Remember Be Here Now

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.

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

For centuries, readers have turned to the Bhagavad Gita for inspiration and guidance as they chart their own spiritual paths. As profound and powerful as this classic text has been for generations of seekers, integrating its lessons into the ordinary patterns of our lives can ultimately seem beyond our reach. Now, in a fascinating series of reflections, anecdotes, stories, and exercises, Ram Dass gives us a unique and accessible road map for experiencing divinity in everyday life. In the engaging, conversational style that has made his teachings so popular for decades, Ram Dass traces our journey of consciousness as it is reflected in one of Hinduism's most sacred texts. The Gita teaches a system of yogas, or "paths for coming to union with God." In Paths to God, Ram Dass brings the heart of that system to light for a Western audience and translates the Gita's principles into the manual for living the yoga of contemporary life. While being a guide to the wisdom of the Bhagavad Gita, Paths to God is also a template for expanding our definition of ourselves and allowing us to appreciate a new level of meaning in our lives.

Not a day goes by without our being called upon to help one another--at home, at work, on the street, on the phone. . . . We do what we can. Yet so much comes up to complicate this natural response: "Will I have what it takes?" "How much is enough?" "How can I deal with suffering?" "And what really helps, anyway?" In this practical helper's companion, the authors explore a path through these confusions, and provide support and inspiration fo us in our efforts as members of the helping professions, as volunteers, as community activists, or simply as friends and family trying to meet each other's needs. Here too are deeply moving personal accounts: A housewife brings zoo animals to lift the spirits of nursing home residents; a nun tends the wounded on the first night of the Nicaraguan revolution; a police officer talks a desperate father out of leaping from a roof with his child; a nurse allows an infant to spend its last moments of life in her arms rather than on a hospital machine. From many such stories and the authors' reflections, we can find strength, clarity, and wisdom for those times when we are called on to care for one another. How Can I Help? reminds us just how much we have to give and how doing so can lead to some of the most joyous moments of our lives.

Setting Out on the Path of Service
Compassion in Action
God, Islam and The Mirage of Atheism
Be Love Now
A Novel
Embracing Aging, Changing, and Dying
On the Taboo Against Knowing who You are

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

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

From "one of our most nuanced thinkers on the intersections of race, class, and feminism (Cathy Park Hong, New York Times bestselling author of Minor Feelings) comes a memoir "as electric as the title suggests" (Maggie Nelson, author of On Freedom). The award-winning critic and memoirist Margo Jefferson has lived in the thrall of a cast of others—her parents and maternal grandmother, jazz luminaries, writers, artists, athletes, and stars. These are the figures who thrill and trouble her, and who have made up her sense of self as a person and as a writer. In her much-anticipated follow-up to Negroland, Jefferson brings these figures to life in a memoir of stunning originality, a performance of the elements that comprise and occupy the mind of one of our foremost critics. In Constructing a Nervous System, Jefferson shatters her self into pieces and recombines them into a new and vital apparatus on the page, fusing the criticism that she is known for, fragments of the family members she grieves for, and signal moments from her life, as well as the words of those who have peopled her past and accompanied her in her solitude, dramatized here like never before. Bing Crosby and Ike Turner are among the author’s alter egos. The sounds of a jazz LP emerge as the intimate and instructive sounds of a parent’s voice. W. E. B. Du Bois and George Eliot meet illicitly. The muscles and movements of a ballerina are spliced with those of an Olympic runner, becoming a template for what a black female body can be. The result is a wildly innovative work of depth and stirring beauty. It is defined by fractures and dissonance, longing and ecstasy, and a persistent searching. Jefferson interrogates her own self as well as the act of writing memoir, and probes the fissures at the center of American cultural life.

