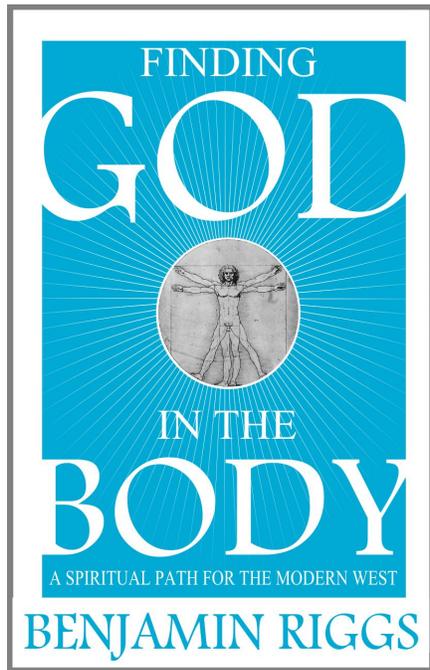


Finding God in the Body Press Release:

Finding God in the Body, the new book by Benjamin Riggs is a unique and thought provoking vision of spiritual practice in the modern world. It explores the space between fundamentalism and atheism to uncover a spirituality that resonates with the Western mind and binds that view to a path of practice that introduces the reader to the God of the body.



Western religion is heavily invested in the economy of belief. On one side are those that believe their religion is the only true religion and on the other side are the nonbelievers that argue spirituality is nothing more than a relic of primitive man. *Finding God in the Body* moves beyond this fatuous debate to outline a spiritual path that resonates with Westerners without offending their modern sensibilities.

"This book is not only an effort to flesh out a functioning mythology for the modern West, but an attempt to infuse this mythology with a practice tradition so we may come to embody the mystery that lives within us." ~ pg 107

Finding God in the Body has been heralded by authors and experts as a unique, necessary, and timely addition to the

corpus of spiritual literature:

"This is a most remarkable, unusual, profound book that is certain to transform the spiritual lives of all who read it." ~ Dr. Reginald Ray, author of *Touching Enlightenment: Finding Realization in the Body* and spiritual director of the [Dharma Ocean Foundation](#)

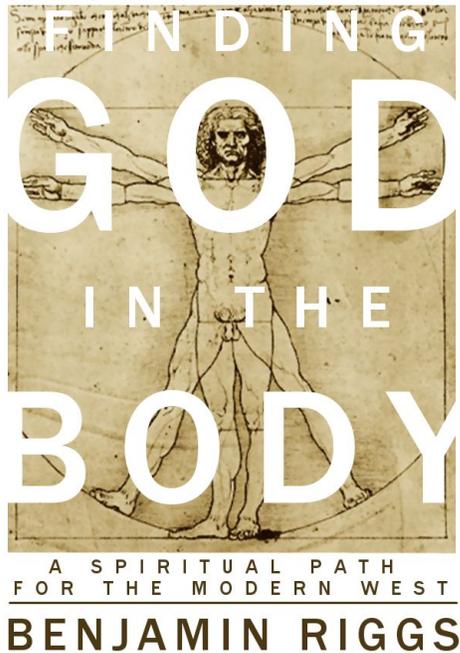
"In *Finding God in the Body*, Ben Riggs delivers a heartfelt and deeply experiential message of engaged faith." ~ Rev. Roger Wolsey, author of [Kissing Fish: Christianity for People Who Don't Like Christianity](#)

The book was released in Jan and is available for sale on Amazon:

<https://www.amazon.com/dp/0692760229>

General Info About Myself and the Book

I initially planned to compile a catalog of my past articles on Elephant Journal and publish them as a book. But once I sat down and started writing, the project evolved. There is an awful lot of overlap in my personal spirituality with Buddhism and Christianity. And when I started fleshing this out the book went in a different direction. I started to outline a spiritual path that had proven effective for me and figured it would resonate with a lot of other people.



A lot of Westerners are looking for a more practical spirituality. They want something that works in this life, something that helps them work with stress, fear, anger, and meaninglessness. Buddhism offers practices that meet this need, so a lot of people are drifting toward the Eastern philosophy section at their local bookstores. But then they bump into another problem: The practices are great, but the language, symbolism, and the mythos of Eastern religion are foreign and far removed from the Western psyche. It just doesn't resonate. So I wanted to write a book that wedded the two. I wanted to outline a spiritual path that included a system of practice and a mythos that resonated with the Western mind without offending our modern, scientific sensibilities. That is what Finding God in the Body does.

Finding God in the Body is a spiritual book, but for me spirituality is not otherworldly. It is profoundly concerned with daily life, the here-and-now. Much of Western spirituality is focused on ferrying people off into the afterlife. It neglects the stress, anxiety, and frustration we experience as employees, parents, spouses, friends, or our loneliness. When I talk about spirituality, I am talking about an worldview and a system of practice that turns into our suffering and helps us to work with it.

The book is auto-biographical-ish.... It is not written in narrative form. It is written in an informative manner, but the information provided is taken from experience. It is an outline of my path and for that reason Buddhism and Christianity are not juxtaposed in the book. They are synthesized. They are presented as a single path structure. The language is Judeo-Christian, but most of the practices come from the Buddhist tradition. The skeletal structure is Buddhist practices, but the flesh is Christian language and symbolism.

Official Book Description

We all want to live meaningful, happy lives. The question is, how? Finding God in the Body answers that question. It turns inward to examine the human condition, meeting personal suffering with heartfelt insight and transformative practice.

Finding God in the Body draws from the wisdom of the world's spiritual traditions--Buddhism, contemplative Christianity, and Judaism--to present a modern view of practice-based spirituality.

Ben Riggs leaves no stone un-turned, addressing each stage of the journey as he explores the space between fundamentalism and atheism to uncover a spirituality that resonates with the Western mind. Then he binds that view to an actionable path of self-analysis, prayer, and meditation, which introduce the reader to the God of the body.

This book is a much-needed addition to the corpus of spiritual literature, and a must-read for all modern seekers.



Bio

Benjamin Riggs is the author of [Finding God in the Body: A Spiritual Path for the Modern West](#), featured columnist for Elephant Journal, host of the Finding God in the Body podcast, and director of the [Refuge Meditation Group](#) in Shreveport, LA.

Ben has studied Buddhism and Contemplative Christianity for the past fifteen years in both Christian and Buddhist monasteries in India and the U.S. He lives in Shreveport, LA with his wife and son.

You can connect with him on [Facebook](#) or [Twitter](#). The website is [FindingGodInTheBody.com](#)