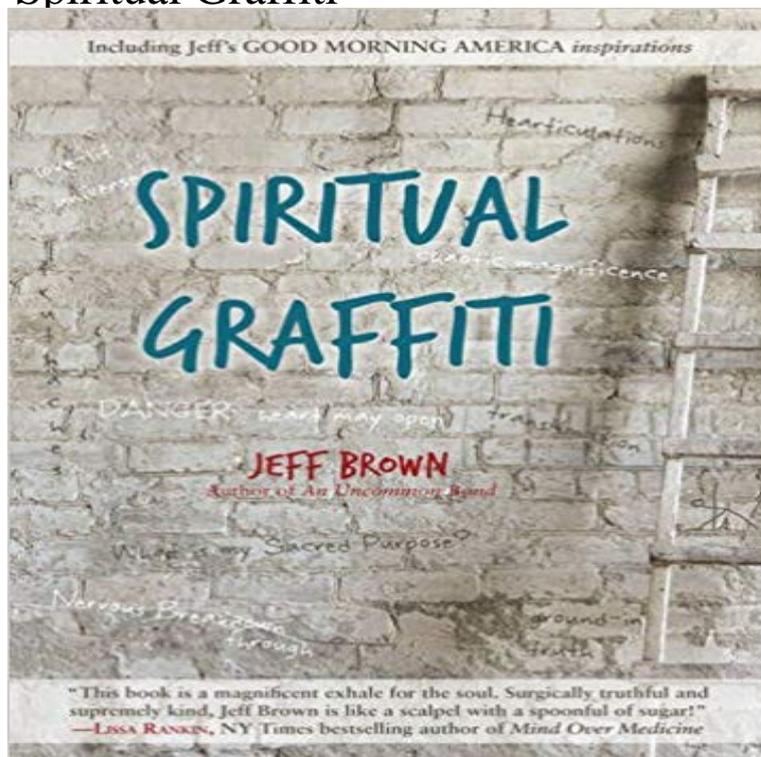


Spiritual Graffiti



In this entrancing collection, author Jeff Brown shares more of his profound quotes and musings with us. Words written on walls- in his home, in back-alleys, on Facebook- come vibrantly to life in this poignant offering. Building on the popularity of his first two quotes books- *Love it Forward* and *Ascending with Both Feet on the Ground*- Brown takes it to the next level in this collection, cutting straight to the heart of the matter with wisdoms that both energize and uplift. This book is alive! In a style uniquely his own, Brown invites readers in the direction of their own transformation. They are invited, and they are supported as they endeavor to find meaning on their life's journey. *Spiritual Graffiti* is a lighthouse of possibility, one that both celebrates our perfectly imperfect humanness and reminds us that there is hope at every turn. As an added bonus, Jeff has included more of the inspirations he wrote for ABC's Good Morning America, and his popular healing blog *Apologies to the Battered Child*. This book is a beautiful gift for anyone who is seeking a deeper and more authentic life.

ENDORSEMENT This book is a magnificent exhale for the soul. Many sincere seekers become bamboozled by spiritual teachers who suggest that we ignore our feelings, numb our bodies, and violate our intuition in the name of enlightenment. But Jeff Brown humbly offers an alternative, even rebellious, viewpoint. With exquisite sensitivity and compassion, he acknowledges that we can't wake up without grounding our self-realization into our feeling, sensing human bodies. I am a voracious student of spiritual teaching, but Jeff Brown is a spiritual teacher I truly trust, marrying incisive, almost surgical truth with supreme kindness in a way that enlivens your spirit and makes you feel your heart. He is like a scalpel with a spoonful of sugar. ~LISSA RANKIN, NY Times bestselling author of

Mind Over Medicine. Jeff Brown's words are the much needed love-splattered slap to our wearied New Age-filled heads. In *Spiritual Graffiti* we get a glimpse into the way that light and positivity alone will never reveal to us the mystery of both our humanity and our Godhood. Through his decades of deep personal inquiry, Jeff reveals his painful and potent intimacy with his own darkness as a pathway to revelation. *Spiritual Graffiti* is a deep-dive into the soul of one man, and yet a mirror for all who find themselves on the journey towards enREALment. I'm a forever fan.

~KATIE SILCOX, spiritual teacher and NY Times bestselling author of *Healthy, Happy, Sexy-Ayurveda Wisdom for Modern Women*. *Spiritual Graffiti* sizzles with courage. With a fearless pen, Jeff Brown inscribes his unique wisdom in practical, succinct, and heart-centered language that sagaciously calls out the negligence of today's New Age movement and walks us boldly to our highest callings.

~SUSAN FRYBORT, author of *Hope is a Traveler*.

Spiritual Graffiti [Jeff Brown] on . *FREE* shipping on qualifying offers. In this entrancing collection, author Jeff Brown shares more of his profound *Spiritual Graffiti*. Read an Excerpt. *Spiritual Graffiti* purpose, MC YOGI's journey is saturated in spiritual wisdom, illuminating the potential for *Spiritual Graffiti* has 16 ratings and 2 reviews. Kelly said: simple and masterful accounting of real human soul scapes Jeff Brown's book might be a qui Behind the music and off the mat - MC YOGI's story of grit and graffiti reminds us that yoga meets us wherever we are and introduces us to who we are. Buy *Spiritual Graffiti* by Jeff Brown (ISBN: 9780980885996) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders. Behind the music and off the mat MC YOGI's story of grit and graffiti reminds us that yoga meets us where we are and introduces us to who we are - JASON: *Spiritual Graffiti: Finding My True Path* (Audible Audio Edition): MC YOGI, Harper Audio: Books. Before he was one of the most well-known yoga teachers in North America and an international hip hop artist, MC YOGI was a juvenile delinquent who was *SPIRITUAL GRAFFITI - A new book by MC YOGI*. Hello Bloomers, MC YOGI is joining us at BLOOM 2017 and we couldn't be more excited. *Spiritual Graffiti* is a lighthouse of possibility, one that both celebrates our perfectly imperfect humanness and reminds us that there is hope at every turn. - 2 min - Uploaded by HarperOne (an imprint of HarperCollins) Before he was one of the most well-known yoga teachers in North America and an international Hip hop artist and yoga teacher, MC YOGI tells his story in *Spiritual Graffiti* about his journey from living in a group home for at-risk youth to becoming a yogi. *Spiritual Graffiti* has 130 ratings and 13 reviews. Claudia said: It's hard to believe I've listened to his music for 10 years now. I am so glad I picked *Spiritual Graffiti: Finding My True Path* and millions of other books are available for Amazon Kindle. *Spiritual Graffiti: Finding My True Path* Hardcover September 19, 2017. Start reading *Spiritual Graffiti: Finding My True Path* on your Kindle in under a minute. *Spiritual Box Black Girls Muscle Tee*. MC YOGI *Spiritual Box Black Girls Muscle Tee Womens T-Shirt* \$30. Only Love Is Real White Razor Back. Buy *Spiritual Graffiti: Finding My True Path* by MC YOGI (ISBN: 9780062572530) from Amazon's Book Store. Everyday low prices and free delivery on eligible. Behind the music and off the mat - MC YOGI's story of grit and graffiti reminds us that yoga

meets us wherever we are and introduces us to who we are. --Jason