The impersonality of social relationships in the society of strangers is making majorities increasingly nostalgic for a time of closer personal ties and strong community moorings. The constitutive pluralism and hybridity of modern living in the West is being rejected in an age of heightened anxiety over the future and drummed up aversion towards the stranger. Minorities, migrants and dissidents are expected to stay away, or to conform and integrate, as they come to be framed in an optic of the social as interpersonal or communitarian. Judging these developments as dangerous, this book offers a counter-argument by looking to relations that are not reducible to local or social ties in order to offer new suggestions for living in diversity and for forging a different politics of the stranger. The book explains the balance between positive and negative public feelings as the synthesis of habits of interaction in varied spaces of collective being, from the workplace and urban space, to intimate publics and tropes of imagined community. The book proposes a series of interventions that make for public being as both unconscious habit and cultivated craft of negotiating difference, radiating civilities of situated attachment and indifference towards the strangeness of others. It is in the labour of cultivating the commons in a variety of ways that Amin finds the elements for a new politics of diversity appropriate for our times, one that takes the stranger as there, unavoidable, an equal claimant on ground that is not pre-allocated.

Words of Wisdom
A Meditator's Guidebook
The Memory Police
The Man Who Never Was
Creativity, Spirituality, and Making a Buck
The Wisdom of Insecurity
Grist for the Mill

Through the skillful use of a great variety of literary genres, this book explores the intimate relation and tension between religion and spirituality, evoking a wide range of responses that may awaken one to various possibilities of spiritual experience.

Finalist for the International Booker Prize and the National Book Award A haunting Orwellian novel about the terrors of state surveillance, from the acclaimed author of The Housekeeper and the Professor. On an unnamed island, objects are disappearing: first hats, then ribbons, birds, roses. . . . Most of the inhabitants are oblivious to these changes, while those few able to recall the lost objects live in fear of the draconian Memory Police, who are committed to ensuring that what has disappeared remains forgotten. When a young writer discovers that her editor is in danger, she concocts a plan to hide him beneath her f loorboards, and together they cling to her writing as the last way of preserving the past. Powerful and provocative, The Memory Police is a stunning novel about the trauma of loss. ONE OF THE BEST BOOKS OF THE YEAR THE NEW YORK TIMES * THE WASHINGTON POST * TIME * CHICAGO TRIBUNE * THE GUARDIAN * ESQUIRE * THE DALLAS MORNING NEWS * FINANCIAL TIMES * LIBRARY JOURNAL * THE A.V. CLUB * KIRKUS REVIEWS * LITERARY HUB American Book Award winner

Presents a compilation of photographs and provocative interviews with 16 gay elders whose vision and leadership illuminate the spiritual dimension of gay lives.

This book is the story of how three brilliant scholars and one ambitious freshman crossed paths in the early sixties at a Harvard-sponsored psychedelic-drug research project, transforming their lives and American culture and launching the mind/body/spirit movement that inspired the explosion of yoga classes, organic produce, and alternative medicine. The four men came together in a time of upheaval and experimentation, and their exploration of an expanded consciousness set the stage for the social, spiritual, sexual, and psychological revolution of the 1960s. Timothy Leary would be the rebellious trickster, the premier proponent of the therapeutic and spiritual benefits of LSD, advising a generation to "turn on, tune in, and drop out." Richard Alpert would be the seeker, traveling to India and returning to America as Ram Dass, reborn as a spiritual leader with his "Be Here Now" mantra, inspiring a restless army of spiritual pilgrims. Huston Smith would be the teacher, practicing every world religion, introducing the Dalai Lama to the West, and educating generations of Americans to adopt a more tolerant, inclusive attitude toward other cultures' beliefs. And young Andrew Weil would be the healer, becoming the undisputed leader of alternative medicine, devoting his life to the holistic reformation of the American health care system. It was meant to be a time of joy, of peace, and of love, but behind the scenes lurked backstabbing, jealousy, and outright betrayal. In spite of their personal conflicts, the members of the Harvard Psychedelic Club would forever change the way Americans view religion and practice medicine, and the very way we look at body and soul.

