

# **The Body Intelligence Summit™**

## **Busting the Myth of Self-Improvement:**

### **Discovering the Divine Perfection Even in Your Imperfections!**

#### **Jeff Foster**

**[0:00:00]**

Announcer: Welcome to The Body Intelligence Summit 2016 where top scientists, coaches, dance facilitators and health experts are coming together with you to discover the joy of embodied connection. We appreciate you sharing this powerful information with your friends and family. Also, join in the conversation on Facebook at The Shift Network.

And now, your host, Mark Metz.

Mark: Hello and welcome to The Body Intelligence Summit. I'm Mark Metz. Today for this interview, I'm interviewing Jeff Foster, *Life Without a Centre*. Jeff is a well-known spiritual leader and a young fellow with an amazing story to tell who teaches and travels all over the world. He's got four books out in six different languages. You can learn more about him, of course, at *Life Without a Centre*. He's got an amazing story. I'd just like to jump right in, Jeff, and let you introduce yourself and tell us a little bit about yourself.

Jeff: Great, Mark. Well, thank you for that introduction. I hope I can live up to that. My story is kind of an extraordinary one, but also very ordinary as well. I don't see myself as a special being or an enlightened guru or anything like that. I'm just someone who's suffered quite a lot in my life especially in the first 25 years of my life. My mind was kind of a torture chamber. I was plagued by so many thoughts and beliefs that just kept me small and hiding from the world. I was plagued by so many difficult, uncomfortable feelings. I was at war with my feelings. I was at war with my thoughts for most of my life.

That changed about 10 years ago when I saw a chair one day. Basically, I had been looking for enlightenment because I was in so much pain and so much depression. I hated myself so much in my teenage years and my early 20s. Then I had a little bit of a breakdown when I was about -- I can't remember -- 22, 23 years of age. Life kind of brought me to my knees really. Life just became unlivable. Life just became too much for me, plagued by thoughts, plagued by feelings. I just couldn't handle being alive anymore. I really wanted to die. I think I was about -- I can't remember now -- 23 years of age.

At that point, I read myself a spiritual book and I became the world's most obsessive spiritual seeker. Well, that's because I was in so much pain, so much

psychological pain. I was desperate for a way out. I was definitely seeking enlightenment or awakening or some kind of shift or transformation. I spent a year, two years maybe -- I just shut myself off from the world. For me, it was like become enlightened or die really. I had to get to this place called enlightenment; otherwise, I was going to kill myself. That was the way I was back then. I just became obsessed with enlightenment. Back then, I saw enlightenment as some kind of destination, some kind of place that I would get to one day.

For a long, long time, I've meditated and read hundreds and hundreds of spiritual books. I've watched loads of YouTube videos. I have spiritual teachers and I self-inquired and did all these mantras and all these spiritual practices, trying, trying, trying so hard to get to this place called enlightenment because back then, again, I thought enlightenment was a destination, a goal, a place I was going to get to. I imagined that enlightenment would be this place where all my pain disappeared, all my sadness disappeared, all my anger disappeared. Basically, all my human feelings disappeared and that was just pure bliss all the time. That was the way I conceived enlightenment back then. It was basically an end to all of my human feelings, an end to my thoughts, an end to my feelings, but no matter how hard I tried, I just couldn't get to this place called enlightenment.

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It really got to the point where I was becoming just so exhausted trying to get there with all the meditation, all the thinking and processing, all the Sanskrit words and all the different teachings and all the different spiritual teachers. It really got to the point where I was kind of exhausted with the whole thing. I just didn't quite know how to get there. I didn't quite know how to get to enlightenment. I also didn't want to go back to the way I was, so I was stuck in this gray zone. It was a bit of a Dark Night of the Soul really.

I was just tired from trying to work everything out and trying to understand enlightenment and all these concepts I had like transcending the ego and going beyond the ego, losing the self and being the witness, being the observer, choiceless awareness, all these ideas, all these spiritual ideas and spiritual concepts I picked up over the years. I just got to the point where I was completely exhausted with chasing enlightenment, chasing some future goal that never seemed to arrive.

To that point, as I said, I saw a chair one day. I think this was the point in which my life really began to change. One day, I was just sitting there. I was lying down, I think, just completely exhausted from seeking enlightenment, seeking the light in a way, trying to get to the light, exhausted from trying so hard and struggling. I looked over a chair and suddenly really everything become clear. I realized that basically -- the way I'll put it into words now because back then I didn't really have the words -- but suddenly, I just realized that everything I've been looking

for, everything I've been longing for, everything I've been seeking was right here in the present moment, was right here where I was, where I am. It wasn't something far away.

