last, through Gluckman's interpretation, the masters speak directly to our souls. Just as the sages were enabled to achieve their states of indescribable bliss, peace and freedom, we learn that we can stand in that freedom too as the source of Wisdom and bliss. *Making Your Wisdom Come Alive* promises to help the readers:

- Experience happiness and joy at the source
- Banish emotional pain, stress and depression
- Find peace when all seems lost, when you are sick, broke, afraid, alone
- Deepen their meditation practice and find the center of their mind

Traditional and "moving meditation" is also a significant element of the book, wherein the author relates the reasons behind the powerful effect that meditation practice has on daily life and the process of enlightenment.

From Kevin Loucks:

*"I came upon Making Your Wisdom Come Alive after years of reading, and studying books, from the Bhagavad Gita to the Tao Te Ching and others. I enjoyed them on an intellectual level, yet I had trouble bridging the gap between my intellect and my experience. Finally, when I needed to experience what I was reading about first hand, Gluckman helped to start me on my way. His book does make my wisdom come alive, and much, much more."*

Michael Gluckman writes:

*"My hope in writing this book is not so you can learn a new or improved philosophy, but so that you can have direct experience of the screen on which the whole universe is projected. So you can be liberated from the limitations that the world seems to present, and live in freedom and joy that you never would have thought possible."*

*For instance you look for things to provide you with the peace and joy that you already have. Even when you get the relationship, the car or the house that you want, the real happiness that you experience comes from your own Being, the place where you actually experience it anyway; it doesn't come from an object.*

*When the car crashes, or the house gets foreclosed on, you seem to lose that happiness. This has nothing to do with the object, it has to do with you overlooking your essential nature and taking limitation to be normal.*

*In my book, I describe the process of cutting the strings of limitation so you can destroy limiting beliefs and make the highest wisdom in the universe your own everyday experience."*

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**Title:** *Making Your Wisdom Come Alive*

**Pub Date:** 2010

**Author:** Michael Gluckman

**Publisher:** Light Up Your Life

**ISBN-13:** 978-1-4507-2240-7

**Distributors:** New Leaf, Baker & Taylor, Ingram

**List Price:** \$15.99

**Format:** Paperback, 273 pages, 5.5 x 8, numerous illustrations

**Rights:** World