Finding the Heart of Gay Spirit and Nature with Sixteen Writers, Healers, Teache
Polishing the Mirror
Queer Wars
Dancing with Fire
Journey of Awakening
Miracle of Love
A Shadow in the Ember

PULITZER PRIZE WINNER • A “ vivid and devastating ” (The New York Times) portrait of an indomitable girl—from acclaimed journalist Andrea Elliott “ From its first indelible pages to its rich and startling conclusion, Invisible Child had me, by turns, stricken, inspired, outraged, illuminated, in tears, and hungering for reimmersion in its Dickensian depths. ” —Ayad Akhtar, author of Homeland Elegies ONE OF THE TEN BEST BOOKS OF THE YEAR: The New York Times • ONE OF THE BEST BOOKS OF THE YEAR: The Atlantic, The New York Times Book Review, Time, NPR, Library Journal In Invisible Child, Pulitzer Prize winner Andrea Elliott follows eight dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this sweeping narrative, Elliott weaves the story of Dasani ’ s childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City ’ s homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani becomes a fierce fighter “ to protect those who I love. ” When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if leaving poverty means abandoning your family, and yourself? A work of luminous and riveting prose, Elliott ’ s Invisible Child reads like a page-turning novel. It is an astonishing story about the power of resilience, the importance of family and the cost of inequality—told through the crucible of one remarkable girl. Winner of the J. Anthony Lukas Book Prize • Finalist for the Bernstein Award and the PEN/John Kenneth Galbraith Award

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."

#1 New York Times bestselling author Jennifer L. Armentrout returns with book one of the all-new, compelling Flesh and Fire series—set in the beloved Blood and Ash world. Born shrouded in the veil of the Primals, a Maiden as the Fates promised, Seraphena Mierel ’ s future has never been hers. Chosen before birth to uphold the desperate deal her ancestor struck to save his people, Sera must leave behind her life and offer herself to the Primal of Death as his Consort. However, Sera ’ s real destiny is the most closely guarded secret in all of Lasania—she ’ s not the well protected Maiden but an assassin with one mission—one target. Make the Primal of Death fall in love, become his weakness, and then···end him. If she fails, she dooms her kingdom to a slow demise at the hands of the Rot. Sera has always known what she is. Chosen. Consort. Assassin. Weapon. A specter never fully formed yet drenched in blood. A monster. Until him. Until the Primal of Death ’ s unexpected words and deeds chase away the darkness gathering inside her. And his seductive touch ignites a passion she ’ s never allowed herself to feel and cannot feel for him. But Sera has never had a choice. Either way, her life is forfeit—it always has been, as she has been forever touched by Life and Death.

A joyful celebration of LGBTQ+ vocabulary for kids of all ages! A playdate extravaganza transforms into a joyful celebration of friendship, love, and identity as four young friends sashay out of all the closets, dress up in a wardrobe fit for kings and queens, and discover the wonders of their imagination. In The GayBCs, M. L. Webb ’ s playful illustrations and lively poems delight in the beauty of embracing one ’ s truest self—from A is for Aro and Ace to F is for Family to T is for Trans. The GayBCs is a heartwarming and accessible gift to show kids and adults alike that every person is worthy of being celebrated. A bonus glossary offers opportunities for further discussion of complete terms, communities, and inclusive identities.

Cookbook for Awakening
Be Here Now (Enhanced Edition)
Stories about Neem Karoli Baba
Reflections on the Journey
The Only Dance There Is
Poverty, Survival & Hope in an American City (Pulitzer Prize Winner)
Land of Strangers

The claim that 'LGBT rights are human rights' encounters fierce opposition in many parts of the world, as governments and religious leaders have used resistance to 'LGBT rights' to cast themselves as defenders of traditional values against neo-colonial interference and western decadence. Queer Wars explores the growing international polarization over sexual rights, and the creative responses from social movements and activists, some of whom face murder, imprisonment or rape because of their perceived sexuality or gender expression. This book asks why sexuality and gender identity have become so vexed an issue between and within nations, and how we can best advocate for change.

