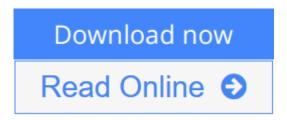


# Spiritual Cross-Training: Searching Through Silence, Stretch, and Song

By Benjamin Shalva

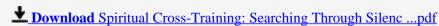


**Spiritual Cross-Training: Searching Through Silence, Stretch, and Song** By Benjamin Shalva

On a quest for enlightenment, Benjamin Shalva journeyed through the wilds of Tibet and took a pilgrimage to a white-walled monastery in Rhode Island. He wrestled with demons, danced with temptresses, and sang with hundreds of voices under the stars. Now, using the lessons and techniques gained through years of religious exploration and inward reflection, Shalva offers simple and powerful ways to connect with your spiritual self, whether it be in a place of worship or the yoga studio, or even while sitting in traffic, working late at the office, or kneeling in your garden.

In this honest, intimate—sometimes embarrassing and frequently funny—memoir with down-to-earth instruction and guidance, Shalva reveals that you don't have to be perfect or singularly focused to accomplish deep spiritual work. By cross-training in three simple exercises—silence, stretch, and song—you can strengthen your spiritual muscles and deepen your personal search for meaning.

Inspiring and refreshingly candid, *Spiritual Cross-Training* encourages you to trust your own path, grow with an open mind and a light heart, and uncover the truth as you search for your place in the universe.



Read Online Spiritual Cross-Training: Searching Through Sile ...pdf

# Spiritual Cross-Training: Searching Through Silence, Stretch, and Song

By Benjamin Shalva

Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva

On a quest for enlightenment, Benjamin Shalva journeyed through the wilds of Tibet and took a pilgrimage to a white-walled monastery in Rhode Island. He wrestled with demons, danced with temptresses, and sang with hundreds of voices under the stars. Now, using the lessons and techniques gained through years of religious exploration and inward reflection, Shalva offers simple and powerful ways to connect with your spiritual self, whether it be in a place of worship or the yoga studio, or even while sitting in traffic, working late at the office, or kneeling in your garden.

In this honest, intimate—sometimes embarrassing and frequently funny—memoir with down-to-earth instruction and guidance, Shalva reveals that you don't have to be perfect or singularly focused to accomplish deep spiritual work. By cross-training in three simple exercises—silence, stretch, and song—you can strengthen your spiritual muscles and deepen your personal search for meaning.

Inspiring and refreshingly candid, *Spiritual Cross-Training* encourages you to trust your own path, grow with an open mind and a light heart, and uncover the truth as you search for your place in the universe.

### Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva Bibliography

Sales Rank: #990273 in Books
Published on: 2016-01-05
Released on: 2016-01-05
Original language: English

• Number of items: 1

• Dimensions: 8.25" h x 1.00" w x 5.50" l, .0 pounds

• Binding: Paperback

• 158 pages

**Download** Spiritual Cross-Training: Searching Through Silenc ...pdf

Read Online Spiritual Cross-Training: Searching Through Sile ...pdf

### Download and Read Free Online Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva

#### **Editorial Review**

#### Review

"Benjamin Shalva's *Spiritual Cross-Training* is a come-as-you-are guidebook for truth seekers of all generations. Honest, entertaining, and illuminating, this is a cool friend to have on the path." —**Chris Grosso, author of** *Indie Spiritualist* and *Everything Mind* 

"Seeker, rabbi, clown, yogi—Ben Shalva has been them all. A warmly told and deeply honest tale of one man's spiritual journey, filled with insight and wisdom gained from struggle and refusal to stop growing. This is a guy worth getting to know." —Arthur Green, author of *Ehyeh: A Kabbalah for Tomorrow* 

"Ben Shalva takes us on a powerful journey soaked through and through with authenticity, bare bones honesty, insight, clarity, and humor. This work demystifies some very long-standing and intricately complex practices, making them accessible without sacrificing their core principles and cultural nuances. If you want a glimpse of one of the best possible spiritual futures in Western culture, here it is." —Rick Jarow, professor of religion at Vassar College and author of Creating the Work You Love and Alchemy of Abundance

"The interplay, the 'cross-training' Rabbi Shalva presents, allows us to celebrate the common thread that runs though the world's most ancient traditions, the basic human hunger for meaning, and those practices that allow us to touch our Source. His search, which he relays with poetry and passion is a model for seekers of all faiths." —*The Times of Israel* 

#### About the Author

As a rabbi, writer, and yoga instructor, Benjamin Shalva leads spiritual cross-training seminars and workshops around the world. He received his rabbinical ordination from the Jewish Theological Seminary in New York City and his yoga teacher certification from the Yogic Physical Culture Academy in Los Cabos, Mexico. Shalva serves on the faculty at the Jewish Mindfulness Center of Washington and leads musical prayer services for the 6th & I Historic Synagogue and Bet Mishpachah in Washington, DC. His writings have been published in the *Washington Post*, *Elephant Journal*, and *Spirituality & Health* magazine. Born in Milwaukee, Wisconsin, he lives in Reston, Virginia, with his wife and their children.

#### **Users Review**

#### From reader reviews:

#### **Loretta Manson:**

As people who live in often the modest era should be update about what going on or data even knowledge to make these keep up with the era which is always change and progress. Some of you maybe can update themselves by reading books. It is a good choice to suit your needs but the problems coming to an individual is you don't know which you should start with. This Spiritual Cross-Training: Searching Through Silence, Stretch, and Song is our recommendation so you keep up with the world. Why, because this book serves

what you want and need in this era.

#### Silvia Washington:

A lot of people always spent all their free time to vacation as well as go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you read you can spent all day long to reading a publication. The book Spiritual Cross-Training: Searching Through Silence, Stretch, and Song it is rather good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. If you did not have enough space to create this book you can buy often the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not to fund but this book possesses high quality.

#### **Blair Chappell:**

Are you kind of stressful person, only have 10 or perhaps 15 minute in your morning to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you are having problem with the book as compared to can satisfy your short space of time to read it because pretty much everything time you only find publication that need more time to be go through. Spiritual Cross-Training: Searching Through Silence, Stretch, and Song can be your answer mainly because it can be read by anyone who have those short free time problems.

#### Lillian Kea:

The book untitled Spiritual Cross-Training: Searching Through Silence, Stretch, and Song contain a lot of information on the item. The writer explains the woman idea with easy technique. The language is very easy to understand all the people, so do certainly not worry, you can easy to read the item. The book was compiled by famous author. The author will bring you in the new era of literary works. You can read this book because you can keep reading your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and order it. Have a nice examine.

Download and Read Online Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva #0IQE6JH5C1G

## Read Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva for online ebook

Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva books to read online.

### Online Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva ebook PDF download

Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva Doc

Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva Mobipocket

Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva EPub

0IQE6JH5C1G: Spiritual Cross-Training: Searching Through Silence, Stretch, and Song By Benjamin Shalva