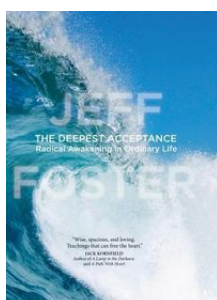


# THE DEEPEST ACCEPTANCE: RADICAL AWAKENING IN ORDINARY LIFE

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....



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### The Deepest Acceptance: Radical Awakening in Ordinary Life

Author	Jeff Foster
Original Book Format	Hardcover
Number of Pages	288 pages
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## Peek Inside the Book

All human suffering is a variation on this theme trying to control the waves, trying to control our present-moment experience so it conforms to our ideas and concepts of how it should be. If you want to...

Admit is a beautiful word it means both tell the truth and allow in. To admit present experience to tell the truth about what is actually present is to recognize that what's present has already been admitted...

## Reader's Opinions

Seems like a fairly straightforward concept but feels difficult to actually implement. Essentially, we are each open spaces in which waves of the cosmic ocean can appear and disappear. All thoughts, feelings, experiences, etc., are just waves, some appear briefly, others are larger and last for a while but ultimately all return to the...

Uno de los libros que mas he disfrutado en mucho tiempo. Belleza, sencillez y honestidad. Una invitacion a