Enlightenment or awakening or consciousness or God, all these words I've been using, it was right here. Everything I've been longing for was right here. It was appearing as a chair. It was like it was hidden in the very ordinary things of the present moment, things that I have overlooked for so many years in my pursuit for something beyond. So it was here, oneness, wholeness, it was here in the chair and in the carpet and in the walls and the ceiling.

Then I looked over at my body. I brought attention to my body and I realized that whatever it was, it was also the body. The body wasn't something bad. The body wasn't something sinful. The body wasn't something unspiritual. Suddenly, I realized that the body wasn't something that I had to transcend or get rid of because for so many years, I've been following these teachings of going beyond the body or transcending the body or leaving the body or losing identification with the body.

Suddenly, I realized that actually I had it the wrong way around, that the body was sacred, the body was included. It wasn't bad. It wasn't longing. It wasn't sinful. It wasn't against awakening. The body was also oneness. The body with all of the feelings and all of the thoughts and all of the sensations that I've been running away from my whole life really, I've been trying to run away from or get rid of or push away or transcend or go beyond, they really were all sacred.

All my feelings are included, all the feelings, not just the so-called positive ones, not just the bliss, the joy, the excitement, but also the sadness, the fear, the anger, the confusion, and the frustration. They were all sacred. They were all movements of life. They were all movements of life energy and therefore deserve to be included, deserve to be honored.

So included with the body was the chair. It was the carpet. It included the body and all its imperfections, its smells and its tastes and all the different feelings. So this insight really, the sacred was actually here hidden in the ordinary at the last place I'd ever think of looking for.

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That insight really turned my life around. For me, it ended the seeking. It made me realize that actually the present moment was sacred and the present moment is all there is and the present moment is my home. I think my whole life I've been looking for my true home. I've been looking for it outwards in the wrong direction.

My whole life I've been looking for love. I realized that actually love was here. Love is what I am. My whole life I've been looking for happiness, again, outside of myself, always outside of myself. I realized no, no, no, the source of happiness is right here at the present moment. It's here in my very presence. My very being is the source. Everything is included, every thought, positive and negative, every feelings, sadness and the joy, the boredom and the bliss, the excitement and the fear, they're all just energies that want to move in us.

Basically for the first time in my life, I realized that there was nothing wrong with me. My whole life since I was a kid and up until that point, I truly believed there was something wrong with me. I think a lot of people around the world these days are still carrying that belief they picked up when they were young, there's something wrong with them or they're somehow incomplete or they're not good enough or there's something broken inside of them. I came to realize this was an illusion, that really deep down there's nothing wrong with us.

Even if we feel sad, there's nothing wrong with us. Even if we feel fear, there's nothing wrong with us. Even if we feel confused, there's nothing wrong with us. Even if we feel there's something wrong with us, there's nothing wrong with us. These are all very sacred, important feelings and they deserve a place at the table in a sense. They deserve a place in the present moment.

Fast forward a few years, maybe 10 years later, this is really what I teach now. I go around the world meeting with people. I don't claim to be an expert or claim to have all the answers. I don't claim to be some enlightened guru. For me, in a sense, everybody is enlightened. The light is not something outside of ourselves. The light is not something that we find one day. The light is what we are, the light of our own presence, our own being. I think it's so easy to forget that.

That's really what I do these days. I go around the world meeting with people, reminding them that every thought, every feeling is sacred and that they are whole exactly as they are. I'm focusing much more these days actually on feelings, helping people to feel their feelings because I just see more and more that's something that we weren't really taught when we were kids.

We were taught to avoid feelings or run away from feelings. We're very good at distracting ourselves from feelings or we were taught maybe by mommy and daddy that certain feelings, they were not good, they were wrong, or that we should feel ashamed for having certain feelings or thinking certain thoughts, but it was never true. It was never true.

Really more and more, I find myself focusing in on that, just helping people. It's very simple really. I think helping people stay present even in the midst of uncomfortable feelings, uncomfortable sensations, just bringing their attention

back to their bodies, to their bellies, to their chest, to their throats, breathing into the feeling, giving it space, and coming to trust actually that a feeling isn't going to hurt you. It's not working against you. It's not sinful. It's not bad. It's not evil. They just want to move.

That's the short version of my life.

