



The Courage to Love: Meditations for Embracing Everything

Jeff Foster

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Heart-Centered Meditations for Opening to the Depths of all Experience

The heart can hold everything—our joys and our sorrows, our victories and our failures, our deepest fears and our greatest longings. In *The Courage to Love*, Jeff Foster invites us to embrace all the heart knows, to courageously “meet ourselves—and everything else—right now, just as we are.”

With warmth and compassion, Jeff guides us through four progressive meditations, each accompanied by an insightful teaching session. Guided practices include:

- A breath-based meditation for becoming unconditionally receptive to your immediate experience
- A meditation for opening to the present moment with attention to sound
- A body-scan practice for awakening acceptance through physical awareness
- A heart-opening meditation for embracing the present moment completely and fully

“In true meditation, we don’t want to move away from life,” Jeff teaches, “We want to become more intimate with life in all her forms.” Through these heartfelt sessions, we learn to cultivate a fearless acceptance of our total experience, returning to peace and inspiration with every listening.



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