

Deepest Acceptance: Radical Awakening in Ordinary Life



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Reviews

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(Alison Stanton)

DEEPEST ACCEPTANCE: RADICAL AWAKENING IN ORDINARY LIFE



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SOUNDS TRUE INC, United States, 2012. CD-Audio. Condition: New. Language: English . Brand New. Out of Suffering and into What Has Already Been Allowed How can we bring an effortless yes to this moment? How do we stop running from the mess of life our predicaments, our frustrations, even our search for liberation and start flowing with all of it? In small venues throughout the UK and Europe, a young teacher named Jeff Foster is quietly awakening a new generation of spiritual inquirers to the experience of abiding presence and peace in our ever-shifting world. His informal gatherings, blogs, and kitchen-table video posts have created a rising tide of interest in his teachings. With *The Deepest Acceptance*, Jeff Foster invites us to discover the ocean of who we are: an awareness that has already allowed every wave of emotion and experience to arrive. While Jeff delightfully admits the irony of an audio program to convey something that is beyond words to teach, here he confirms his ability to guide us in unexpected new ways to a space of absolute acceptance and joy, no matter what's happening in our lives. Those who enjoy spoken-word teachings will find this original audio edition of Jeff Foster's book especially engaging. Here, he guides us in the spirit of his spontaneous talks and dialogs, into the direct experience of deepest acceptance. Candid, thoughtful, humorous and deeply compassionate toward those searching for a way out of suffering this refreshing new luminary inspires us to stop trying to do acceptance and start falling in love with what has already been allowed. Wise, spacious, and loving. Teachings that can free the heart. Jack Kornfield, author of *A Lamp in the Darkness* and *A Path With Heart* There is a transmission in this book: an alive, compassionate presence that invites awakening right here,...



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