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## MEDIA RELEASE

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### FOR IMMEDIATE RELEASE:

## **Everyday Life is our Most Meaningful Spiritual or Religious Practice**

Stanford, CA—*Life Beyond Belief, Everyday Living as Spiritual Practice*, by Alice Gardner has brought an earthbound common-sense to the art of fully living the teachings of any religion or spiritual path. This is a core issue in today's world, where we see religion being the cause of a large portion of the violence in our world, while at the same time the teaching peace, love and forgiveness. To address this issue inside our own selves is to address some of the most critical issues of the twenty-first century.

Whether you are a member of one of the great religious traditions or go your own way spiritually, the challenges to living what inspires us are the same. They seem equivalent to being human. Through the inspired writing of this first-time author, this book crosses all the boundaries of the various faith communities and unites us in the poignant experience of applying our spiritual realizations in the midst of everyday life, no matter what may be occurring, no matter whose side we might be on.

Following in the footsteps of Eckhart Tolle's book *The Power of Now*, this book is one woman's account of life beyond the veil of "spiritual awakening". It gives an honest, personal, sincere, and accessible account of her experience of awakening, and of the process of learning to live life again from the new vantage point that awakening provides. The book offers important guidance and inspiration for people who are on the way to realizing their spiritual nature while living active productive lives and confronting twenty-first century issues. It is a journey of penetrating significance for all those who seek to heal the divide between the inspiring teachings that support us and the everyday experiences in our families and workplaces that so often can seem to undermine our good intentions.

Gardner shows us through using her own life challenges as examples, just how we can use our everyday life experiences, no matter what they are, as the high road to spiritual awakening.

**ALICE GARDNER** lives very much in the mainstream of modern life. She holds a Master of Management degree from Cambridge College, Massachusetts, and has worked as an academic administrator at educational institutions in Brattleboro, Vermont and Palo Alto, California. She also mentors an international group of people online and by telephone.

Alice's journey, outside the bounds of the Christianity she grew up with, began early in her adult life when she lived seven years at the Findhorn Foundation in Scotland. Since then she has been particularly influenced by the teachings of Eckhart Tolle, Adyashanti and Richard Moss.

Since 2003, Alice has maintained a website at [www.wideawakeliving.com](http://www.wideawakeliving.com) where she posts poetry, photography and writings, and provides a free monthly newsletter of support and inspiration for the process of spiritual awakening.

**Awake Publishing** is a new micro-publisher created as a vehicle to help this book, and others like it, find their way in the world. *Life Beyond Belief, Everyday Living as Spiritual Practice* can be ordered online from [www.awakepublishing.com](http://www.awakepublishing.com), from your favorite online bookseller, or through your favorite bookstore (via Ingram).

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