Mark: That's good, but I'm just going to chime in. That's one of the real reasons we invited you on the Body Intelligence Summit because the thought of the body being the seed of our intelligence and learning to be mindful and bring mindfulness into that listening of the feelings and honoring the sacredness of all of them and allowing them to exist in the big circle inside of us in a healthy harmony is so important.

Continue with your story. What does it look like to do a workshop with you or what sort of practices do you bring for people for getting into their body? I'm just fascinated with your work, so tell us more.

**[0:15:07]**

Jeff: Well, I try and keep it very simple. I like keeping my teaching really simple because I remember years ago how I -- I think this stuff can be so complicated. I think it can become so complicated. I think the truth is actually simple, not simplistic but simple. It's not always easy. Sometimes it's quite challenging but simple. I invite people back just to the simplicity of the present moment basically to come out of their story, to invite attention out of the narrative of past and future.

One of the metaphors I use a lot these days I think is really helpful. It certainly really helped me. It's the metaphor of seeing your life as a movie. I want to say right now this is the present scene in the movie of your life. You have your past scenes of childhood and you have future imagined scenes of 10, 20, 30, 40 years in the future growing old but right here, right now, this is the present scene of the movie. It's always, always, always, always the present scene of the movie. That's the important point.

Whatever is happening in your life, whatever chaos that's going on around you, all the drama, there's always this invitation to stop, to slow down, to bring attention back to where you are, feel your feet on the ground, notice your breathing, your belly rising and falling. Invite attention back to this present scene, this present scene of the movie of your life because it's always this present scene.

Even if you're thinking about the past, the memory of the past is appearing in this present scene, and even if you're thinking about the future, you're imagining

the future scene, that thought, that fantasy is appearing right here, right now in this present scene.

I like talking about the present scene of the movie of your life instead of the present moment in so many different ways. That's really what I do in my workshops. I invite people to become curious again about the present scene just like we were curious when we were very young children. We were incredibly curious about the present scene, about today.

Mark: Exactly. I love that metaphor. I want to just chime in with a thought. To extend the metaphor a little bit, it's almost like if our lives are movie and there are scenes rushing by and we're always in the present one, then really our body and our breathing and our physicality is almost like the film that runs through it because it's the thread. That's the thread that carries us through.

Jeff: Yeah. Who we truly are as presence being itself, this wonderful sense of being alive, that's the part of us that never changes over the years, this unspeakable, mysterious sense of I'm alive. Whether you're 3 years old or 20 years old or 90 years old, everyone has this sense of I am alive, I exist, I am.

Mark: You're totally unique for everyone. It's the essence. Everyone's got their unique essence of aliveness.

Jeff: Yeah. That's really like this unchanging movie screen. In a way, you could say our being is like the movie screen which kind of never changes. It's constant. It's ever present. It doesn't age. It never goes away. It never comes, it never goes. It's just this constant, constant, constant presence throughout all the scenes, throughout all the scenes of our lives, all the ever-changing thoughts, the ever-changing feelings throughout the scenes of pain, the scenes where we think there's so much frustration, there's so much pain, and also the pleasurable scenes, the happy scenes. That means throughout all the scenes, what's constant throughout all the scenes is this sense of our own presence, this sense of being alive.

To cut the long story short, what happens is we get so caught up in the scenes, in the past scenes and the future scenes. We get so caught up in that sometimes, remembering past scenes, playing them over and over in our heads, wishing past scenes had been different or even sometimes we're longing to get back to the past scenes, longing to return to a joyful scene yesterday or last week or last year.

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Also sometimes, we want to get to a future scene or we imagine a future scene that we long to get to or we imagine a scary, fearful future scene and we want to avoid it. In so many ways, our attention leaves the present scene and it shoots

off into the past or shoots off into the future. Basically, it's like rewinding or fast forwarding a movie.

Actually the place where we live is always the present scene. This is the place where we live. This is the place where we feel our feet on the ground. This is the place where we breathe. This is the place where we feel our feelings. This is the only place where we can feel our feelings, is here and now. This is the place where we are rooted. Our roots are in the present moment. I think so much of our suffering and so much of our anxiety and so much of our depression comes from really forgetting our roots, forgetting our true home in presence, as presence in the present moment and getting lost in the movie, the past, the future.

Really in the workshops and retreats I do, sometimes I do talks or I do some guided meditations. I do a lot of mindfulness meditations. I think mindfulness is really wonderful. I just invite people really generally to bring attention basically back to the present scene, what's alive in the present scene, what's happening now, feeling your feet on the ground, noticing breathing right now, the quality of breathing, feeling the belly rising and falling, noticing all the thoughts, dancing in the present moment, all the thoughts that are appearing right now, and really importantly, noticing sensations in the body and noticing if there's some tightness in the belly or in the chest or a scene of contraction in the throat or tightness in the shoulders.

