



Falling in Love with Where You Are: A Year of Prose and Poetry on Radically Opening Up to the Pain and Joy of Life

By Jeff Foster

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As we open up to life and love and each other, as we awaken from our dream of separation, we encounter not just the bliss of existence, but its pain, too; not only life's ecstasy, but also its agony. Healing doesn't always feel good or comfortable or even "spiritual," for we are inevitably forced to confront our shadows, fears, and deepest longings—those secret parts of ourselves that we have denied, repressed, or deemed "negative" and unworthy of our love. How can we find the calm in the midst of the storm? How can we rest, even as the ground falls? *Falling in Love with Where You Are* invites you to discover a deep YES to your life, no matter what you are going through; to see crisis as an opportunity to heal, pain as an intelligent messenger, and your imperfections as perfectly placed. Through his prose and poetry, Jeff Foster will guide, provoke, encourage, and inspire you on your lonely, joyful, and sometimes exhausting pathless journey to the Home you never, ever left: the present moment. "Even in your glorious imperfection," Jeff reminds us, "you were always a perfect expression of life, a beloved child of the universe, a complete work of art, unique in all the world..."

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Editorial Review

About the Author

Jeff Foster studied astrophysics at Cambridge University. He holds meetings, retreats, and private sessions around the world, gently but directly pointing people back to the deep acceptance inherent in the present moment. He was voted #51 in *Watkins Mind Body Spirit's* 2012 list of the world's 100 Most Spiritually Influential Living People. www.lifewithoutcentre.com.

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