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Be Here Now by Ram Dass discusses elaborately about the basic themes and philosophies of spirituality, meditation, and yoga. The book is divided into four sections and it is narrated from the transformation of Dr Richard Alpert, PhD, up to the painted cakes section, which recommends other books that is related with the same subject.

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meaning from th in 1970, I was trying to figure out who I was. I'd left college, manned the barricades for a while, then built a cabin on a commune.

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minutes in length * Twenty minute video retrospective of Ram Dass' spiritual journey * The first chapter of Ram Dass' new book, Be Love Now

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

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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.

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And once again, Ram Dass blazes a new trail, inviting all to join him on the next stage of the journey.

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

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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

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beacons of unconditional love.

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

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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.

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

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,

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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

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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.

Cut through the busyness and

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anxieties of daily life to discover the simple happiness of living in the present moment, as taught by a world-renowned Zen monk In this book, Thich Nhat Hanh—Zen monk, author, and meditation master—distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. But true mindfulness, Hanh explains, is not an escape. It is being in the present moment, totally alive and free. Based on a retreat that Thich Nhat Hanh led for Westerners, *You Are Here* offers a range of effective practices for cultivating mindfulness and staying in the present moment—including awareness of breathing and walking, deep listening, and skillful

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speech. These teachings will empower you to witness the wonder of life and transform your suffering, both within and outside you, into compassion, tenderness, and peace. As Thich Nhat Hanh declares, “ the energy of mindfulness is the energy of the Buddha, and it can be produced by anybody. ” It is as simple as breathing in and breathing out.

"Ward Anderson flays open the perceived rock star glamour of stand-up comedy to show us how it really is."—Aisha Tyler Falling in love is like stand-up comedy. You have to be crazy to do it. . .

Spence is a stand-up comedian whose claim to fame is a one-time appearance on The Late Late Show. Eight years ago. Since then,

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He's been living on the road, working in clubs like The Comedy Crib or The Funny Farm or The Laff Shack—if he's lucky. More often than not, his agent lands him gigs in country western bars. On a good night, he gets free drinks; on a bad night, he offends the audience with dirty jokes. Spence's ex-wife thinks he should find a nice girl and settle down. His ex-wife's husband thinks he should stop having his mail sent to their house. What does Spence think? That trying to have a relationship on the road is no laughing matter. Especially when he meets Sam. . . She's smart, she's beautiful, and she's Canadian—but she's not putting up with his schtick. Sam wants Spence to drop the jokes and be

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himself, which is hard for a man who's funny for a living. But the closer they get, the more successful Spence becomes. Can a stand-up comic live happily ever after with the girl of his dreams. . .without it ending in a punchline? "I'll Be Here All Week does more than offer a window into the life of a stand-up comic. Any reader would feel like they are actually on that stage, living the life and hoping that they'll get out alive. Underneath it all is a love story that is sweet and funny." --Ophira Eisenberg, standup comic and author of *Screw Everyone: Sleeping My Way to Monogamy*

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