

Remember Be Here Now

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."

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.

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.

A Goodreads Choice Awards 2019 Semifinalist One of BookBub’s Best Science Fiction Books of 2019 One of Book Riot’s Best Books of 2019 So Far One of The Nerd Daily’s Best Debut Novels of 2019 Featured in The Millions “A Year in Reading” One of Entropy’s Best Fiction Books of 2019 He’ll go anywhere and any when to save his daughter Kin Stewart is an everyday family man: working in IT, trying to keep the spark in his marriage, struggling to connect with his teenage daughter. But his current life is a far cry from his previous career...as a time-traveling secret agent from over a century in the future. Stranded in suburban San Francisco since the 1990s after a botched mission, Kin has kept his past hidden from everyone around him, until one afternoon, his “rescue” team arrives—eighteen years too late. Their mission: return Kin to 2142, where he’s been gone only weeks, not years, and where another family is waiting for him. A family he can’t remember. Torn between two lives, Kin’s desperate efforts to stay connected to both will threaten to destroy the agency and even history itself. With his daughter’s very existence at risk, he will have to take one final trip to save her—even if it means breaking all the rules of time travel in the process. “Heartfelt and thrilling... Chen’s concept is unique, and [his characters’] agony is deeply moving. Quick pacing, complex characters, and a fascinating premise.”—Publishers Weekly, starred review

Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us

How Timothy Leary, Ram Dass, Huston Smith, and Andrew Weil Killed the Fifties and Ushered in a New Age for America

Here and Now and Then

Changing Lenses

It's Here Now (Are You?)

Remember, Now be Here, be Here Now

Remember, be Here Now

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.

As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their

elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

A celebration of Neem Karoli Baba, one of the most influential spiritual leaders of our time, the divine guru who inspired and led a generation of seekers—including Ram Dass, Daniel Goleman, and Larry Brilliant—on life-changing journeys that have ultimately transformed our world. In 1967, Baba Ram Dass—former American Harvard professor Richard Alpert—left India to share stories of his mysterious guru, Neem Karoli Baba, known as Maharajji. Introducing idealistic Western youth to the possibilities inherent in spiritual development, Ram Dass inspired a generation to turn on and tune in to a reality far different from the one they had known. From the spring of 1970 until Maharajji died on September 11, 1973, several hundred Westerners had his darshan (in Hinduism, the beholding of a deity, revered person, or sacred object). Those who saw him formed the Maharajji satsang—fellow travelers on the path. Love Everyone tells the stories of those who heard the siren call of the East and followed it to the foothills of the Himalayas. The ways they were called to make the journey, their experiences along the way, and their meeting with Maharajji form the core of this multicultural adventure in shifting consciousness. The contributors share their recollections of Maharajji and how his wisdom shaped their lives. All have attempted to follow Maharajji's basic teaching, his seemingly simple directives: Love everyone, feed everyone, and remember God. All have found their own way to be of service in the world and, in so doing, have collectively touched the hearts and souls of countless others. 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.

Being Ram Dass

Be Here Now

How Can I Help?

The Lottery

Be Here Now, Remember

Remember, Now be Here, Now Here be

On the Taboo Against Knowing who You are

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

A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her

mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I'm Glad My Mom Died*, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called *iCarly*, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the *iCarly* spinoff *Sam & Cat* alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, *I'm Glad My Mom Died* is an inspiring story of resilience, independence, and the joy of shampooing your own hair.

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.

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.

God, Islam and The Mirage of Atheism

The Book

Stories about Neem Karoli Baba

The Transcendent Wisdom of Neem Karoli Baba Told Through the Stories of the Westerners Whose Lives He Transformed

Conversations on Loving and Dying

Remember, Now be Here, Now Here Be, Now be Nowhere

Public Discourse in the Age of Show Business

From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—all-new advice! There's a reason Alison Green has been called "the Dear Abby of the world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Green does—and in this incredibly helpful book, she tackles the tough discussions you need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email or text • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* "A must-read for anyone who works . . . [Alison Green's] advice boils down to the simple idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing makes it a pleasure to read, and her advice can be widely applied to relationships in all areas of your life. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with some of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

A fully revised and updated edition of the bible of the newspaper industry

Alan Watts is "the perfect guide for a course correction in life, away from materialism and an 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 full 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

enjoy today. Drawing from Eastern philosophy and religion, Alan Watts shows that by acknowledging what we do not—and cannot—know that we can learn anything knowing. “Perhaps the foremost interpreter of Eastern disciplines for the contemporary world, Alan Watts had the rare gift of ‘writing beautifully the unwritable.’” —Los Angeles Times
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 both the risks and rewards of our spiritual path. Originally published in 1976, *Grist for the Mill* is 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 by Ram Dass. Dass puts it, “When the faith is strong enough it is sufficient just to be. It’s a journey of simplicity, towards quietness, towards a kind of joy that is not in time. It’s a journey taken us from primary identification with our body and our psyche, on to an identification with God, and ultimately beyond identification.”