That's really a wonderful way of coming out of the big drama of the movie, is inviting attention to come closer to the present moment. In many ways through my retreats and writings and talks, I'm inviting people in so many ways just to remember their true home which is here and now to live life moment by moment because it's all we really have. It's so easy to forget.

I think sometimes life can seem so overwhelming especially this modern life of ours. It can seem so overwhelming, so many scenes to come, so many steps to take. So sometimes just remembering that we only actually ever have to face one scene, which is the present scene, we only have to face this moment of life, it can just help us to remember that things are simpler than the mind makes them out to be.

Mark: Yeah. Definitely, especially when we're making sure that we're not caught up in the past or the future and short-changing the moment. People have a tendency, of course, to short-change the present moment by spending time in the future and the past.

One of the themes in the Body Intelligence Summit is really we talk about IQ and EQ and BQ, brain intelligence and emotional intelligence and body intelligence.

We're really gathering all these people that can point out how the body is so central to present moment. The real shift in the present moment is quite often being present so you can choose love or at least kindness or something over fear in that moment.

Jeff: I think in so many ways, especially when we're young, we're taught to fear life. We're taught to fear life. I don't think it comes naturally. I think we're taught to fear life. We're taught to fear our bodies. We're taught to fear all these feelings. We really are. We're taught.

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For example, sadness, sadness is the most natural feeling of all. It comes and goes. It's just like a wave in the ocean. Left to its own devices, it will come, it will reach a peak, and it will just dissolve and pass on to make room for a new feeling. In so many ways, we're taught that we shouldn't feel sad or sadness is wrong or it's bad, or if sadness is appearing in us that we're too weak or we're too soft or we did something wrong.

In the extreme cases, some kids are punished if they cry. They're punished for feeling sad, or perhaps when we were young, our parents didn't even notice that we were sad. Our parents are in their thoughts and their own drama to even notice that we were sad. So in just so many ways, we received this message growing up that sadness, fear, anger, confusion, shame or whatever -- in this example, sadness -- that sadness is basically wrong; it's bad.

Maybe we grow up and maybe we become spiritual seekers the way I did, searching for this thing called enlightenment. And then we get this idea that once you reach enlightenment, you'll never be sad again. That's certainly one of the ideas I used to have about enlightenment. It was a state where I would never be sad again.

What would happen, this would actually make the problem even worse because now later on in life, whenever I felt sad, my mind would say, "Oh God, you're so far from enlightenment. If you were enlightened, you wouldn't be feeling this." So actually, spirituality has just been feeding -- my idea of spirituality has just been feeding the problem. I felt even more shamed than ever because I was sad. I used to say to myself by now after all the work I've done on myself, after all the spiritual work I've done on myself, by now I shouldn't feel sad, so the mind was just using spirituality as just another way to try and get rid of sadness.

It's really incredible all the stories that the mind weaves around our feelings. Feelings are the most natural things, but we pick up all of this conditioning, basically all this fear. We carry that with us until our adult lives unless at some point, we begin to challenge that and to look and to actually become interested to see how we're running away. We're still running away from our feelings,



running away from sadness, running away from anger. Also, we're running away from joy. If you run away from sadness, you'll also be running away from joy.

Sometimes in my meetings, I say this. I say it's funny. We have this idea of happiness. We have this idea of joy. We've taken on this idea of happiness and this idea of joy. We think that somehow happiness or joy, they're the opposite of sadness. So then the mind says, "Well, I need to get rid of sadness and then I'll be happy" because the mind always thinks in opposites.

What I try and teach people is that there is this deeper kind of joy, there's this deeper kind of happiness, which is not the opposite. It's also love. It's not the opposite of sadness. It's not the opposite of fear. It's not the opposite. It's more like -- I love this word now -- it's more like a willingness. It's a deeper kind of happiness, a deeper kind of joy, which is more like a willingness to allow these uncomfortable feelings, to allow sadness to move in us, to allow fear, not to be a slave to sadness, not to be a slave to fear, not to be a slave to anger.

We're not talking about being controlled by these feelings but we're talking about making space for them actually so we're no longer controlled. That's the paradox. As long as you're running away from the feeling, actually it's controlling you. As long as you're running away from something, you feel like it's chasing you. You feel like you're being chased and then you think you're in control when actually you're not.

