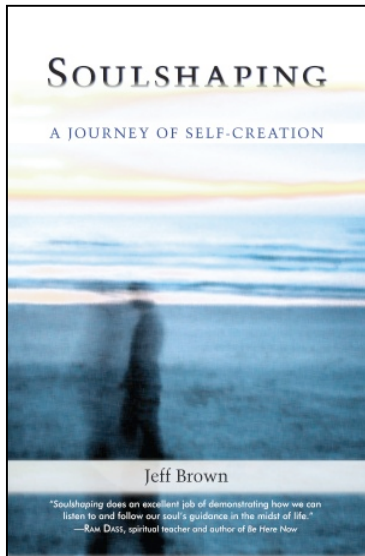




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For Immediate Release

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Soulshaping ***A Journey of Self-Creation*** By Jeff Brown

“Soulshaping does an excellent job of demonstrating how we can listen to and follow our soul’s guidance in the midst of life.”
 –Ram Dass, spiritual teacher and author of *Be Here Now*

Soulshaping is the inspiring memoir of an archetypal “male warrior”—a trial lawyer—who struggled to find his heart and a more authentic, soulful path. Rivetingly personal and profoundly universal, this book is for anyone who has heard a whisper of something truer calling out to them amid the distractions of modern life. **Jeff Brown’s** dramatic and often funny story takes readers through remarkably human experiences—emotional, physical, and economic—as he vividly recounts his troubled childhood, his success in apprenticing with Canada’s top criminal lawyer, and his ultimate decision to

leave the law and begin an inner journey to discover his soul’s purpose. A work of courageous self-creation, ***Soulshaping*** reminds us that we are all truly connected, that our seemingly isolated struggles are actually part of the shared human challenge to live a life that is heart-centered and soul-driven.

Both down-to-earth and magically mystical, ***Soulshaping*** will meet you where you live—and where you long to live.

About the Author:

Born in Toronto, Canada, Jeff Brown did all the things he was supposed to do to become successful in the eyes of the world. He was on the Dean’s Honor List as an undergraduate. He won the Law and Medicine prize in law school. He apprenticed with top criminal lawyer Eddie Greenspan. It had been Brown’s lifelong dream to practice criminal law and search for the truth in the courtroom.



But then, on the verge of opening a law practice, he heard a little voice inside telling him to stop, just stop. With great difficulty, he honored this voice and began a heartfelt quest for the truth that lived within him. Although he didn’t realize it at the time, Brown was actually questing for his innate image, the essential being that he came into this lifetime to embody. He was searching for his authentic face.

As part of his journey, Brown surrendered to his confusion and explored many possible paths. He studied Bioenergetics and did session work with cofounder Alexander Lowen. He practiced as a body-centered psychotherapist. He completed an MA in Psychology at Saybrook Graduate School in San Francisco and cofounded the Open Heart Gang, a benevolent gang with a heartfelt intention. He developed his student business and became a successful entrepreneur.

The most important thing Brown did, however, was the inner work. By going inside and connecting his spirituality with his emotional life, he learned essential lessons. By learning to surrender to the “School of Heart Knocks” (the school of life), he found his authentic face and embraced the call to write *Soulshaping*. Although he resisted it at first, he soon realized that honoring the call was his best defense against sleeplessness. If he wrote, he slept. If he didn’t, he lay awake all night. This is the nature of a calling.

Brown currently lives in Toronto, where he and the Open Heart Gang are close to finishing a documentary about Bhagavan Das (of *Be Here Now* fame). The film, titled *Karmageddon*, includes

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wonderful dialogues with Brown and spiritual teacher Ram Dass, yogis Seane Corn and David Newman, and chanters Deva Premal and Miten. In addition, Brown is actively searching for wheels for the *Soulshaping* bus tour, a spirited adventure across North America with his soul-friends, heaven-bent on inviting more people to raise the flag of the little voice to the rafters of consciousness. For more information, please visit www.soulshaping.com.

Recent Praise:

“I often refer to the dictionary at the end of this wonderful book to put new words to sacred experiences, fleeting understandings, and the bigger mysteries that seekers have pondered throughout history. The words are like bridges between my little self and my vaster consciousness that is free from fear and open to peace.”

—Elizabeth Lesser, author of *Broken Open: How Difficult Times Can Help Us Grow* and cofounder of the Omega Institute

“This book is a role call for the soul. Jeff Brown is the kind of writer who invites you to swim in gasoline and then provides a match. This is no self-help book. This is a summons from the mountaintop and from the trenches. I am so grateful for Brown’s journey and his absolute genius in writing.”

—Tama J. Kieves, best-selling author of *This Time I Dance! Creating the Work You Love*

“Spiritual erotica! Jeff Brown lays down his soul on these pages for us to see ourselves. In so doing, he demonstrates a rare vulnerability, a wicked sense of humor, and a deeply personal insight into the human condition.”

—Kathryn Beet, master yoga practitioner and owner of Yoga Space, Toronto

“Jeff Brown takes readers on a journey seeking to find his inner self. It is a search for self-fulfillment, a field guide for life, and a quest for the meaning of life.”

—Eddie Greenspan, QC, criminal lawyer and earnest defender of the presumption of innocence

“*Soulshaping* is a beautiful story of one man’s spiritual journey that reveals the inspiring, yet often humbling, path of growth and self-transformation. Jeff Brown offers us a raw, honest, and humorous glimpse into the exploration of self, while also imploring us to celebrate the opening of the heart and the awakening of the soul—no matter where we are directed, what is revealed, or who shows up.”

—Seane Corn, international yoga instructor and spiritual activist

“*Soulshaping* is the story of one man’s journey of awakening and healing and is lit with epiphanies and hard-won psychospiritual savvy not just for the author, but for all of us. Jeff Brown has faced his dragons and has emerged from the flames with significant treasures and a soul-centered, refreshingly raw travelogue that is as readable as it is instructive. A brave book this is—a book that serves our own journey of awakening and healing, simply by being so unswervingly and nakedly human. This is not just another book about soul, but a book saturated with soul.”

—Robert Augustus Masters, PhD, author of *Meeting the Dragon*

“If you don’t have a gut reaction to this book, you may be dead! My heart completely opened up as I felt each page come alive with emotion. It’s a must-read for anyone on a spiritual path to identify and discover our powerful and majestic self.”

—Jewels Johnson, host of *Law of Attraction Talk Radio*

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