Walking Each Other Home

The Only Dance There Is

Here be Now, be Now Here, Now be Here

iGen

Creativity, Spirituality, and Making a Buck

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Work

Amusing Ourselves to Death

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

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

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

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 Novel

The Associated Press Stylebook 2015

Awakening to Oneness

How to Live from Your Spiritual Heart

Embracing Aging, Changing, and Dying

Living the Bhagavad Gita

Cookbook for Awakening

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*

What happens when media and politics become forms of entertainment? As our world begins to look more and more like Orwell's 1984, Neil's Postman's essential guide to the modern media is more relevant than ever. "It's unlikely that Trump has ever read *Amusing Ourselves to Death*, but his ascent would not have surprised Postman." -CNN Originally published in 1985, Neil Postman's groundbreaking polemic about the corrosive effects of television on our politics and public discourse has been hailed as a twenty-first-century book published in the twentieth century. Now, with television joined by more sophisticated electronic media—from the Internet

to cell phones to DVDs—it has taken on even greater significance. *Amusing Ourselves to Death* is a prophetic look at what happens when politics, journalism, education, and even religion become subject to the demands of entertainment. It is also a blueprint for regaining control of our media, so that they can serve our highest goals. “A brilliant, powerful, and important book. This is an indictment that Postman has laid down and, so far as I can see, an irrefutable one.”
—Jonathan Yardley, *The Washington Post Book World*

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.

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.

Spiritual Growth in an Age of Anxiety

Journey, the Transformation

The Raven

Paths to God

The Divine Reality

Grist for the Mill

Remember - be Here Now

A seemingly ordinary village participates in a yearly lottery to determine a sacrificial victim.

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.

Through beautiful illustrations and captivating text, the spiritual journey of famed yoga guru Ram Dass is illuminated to guide young soul searchers on their own path of self-discovery. *You Are the Universe* tells the story of Ram Dass's life and offers young adults inspiration for beginning their own spiritual path. Sourced from the audio archive of 50 years of Ram Dass's recordings, his most vital teachings are introduced through this easy but impactful guide for teens and young adults. In his own words, Ram Dass speaks directly to young readers, sharing his most significant memories and rites-of-passage. From family dynamics and self-confidence to the fight for social justice, the lessons in *You Are the Universe* are presented in an easy-to-read graphic novel style and provide teens with valuable insight for navigating many contemporary challenges. Readers will discover insights into love, spirituality, and universal truths, and learn how to discover their own life's purpose. Ram Dass's unique sense of humor encourages his students to play and explore different ideas, reminding us of our imperfect and beautiful humanity. His wise guidance and timeless teachings remain just as relevant today as they were in his lifetime. Serving as a prequel to his iconic best-seller *Be Here Now*, *You Are the Universe* honors Ram Dass's wishes to share his

message with younger generations so they might have a compass for navigating the soul's journey. The stunning hand drawn art and watercolor paintings make *You Are the Universe* as beautiful to look at as it is powerful to read, and combine with the revered teacher's own words to create an accessible and vibrant introduction to Dass's life-altering message. **EXPERT GUIDANCE:** Psychologist and yoga guru Ram Dass dedicated his life to educating others on the keys to spiritual fulfillment and happiness, drawing wisdom from a lifetime of experience. **STRENGTHEN THE MIND AND THE SOUL:** Ram Dass offers advice for teens on how to reduce anxiety, engage in social justice, and find their path through the example of his experiences and wisdom. **GORGEOUS ILLUSTRATED NOVEL:** With beautiful watercolor illustrations, this book is a perfect gift for both Dass followers and those new to his philosophy. **INTRODUCTION TO SPIRITUALITY:** Sourced from the archive of Ram Dass's recordings, *You Are the Universe* explores Dass's most vital teachings and introduces young people to spirituality in an easy to read and approachable way. **A MUST-READ PREQUEL:** *You Are the Universe* sets the stage for Ram Dass's iconic spiritual growth manifesto *Be Here Now*.

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.

A Meditator's Guidebook

Be Love Now

Essential Teaching Stories from Ram Dass

A Mindful Way to Loving Relationships

Miracle of Love

I'm Glad My Mom Died

Still Here

“Ram Dass lived a full life and then some. His final statement is thorough and, yes, enlightening.”

“Kirkus Reviews 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. Being 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 with a perspective on spirituality and psychology that changed millions. Featuring 64 pages of color photographs, this intimate memoir chronicles the cultural and spiritual transformations Ram Dass experienced 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 us to this beloved teacher and all of us to each other.

Be Here NowHarmony

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.

Dancing with Fire

Religion and Spirituality

The Path of the Heart

Polishing the Mirror

Love Everyone

A Spiritual Memoir