Actually, when you begin to make room for these feelings -- I guess like I did years ago mostly because I was just so exhausted of running away. I was so exhausted of running away, so I began to make room for sadness and make room for fear and make room for anger.

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What I began to see was actually now these feelings, because I was giving them room, I was no longer a slave to them. They were no longer controlling me. I can actually hold them. It's like remembering how vast your heart is or how vast your being is that there is room in you. I think this is basically what we forget or what we're taught to forget that actually there's so much room in us. There is so much room.

Our being is vast. Yes, there is enough room for excitement and bliss. Yes, those are beautiful feelings when they're there, but there is also enough room because we're so vast. We're vast like the sky. There is enough room for sadness if it's here, if it comes to visit. There's enough room for feelings of shame or feelings of frustration just like there's enough room in the sky for the sun and the rain and the fog and the storm.

The sky isn't trying to get rid of part of its weather. Because we forget our nature, we forget our sky-like vast nature, we think it's our job to get rid of half of our weather. We think it's our job to get rid of the so-called negative weather. We think it's our job to get rid of the sadness and the fear and the anger. We think that these are somehow blocks to love.

Love is actually another name for your being. Love is actually your nature. Love is like the sky. Love is like another name for the sky. Love is the space. Love is your capacity. Love is your willingness to allow, to hold, to make room for, to grant safe passage in yourself, to hold the sadness and the fear just in the same way that an unconditionally loving parent would allow their child to feel sad. They wouldn't punish them or try to stop the feelings. They would go, "Hey, sweetheart. I notice that you're sad" or "Hey, I notice that you're afraid and that's okay." It's funny. We don't seem to treat ourselves with that kind of love, with that kind of kindness. Going around the world these days, I meet so many people who aren't treating themselves with that kind of kindness. Sometimes it seems easier, I think, to be kind to other people. It seems easier to practice that kind of kindness to other people as with ourselves. So for me, it's really about remembering that there really is enough room in us for all of these feelings.

Mark: I think that's such a key takeaway from your talk today. I really appreciate you making that point that getting present and being in our body really can get us in touch with how much space we truly have inside, and knowing and recognizing that we have space and room for all these feelings is the key to not running from them and letting them control us.

Jeff: I think it's important to say though when you're sitting with that uncomfortable feeling, say you're sitting with fear or you're sitting with sadness or you're sitting with anger because you're committed now to no longer running away, you say to yourself, "Right. I've been running away my whole life. I've been distracting myself, numbing myself, pushing feelings away," because I think it takes some courage. I think it really takes some courage to stay with an uncomfortable feeling.

As you're sitting with that uncomfortable feeling, there's always going to be a part of you, I think, that wants to run away from it. I think that's quite old. There's going to be a little voice in your head that says this isn't safe or all the old voices like there's something wrong with you. All these thoughts start to pop up, "There's something wrong with me" or "I shouldn't be feeling this" or all the judgments about the feeling and the judgments about you, blaming. I think people do that a lot. I used to do that a lot. I used to blame myself for having these feelings. I think to be mindful of the present moment, the present scene, it doesn't mean that we're trying to change the present scene.

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The present scene may change but the most important thing first of all is just to bring awareness, to shine the light of awareness on the present scene as it is, to notice the uncomfortable feeling in the body, not to run away from it, to acknowledge it, to notice the uncomfortable feeling, maybe to locate it in the body, to feel it in the belly and the chest and the throat; coming back to the raw, alive sensations, that particularly sharp, pulsating sensations, just bringing awareness to those sensations. And then also noticing all those thoughts popping up in the mind, the thought that says these sensations shouldn't be here or this isn't safe, that old voice that says this isn't safe or that old voice that says you shouldn't be feeling this or there's something wrong with you. Also, just for a moment, to allow all those voices as well because again, if you don't allow the voices, they start to control you. You start to go to war with them.

So I think it's really important for all those voices of fear, those voices of self-criticism, judgment, just for a moment to just see them as thoughts or rather just see them as sounds. It's almost like they're just sounds. They're like birds singing in your head, and just for a moment not to try and stop those thoughts, stop those birds singing, not to try and silence those thoughts, not to try and push those thoughts away or delete those thoughts. Also, once again, to remember how vast you are.

