



An Extraordinary Absence: Liberation in the Midst of a Very Ordinary Life (Paperback)

By Jeff Foster

Little, Brown Book Group, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Jeff Foster invites you to forget everything you know, everything you ve been taught, and everything you ve ever read about spiritual awakening, Oneness, enlightenment, non-duality, and Advaita, and to consider a new possibility: the possibility of absolute freedom, right now, right here, in the midst of this very ordinary life. Using everyday language and drawing on both personal experience and age-old wisdom, Foster shares the possibility that all the seeking and longing of the mind can come to an absolute end with the falling away of the sense of being a separate individual, and a plunge into unconditional love. And in that plunge-which is totally beyond anything you have ever imagined-this so-called ordinary life reveals its great Secret. Written with stunning clarity and aliveness, this book is a love letter to the exhausted spiritual seeker who is simply longing to come Home.



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