

Transcript

Mark Nepo on Spirituality & Practice's Wisdom Keepers

Hi. I'm Mark Nepo and I'm excited to share this announcement and letter of support for Mary Ann and Fred Brussat and for all their good work.

Throughout history, there have always been those who have preserved the best of who we are, who gathered and shared the depths of what tribes and traditions have worked very hard to know. Mary Ann and Fred Brussat are a part of this lineage. For over thirty years, these two have gathered and detailed the wisdom of many traditions in our multicultural world. And even more, they've put it all online through their website, which some of you may know, *Spirituality & Practice*. They've made it all accessible, and they've been spreading timeless tools using modern technologies.

During the Middle Ages, the monks were the ones who kept literacy alive, and the Brussats are of the wisdom keepers in our age who are keeping spiritual literacy alive. Through their devotion and diligence, they have created an unprecedented "Wisdom Archive." And in a very real sense, this is a "living" archive because it encourages people to take this wisdom in all its forms into their lives.

And I would also say that this is far from academic. It's not dead material; it's very alive and relevant. The Brussats and their team have created a Spiritual Practices Database, an Alphabet of Spiritual Literacy, a Spiritual Literacy DVD Series, and a Spiritual Practice Toolkit. They have also created a series of E-Courses as well as a Living Spiritual Teachers Project, which gathers the wisdom and practices of over 140 elders from all traditions.

And I have to say and bear witness that quietly, steadily, humbly, and with great integrity, the Brussats have added to the legacy of the world's knowledge centers. In a world that's so far-reaching and lightning fast, we need centers of depth to ground us in both spiritual practicality but also in the mystery of life that has always been our fuel and our source.

I encourage you to drink from this wellspring of wisdom, to use its abundance of practices, and to support this enormous resource in any way you can.

—Mark Nepo, author of *The Book of Awakening* and *The Endless Practice*