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

In The Divine Reality, (Newly Revised Edition 2019) Hamza Andreas Tzortzis provides a compelling case for the rational and spiritual foundations of Islam, whilst intelligently and compassionately deconstructing atheism. Join him on an existential, spiritual and rational journey that articulates powerful arguments for the existence of God, the Qur'an, the Prophethood of Muhammad and why we must know, love and worship God. He addresses academic and popular objections while showing how contemporary atheism is based on false assumptions about reality, which leads to incoherent answers to life's important questions. Does hope, happiness and human value make sense without the Divine?Do we have an ultimate purpose?Can we have consciousness and rational minds without God?Did the universe come from nothing?Does evil and suffering negate Divine mercy?Has scientific progress led to the denial of God?Are revelation and prophethood myths?Is God worthy of our worship?If you want to know how the Islamic intellectual and spiritual tradition answers these questions then this is the book for you.Hamza Andreas Tzortzis's new book presents a much needed comprehensive account of Islamic theism that draws upon Western and Islamic thought. Hamza Tzortzis is an international speaker, writer and instructor. He has a PgCert and an MA in philosophy and is currently continuing his postgraduate studies in the field. Hamza has studied Islamic thought and theology under qualified scholars. He has delivered workshops and courses on topics related to Islamic thought and philosophy. Hamza has debated prominent academics and thinkers on Islam and atheism.

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.

The War of the Worlds
A Mindful Way to Loving Relationships
The Harvard Psychedelic Club
Awakening to Oneness
Living the Bhagavad Gita
A Spiritual Memoir
The Divine Reality

A Ram Dass-themed journal for contemplation and reflection, featuring inspiring quotes from Ram Dass that offer writers and seekers a tool for cultivating honesty, compassion and love. Reflections on the Journey is a Ram Dass-inspired journal containing 12 contemplative quotes by Ram Dass and 190 lined pages for writing and reflection. The quotes are carefully curated to inspire readers and writers to search deeper within themselves to witness the truth of their being. Each quote contains loving and heartening Ram Dass wisdom, offering readers and writers a resonant tool to help them follow their life path with honesty, compassion and love.

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.

A "now it can be told" story of secret Operation Mincemeat. This was a carefully prepared ruse involving planted documents on a floating body which successfully misled the German commanders as to the Sicily invasion. Told by the British naval officer who originated the plot.

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.

How to Live from Your Spiritual Heart
Conversations on Loving and Dying
A Ram Dass Inspired Journal
The Book
Religion and Spirituality
Remember
Walking Each Other Home

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.

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

“A must-read for anyone interested in incorporating meditation into their lifestyle.” —Sanjay Gupta, MD, chief medical correspondent for CNN Heartfulness is an ideal, a spiritual way of living by and from the heart that is inclusive of all ideologies, beliefs, and religions. In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of a person’s faith. Our modern, fast-paced world can be an overwhelming place. Every day, we’re bombarded with messages telling us that in order to be happy, fulfilled, and worthy, we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartful instead? Based on Daaji’s own combination of approaches and practices for the modern seeker—which draws from the teachings of Sahaj Marg, meaning “Natural Path”—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self within. While many books describe refined states of being, The Heartfulness Way goes further, providing a pragmatic course to experience those states for oneself, which, per the book’s guiding principle, is “greater than knowledge.” Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you’ll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

When a meteorite lands in Surrey, the locals don't know what to make of it. But as Martians emerge and begin killing bystanders, it quickly becomes clear—England is under attack. Armed soldiers converge on the scene to ward off the invaders, but meanwhile, more Martian cylinders land on Earth, bringing reinforcements. As war breaks out across England, the locals must fight for their lives, but life on Earth will never be the same. This is an unabridged version of one of the first fictional accounts of extraterrestrial invasion. H. G. Wells’s military science fiction novel was first published in book form in 1898, and is considered a classic of English literature.

