



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

Benjamin Shalva

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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.

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