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# Be Here Now Ram Dass

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Journey of Awakening

Religion and Spirituality

Awakening to Oneness

How to Break the Anger Habit & Be a Whole Lot Happier

How to Live from Your Spiritual Heart

The Book

Polishing the Mirror

How Timothy Leary, Ram Dass, Huston Smith, and Andrew Weil Killed the Fifties and

Ushered in a New Age for America

Core Teachings from Ram Dass

The Living Gita

Be Here Now

Embracing Aging, Changing, and Dying

God, Islam and The Mirage of Atheism

The Complete Bhagavad Gita : a Commentary for Modern Readers

Reflections on the Journey

Walking Each Other Home

A Meditator's Guidebook  
Dancing with Fire  
Creativity, Spirituality, and Making a Buck  
The Divine Reality  
Unposted Letter (English)  
It's Here Now (Are You?)  
Love Everyone  
Paths to God  
The Road Less Traveled and Beyond  
Be Love Now  
Being Ram Dass  
Setting Out on the Path of Service  
Conversations on Loving and Dying  
Be Here Now  
Words of Wisdom  
Spiritual Growth in an Age of Anxiety  
Living the Bhagavad Gita  
How Can I Help?  
Flowers and Hens at the Emma Bridgewater Factory  
The Wisdom of Insecurity

Still Here  
Be Here Now (Enhanced Edition)  
Compassion in Action  
Focusing

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## **CHASE KAITLYN**

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### Journey of Awakening

#### Sounds True

An intimate dialogue between two friends and luminaries on love, death, and the spiritual path, with guidance for the end-of-life journey We all sit on the edge of a mystery. We have only known this

life, so dying scares us—and we are all dying. But what if dying is perfectly safe? What would it look like if you could approach dying with curiosity and love, in service of other beings? What if dying is the ultimate spiritual practice? Ram Dass and Mirabai Bush began their friendship more than four decades ago at the foot of their guru, Neem Karoli

Baba, also known as Maharaj-ji. He transmitted to them a simple philosophy: love everyone, tell the truth, and give up attachment to material things. A year before Ram Dass passed, he reunited with Bush for an intimate dialogue—which became *Walking Each Other Home*. In this extraordinary book, you'll hear from two beloved

teachers about the spiritual opportunities within the dying process. They generously share intimate personal experiences and timeless practices with courage, humor, and heart, gently exploring every aspect of this journey. Here you'll learn about guidelines for being a "loving rock" for the dying, how to grieve fully and authentically, how to transform a fear of death, leaving a spiritual legacy, creating a sacred space for dying, and much more. "Everybody you have ever loved is a part

of the fabric of your being now," says Ram Dass. The body may die, but the soul remains. Death is an invitation to a new kind of relationship, in the place where we are all One. Join these two lifelong friends and spiritual luminaries as they explore what it means to live and die consciously, remember who we really are, and illuminate the path we walk together.

Religion and Spirituality  
Harmony

Today we see humanity divided and threatened with nuclear war and

mutual destruction, but The Gita teaches us that it is only when we rise above human schemes and calculations and awake to the presence of the indwelling Spirit that we can hope to find the answer to our need.  
Original.

**Awakening to Oneness**  
Harmony

A friendly, funny, practical guide for creatives and entrepreneurs, written by a four-time Emmy award-winning and two-time Grammy-nominated composer-guitarist-producer who has worked

with Paul Simon, Stevie Wonder, Jerry Garcia, Lana Del Rey, and Krishna Das, among many others. Also a beloved and highly regarded Buddhist teacher, David teaches readers how to integrate their creative process with their spiritual practice and livelihood. “How do I make a living doing what I love?” “Am I a sellout as an artist if I want to be successful?” “How do I integrate my spiritual principles with the art of running a business? And actually, um, how do I run a business?” Wondering

how to reconcile your calling with your need to make a living wage, or what to do once your art starts selling, or how to achieve success in your field, or what it even means to be successful? David Nichtern offers his lived, learned experience as an entrepreneur, musician, and Buddhist teacher to first help you figure out what “success” means to you and then show you how to get there. He offers advice on the creative process and principles of business and ethics—everything from

“listen to the muse!” to “protect your intellectual property!”—and provides mindfulness exercises to help you integrate inspiration and aspiration, vocation and avocation—to go from surviving to thriving. Whether you’re a baker trying to grow from the farmer’s market to a brick-and-mortar or a CEO exploring how taking care of your employees can be the same as taking care of your business—if you’re trying to align your spiritual, creative, and financial pursuits and

discover what it means to truly live well, this book is for you.