Paths to God
A Memoir
Constructing a Nervous System
The Heartfulness Way
How Timothy Leary, Ram Dass, Huston Smith, and Andrew Weil Killed the Fifties and Ushered in a New Age for America
Heart-Based Meditations for Spiritual Transformation
Remember, be Here Now

Perhaps no other teacher has sparked the fires of as many spiritual seekers in the West as Ram Dass. If you've ever embraced the phrase "be here now," practiced meditation or yoga, tried psychedelics, or supported anyone in a hospice, prison, or homeless center—then the story of Ram Dass is also part of your story. From his birth in 1931 to his luminous later years, Ram Dass saw his life as just one incarnation of many. This memoir puts us in the passenger seat with the one time Harvard psychologist and lifelong risk-taker Richard Alpert, who loved to take friends on wild rides on his Harley and test nearly every boundary—inner or outer—that came his way. Here, Ram Dass shares his life's odyssey in intimate detail: how he struggled with issues of self-identity and sexuality in his youth, pioneered psychedelic research, and opened the doorways to Eastern spiritual practices. In 1967 he trekked to India and met his guru, Neem Karoli Baba. He returned as a yogi and psychologist whose perspective changed millions. Populated by a cast of luminaries ranging from Timothy Leary to Elisabeth Kübler-Ross, Allen Ginsberg to Sharon Salzberg, Aldous Huxley to Alan Watts—this intimate memoir chronicles Ram Dass's experience of the cultural and spiritual transformations that resonate with us to this day, a journey from the mind to the heart, from the ego to the soul. Before, after, and along these waypoints, readers will encounter many other adventures and revelations—each ringing with the potential to awaken the universal, loving divine that links this beloved teacher to all of us.

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.

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.

This book is based on talks by Ram Dass at the Menninger Foundation in 1970 and at the Spring Grove Hospital in Maryland in 1972. The text grew out of the interaction between Ram Dass and the spiritual seekers in attendance at these talks. The result of this unique exchange is a useful guide for understanding the nature of consciousness--useful both to other spiritual seekers and to formally trained psychologists. It is also a celebration of the Dance of Life--which, in the words of Ram Dass, is the "only dance there is."

Core Teachings from Ram Dass
How Can I Help?
Gay Soul
Here be Now, be Now Here, Now be Here
Still Here
Invisible Child
The Path of the Heart

Find the practice that’s right for you with this exploration of the many paths of meditation—from mantra, prayer, singing, visualizations, and “just sitting” to movement meditations such as tai chi “Everyone has experienced a moment of pure awareness. A moment without thinking ‘I am aware’ or ‘that is a tree.’ Such moments bring a sense of rightness, of clarity, of being at one. Such moments are the essence of meditation.”—Ram Dass Ram Dass is an American psychologist and spiritual teacher who has studied and practiced meditation for many years. Here he shares his understanding and suggests how you can find methods suitable for you. He illuminates the stages and benefits of meditative practice, and provides wise and often humorous advice on overcoming difficulties along the way.

Ram Dass always had a knack for heart-to-heart transmission. Far before he had a vocabulary to describe his spiritual experiences, he lived the role of Richard Alpert, a Harvard professor experimenting with psychedelics. After these first soul-expanding journeys, he spoke and wrote about his transcendent experiences with the innate, intuitive understanding of a true inner-voyager. Even before Richard realized that psychedelics weren't the final answer to enlightenment, he was more interested in cultivating a shared heart space with his patients and friends than he was in the clinical, scientific side of psychedelia. "Words of Wisdom" is a distillation of hundreds of lectures and many hours of audio and video recordings from the last five decades-his core essential teachings.This anthology celebrates the spark that helped to ignite the flame of grace and Loving Awareness in so many hearts. By the end of his life, Ram Dass was a true conduit for soul connection. He wished for these five decades of teachings to find a home in an evolving world, and to serve as a beacon for the unconditional love and joy that he came to embody so deeply. May these teachings help to walk you home.

Be Here Now, Here be Now, be Nowhere Now, be Here Now, be Here Now
Be Here Now
The GayBCs
Remember, Now be Here, Now Here Be, Now be Nowhere
It's Here Now (Are You?)
Being Ram Dass