



The Deepest Acceptance

Jeff Foster

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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 writing a book 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.

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.”

Jeff Foster writes and speaks from his own awakened experience to help show the way out of seeking fulfillment in the future and into the acceptance of “all this, here and now.” He studied astrophysics at Cambridge University. Following a period of depression and physical illness, he embarked on an intensive spiritual search that came to an end with the discovery that life itself was what he had always been seeking.

Just as the ocean accepts every wave, so too has our awareness already allowed and accepted what is here.—Jeff Foster

"Wise, spacious, and loving. Teachings that can free the heart."

– Jack Kornfield, author of *A Lamp in the Darkness* and *A Path With Heart*

"Written with warmth, humility and a gentle but penetrating honesty, Jeff invites the reader to explore those places in themselves that they would most want to avoid and to find there, at their heart, the very thing they were seeking. However, long after the words have faded from memory, the intelligence and love with which they are written remain behind and that is the true gift of this beautiful book.

– Rupert Spira

"Jeff has achieved something wonderful with this honest and insightful book - something that benefits all of us and sheds much-needed light on the mystery we call life."

– Stephen Gawtry, Managing Editor, *Watkins MindBody Spirit* magazine

“This book is a constant invitation to not leave spiritual awakening where it is often left, as a search for experiences, a way to avoid the messiness of life or some sort of head trip. It invites you into every nook and cranny of life's experience, leaving no stone unturned.”

– Scott Kiloby

"Throughout *The Deepest Acceptance*, Jeff Foster offers sentence after sentence that penetrate the mind and heart in a fresh, thrilling, life-changing way."

– Raphael Cushnir, author of *The One Thing Holding You Back* and *Surfing Your Inner Sea*

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