*How to Break the Anger Habit & Be a Whole Lot Happier* Vintage

Introduced to readers by Ram Dass's "Be Here Now," the author recounts how he immersed himself in Indian spirituality only to fall prey to money, sex, and celebrity on his return from India

**How to Live from Your Spiritual Heart** Crown

This book is enhanced with content such as audio or video, resulting in a large file that may

take longer to download than expected. The enhanced edition of *Be Here Now* includes: Two guided video meditations, 30 minutes in length \* Twenty minute video retrospective of Ram Dass' spiritual journey \*The first chapter of Ram Dass' new book, *Be Love Now*

The Book Harper Collins From Ram Dass, one of America's most beloved spiritual figures and bestselling author of *Be Here Now* and *Be Love Now*, comes this timeless classic about the

experience of being and the risks and rewards of our spiritual path. Originally published in 1976, *Grist for the Mill* offers a deep spiritual journey of self-discovery, and a universal understanding of what it means to "be" and to grow as human beings. The book is fully revised with a new introduction. As Ram Dass puts it, "When the faith is strong enough it is sufficient just to be. It's a journey towards simplicity, towards quietness, towards a kind of joy that

is not in time. It's a journey that has taken us from primary identification with our body and our psyche, on to an identification with God, and ultimately beyond identification." *Polishing the Mirror* Knopf "Now, though I am a beginner on the path, I have returned to the West for a time to work out karma or unfulfilled commitment. Part of this commitment is to share what I have learned with those of you who are on a similar journey. One can share a message through

telling 'our-story' as I have just done, or through the teaching methods of yoga, or singing, or making love. Each of us finds his unique vehicle for sharing with others his bit of wisdom. For me, this story is but a vehicle for sharing with you the true message. . . the living faith in what is possible."—from *Be Here Now* In 1970, Ram Dass' *Be Here Now* became the counter-culture bible for thousands of young people seeking enlightenment in the midst of the darkness of

Vietnam. It was a pioneering bridge, written in colloquial language, from the psychedelic 60s to eastern spirituality, and over the years has sold and continues to sell more than two million copies. Now in an e-book edition, Ram Dass' message is brought to life for a new generation of seekers. This will be a beautiful digital edition of this classic and enlightening book.

[How Timothy Leary, Ram Dass, Huston Smith, and Andrew Weil Killed the Fifties and Ushered in a](#)

New Age for America

Xlibris Corporation

A social scientist recreates his search for expanded consciousness, through the psychedelia of LSD to the final calm and inner wisdom of Rajah Yoga

**Core Teachings from Ram Dass** Simon and Schuster

When people and circumstances upset us, how do we deal with them? Often, we feel victimized. We become hurt, angry, and defensive. We end up seeing others as enemies,

and when things don't go our way, we become enemies to ourselves. But what if we could move past this pain, anger, and defensiveness? Inspired by Buddhist philosophy, this book introduces us to the four kinds of enemies we encounter in life: the outer enemy, people, institutions, and situations that mean to harm us; the inner enemy, anger, hatred, fear, and other destructive emotions; the secret enemy, self-obsession that isolates us from others; and the super-secret enemy,

deep-seated self-loathing that prevents us from finding inner freedom and true happiness. In this practical guide, we learn not only how to identify our enemies, but more important, how to transform our relationship to them. Love Your Enemies teaches us how to: - Break free from the mode of "us" versus "them" thinking - develop compassion, patience, and love - Accept what is beyond our control - Embrace lovingkindness, right speech, and other core concepts



Throughout, authors Sharon Salzberg and Robert Thurman share stories and exercises for achieving finding peace within yourself and with the world. Drawing from ancient spiritual wisdom and modern psychology, *Love Your Enemies* presents tools that are useful for all readers. [The Living Gita](#) Integral Yoga Dist  
Ram Dass's long-awaited *Be Love Now* is the transformational teaching of a forty year journey to the heart. The author of the two-million-copy

classic *Remember, Be Here Now* and its influential sequel *Still Here*, Dass is joined once more by Rameshwar Das—a collaborator from the *Love Serve Remember* audio recordings—to offer this intimate and inspiring exploration of the human soul. Like Deepak Chopra's *Book of Secrets*, the Dalai Lama's *Art of Happiness*, and Jon Kabat-Zinn's *Coming to Our Senses*, Ram Dass's *Be Love Now* will serve as a lodestar for anyone seeking to enhance their

spiritual awareness and improve their capacity to serve—and love—the world around them. [Be Here Now](#) Penguin  
Ram Dass has always been a master of the one-liner. Here is the nitty-gritty by the author of *Be Here Now*—more than 200 penetrating observations and pithy spiritual instructions on such topics as *How It All Is*, *Love and Devotion*, *Suffering, Aging, Planes of Consciousness*, *Death and Dying*, *Service and Compassion*, *Psychedelics*, *Social*