There is enough space in your present. There's enough space in what you are. There's enough space in your being to allow the sensations in the belly or the chest, but also to allow all of those thoughts. This is in the same way that there's enough space in the sky for all of the clouds if you see your thoughts like clouds. I think that's really important because sometimes we have these voices in our heads and we immediately try and silence them, which just makes them louder. We go to war with our thoughts as well. So just for a moment just to allow those voices as well, not to believe them, not to push them away, but just to see them as old thoughts. They're just old thoughts and then the thoughts can't control you.

Again, your power is in your ability to allow thoughts and to allow sensations because then you are the container and not the contained. You're realizing that you're bigger than thoughts and you're bigger than sensations. You're not trapped within thoughts. You're not trapped within sensations. You're not contained by thoughts and sensations. You are this wide, open container. Just that insight in the present moment, just that insight can really change things for people, I think, just realizing that there is space, that there is space around thoughts and there's space around sensations.

Maybe it's not your job right now to make those sensations stop or make those thoughts stop. That's what causes some of the frustration and disappointment and even despair, is trying to make thoughts and sensations stop. If you go the

other way, you just allow, allow, allow. Mostly importantly, you even allow yourself -- and I always say this because I think this is so important -- in the present moment, you even allow yourself to not be able to allow if that's your truth right now.

Right now, you feel unable to allow a feeling. Just for a moment, can you be really kind to yourself and just allow even that? Allow yourself to not be able to allow or accept right now in this moment that you feel unable to accept a pain or discomfort or an ache. That's a way of being really kind to yourself, not to even turn acceptance into a goal but realizing on a deeper level -- and this is what I say as well -- on a deeper level, it's not actually even your job to accept the present moment. In a deeper sense, the present moment is already accepted in the same way that the sky already accepts the clouds, the rain, the snow, the storm, the rainfall when it stops falling.

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The sky already allows or accepts all of that activity. So in the same way, in a sense, your feelings are already accepted because they're already appearing in the sky of you. They're already in present. They're already held because they are also life, even feelings of nonacceptance in you.

This insight really changed things for me years ago because I was really exhausting myself trying to accept my thoughts and feelings, trying to accept discomfort in my body and it was exhausting until one day I realized that even my nonacceptance, even feelings of resistance in the body were also acceptable. So there was this deeper acceptance in which even my nonacceptance was actually also sacred. It was also sacred. It was the movement of life.

I realized that acceptance actually isn't something that we have to do in a deeper sense. Acceptance is what we are and even our nonacceptance, even our resistance, even that sense of not wanting -- this is the real freedom. Even that sense of not wanting this moment to be as it is, even that in the moment is sacred.

Mark:

I appreciate that. Earlier, you said something that I think is a great point to leave with, really the idea that we're an expansive container. We can choose to be that container instead of being contained and trapped by our feelings and our emotions, so really the idea of turning that around and using our body intelligence, turning that around and be the container.

This has been a really great talk, Jeff. I'm really, really excited to have you on our team. We've only got a couple of minutes left, so I want to just give you a chance to let our listeners know how they can find out more about your work or tell us a little bit about your books or anything you'd like to leave folks with as far as

connecting with you. That would be really great to take a couple of minutes and hear about that.

Jeff: Yeah. Sure. Well, I have a website called [lifewithoutacentre.com](http://lifewithoutacentre.com). Most days, I write on Facebook. That's [facebook.com/lifewithoutacentre](https://facebook.com/lifewithoutacentre). I have some books available. My latest two books were *The Deepest Acceptance* published by Sounds True, and *Falling In Love With Where You Are* which was published by Non-Duality Press. I think it's being transferred to New Harbinger. On my website there are listings of my upcoming meetings and retreats, so I have some meetings and retreats coming up in America. That's really about it. I do write every day on Facebook. A lot of fresh material goes on to Facebook. I write about all kinds of things, about love, courage, pain, relationships, intimacy, breathing and all kinds of things. As they come to me, they get channeled on to Facebook. That's just about me.

Mark: Excellent, Jeff. That's so great. It's been really a pleasure to bring you in as part of this summit, bring your wisdom and inspiration. It's just a real breath of fresh air, a lot of fun energy and just really great insights. I love some of your metaphors. It's a real pleasure to have you, Jeff. Thanks. I look forward to meeting you when you're in the states or perhaps attending one of your retreats.

Jeff: Thank you so much, Mark. Thank you for listening. Yeah, it'd be lovely to meet you.

Mark: Excellent. Thank you so much, Jeff. On my behalf and on behalf of the Body Intelligence Summit, thank you and have a real great rest of your day. I will talk to you again soon. Bye-bye.

Jeff: Great. Thank you. Bye-bye.

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