



Ascending with Both Feet on the Ground: Words to Awaken your Heart

Jeff Brown

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Perhaps the first of its kind, 'Ascending with both feet on the Ground' is a collection of author Jeff Browns most inspiring and well-loved Facebook quotes, soul-bytes, excerpts and aphorisms. In Jeffs hands, Facebook status became a kind of spiritual graffiti, a grass roots opportunity to inspire, support and connect with humanity. With a writing style that is unforgettably heartfelt and original, Jeff calls out to our inner knowing and reminds us of the magnificent life that awaits us. This little treasure book is no generic quotes book. It is an impactful, stirring and enlivening piece of art that will keep you company on the journey home. Exhilarating, compassionate, in-sightful, these truth-soundings will help you to excavate your purpose, befriend your confusion, confront your avoidance, ground your spirituality and open your heart. At its core, Ascending reflects the grounded spirituality that threads through all of Jeffs writing, one that celebrates 'enrealment' - a way of being that is inclusive and honoring of all that is human. Nothing and no one gets left out on the path home. Everything- feelings, personal identifications, practical challenges, mystical moments, the dust that falls off our awakening hearts- are part of our spirituality. With writing that is simultaneously mystical and practical, this little treasure of a book beautifully reflects the indistinguishable weave between spiritual and emotional life that is becoming deeply important to seekers on the path. Time and again, you can turn to its pages to feel supported in your quest for an authentic and integrated life. And at the back of the book are 3 of his most inspiring blogs, including the profound 'Apologies to the Divine Feminine- from a warrior in transition', now read and loved by hundreds of thousands of people worldwide. Enjoy!

Anyone who has ever tried to write about the spiritual journey knows how hard it is to find words that are big yet humble enough, serious yet light enough, full of drama and awe yet also stripped down and naked. This little book pulls it off. Jeff Brown has a most marvelous way with words. You think you are reading a joke, and it turns into a profound realization. Or you are following a complex thought to completion and suddenly it blossoms into a song and dance. I love learning about life and truth and love and purpose through the wizardry of Jeffs words. I think you will too. -- ELIZABETH LESSER, Co-host OPRAH'S 'Soul Series' radio, author of 'Broken Open' and 'The Seekers Guide'; Co-founder, Omega Institute

Jeff Brown stirs the soulful imagination with words that encourage, challenge and remind us what we are and why we are here. His aphorisms- soulshaping nuggets for the journey- come from the heart of his experience. Enjoy! -- ORIAH MOUNTAIN DREAMER, Bestselling author of 'The Invitation', 'The Call', 'The Dance'

With great wisdom, depth, humor and warmth, Jeff Browns brilliant offering pierces through the veil of pretense, and brings us to our knees before the refreshing alter of authenticity. His musings manage to offer both an elevated, delightful and invigorating perspective as well as gift us with a grounded, solid pathway home to the most true and tender parts of ourselves. A heartwarming and heart-opening read, this beautiful little piece of art rekindles an almost childlike faith in the possibilities present, while reminding us to do the very real work to actualize them -- KATHERINE WOODWARD THOMAS, bestselling author of Calling in 'The One'; and co-leader of the Feminine Power Global Community

Jeffs writings are so inspiring! His quotes wisely and warmly support our shared expansion, and his Apologies series brings men and women together in a healing process that we all must go through to be whole. We heartfully recommend this special book. -- STEPHEN & ONDREA LEVINE, authors of

'Embracing the Beloved' and 'The Healing I took birth for'

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