Awareness, and Liberation. “This book is a kind of spiritual brandy, a distillation of the lectures I’ve given over the course of the past decade or so. These quotes are the little “aha!” moments, the cameos that have been served up out of our collective consciousness from time to time that seem to summarize something about our human journey. I think of this book as something you might have next to the coffeepot to pick up in the morning, or as something you might tuck

into your backpack to pull out during your bus ride to work, in order to reframe the way you look at your day.” —Ram Dass  
**Embracing Aging, Changing, and Dying**  
 Harper Collins  
 Draws upon the science of attachment theory to explain the misunderstood roots of suffering and how to achieve vibrant relationships by welcoming desire rather than suppressing it.  
*God, Islam and The Mirage of Atheism*  
 Harmony

The founder of the Foundation for Community Encouragement draws on his counseling experience to lead readers to the spiritual simplicity that lies on the other side of complexity and explains how to cope with the fears and shortcomings of life  
**The Complete Bhagavad Gita : a Commentary for Modern Readers**  
 Vintage  
 Describes an effective technique for identifying one's personal problems by developing an

awareness of one's innermost feelings and thus altering behavior and solving problems on a step-by-step basis.

Reissue.

Reflections on the Journey  
Sounds True

Alan Watts is "the perfect guide for a course correction in life, away from materialism and its empty promise" (Deepak Chopra). Here he shows us how—in an age of unprecedented anxiety—we must embrace the present and live fully in the now in order to live a fulfilling

life. Spending all our time trying to anticipate and plan for the future and to lamenting the past, we forget to embrace the here and now. We are so concerned with tomorrow that we forget to enjoy today. Drawing from Eastern philosophy and religion, Alan Watts shows that it is only by acknowledging what we do not—and cannot—know that we can learn anything truly worth knowing. "Perhaps the foremost interpreter of Eastern disciplines for the contemporary West,

Watts had the rare gift of 'writing beautifully the unwritable.'" —Los Angeles Times

**Walking Each Other**

Manjul Publishing

A stunning gardening book full of inspiration, tips and advice

*A Mediator's Guidebook*  
Farrar, Straus and Giroux (BYR)

Featuring an eye-catching new cover, this classic guide is for those ready to commit time and energy to relieving suffering in the world. No two people are better qualified to help us along this path

than Ram Dass, who has spent more than 25 years teaching and writing on the subject of living consciously, and Mirabi Bush, who succeeded him as chairperson of the Seva Foundation.

*Dancing with Fire* Sounds True

More than thirty years ago, an entire generation sought a new way of life, looking for fulfillment and meaning in a way no one had before. Leaving his teaching job at Harvard, Ram Dass embodied the role of spiritual seeker, showing others how to

find peace within themselves in one of the greatest spiritual classics of the twentieth century, the two-million-copy bestseller *Be Here Now*. As many of that generation enter the autumn of their years, the big questions of peace and of purpose have returned demanding answers. And once again, Ram Dass blazes a new trail, inviting all to join him on the next stage of the journey.

**Creativity, Spirituality, and Making a Buck**  
SUNY Press

A witty attack on the illusion that the self is a separate ego that confronts a universe of alien physical objects.

**The Divine Reality**  
History Press

Sometimes illumination occurs spontaneously or, as Ram Dass experienced, in a heart-wrenching moment of opening. More commonly, it happens when we polish the mirror of the heart with daily practice—and see beyond the illusion of our transient thoughts and emotions to the vast and luminous landscape of our

true nature. For five decades, Ram Dass has explored the depths of consciousness and love and brought them to life as service to others. With *Polishing the Mirror*, he gathers together his essential teachings for living in the eternal present, here and now. Readers will find within these pages a rich combination of perennial

wisdom, humor, teaching stories, and detailed guidance on Ram Dass' own spiritual practices, including: Bhakti Yoga—opening our hearts to unconditional love Practices for living, aging, dying, and embracing the natural flow of life Karma Yoga—how selfless service can profoundly transform us Working with fear and suffering as a path to grace and

freedom Step-by-step guidance in devotional chant, meditation and mantra practice, and much more For those new to Ram Dass' teachings, and for those to whom they are old friends, here is this vanguard spiritual explorer's complete guide to discovering who we are and why we are here, and how to become beacons of unconditional love.