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The Art of Racing in the Rain
Be Here Now (Enhanced Edition)
Wisdom from the Mastery of Love
The Diary of a Nobody
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Paths to God

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

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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.

The Harvard Psychedelic Club

This book is based on talks by Ram Dass at the Menninger Foundation in 1970 and

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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."

Remember Who You Truly 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

Changing Lenses

NEW YORK TIMES BESTSELLER • From the stars of the Netflix series *Get Organized with The Home Edit* (with a serious fan club that includes Reese Witherspoon, Gwyneth Paltrow, and Mindy Kaling), here is an accessible, room-by-room guide to establishing new order in your home. Believe this: every single space in your house has the potential to function efficiently and look great. The mishmash of summer and winter clothes in the closet? Yep. Even the dreaded junk drawer? Consider it done. And the best news: it's not hard to do—in fact, it's a lot of fun. From the

home organizers who made their orderly eye candy the method that everyone swears by comes Joanna and Clea's signature approach to decluttering. The Home Edit walks you through paring down your belongings in every room, arranging them in a stunning and easy-to-find way (hello, labels!), and maintaining the system so you don't need another do-over in six months. When you're done, you'll not only know exactly where to find things, but you'll also love the way it looks. A masterclass and look book in one, The Home Edit is filled with bright photographs and detailed tips, from placing plastic dishware in a drawer where little hands can reach to categorizing pantry items by color (there's nothing like a little ROYGBIV to soothe the soul). Above all, it's like having your best friends at your side to help you turn the chaos into calm. PLEASE NOTE: The paperback includes a starter set of labels for your refrigerator; the ebook and audiobook include a link to download and print the labels from a computer (you will need 8-1/2 x 11-inch clear repositionable sticker project paper, such as Avery 4397). Featured in Glamour's 10 Books to Help You Live Your Best Life

Values Tech

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.

Grist for the Mill

“The novel that foreshadowed Donald Trump’s authoritarian appeal.”—Salon *It Can’t Happen Here* is the only one of Sinclair Lewis’s later novels to match the power of *Main Street*, *Babbitt*, and *Arrowsmith*. A cautionary tale about the fragility of democracy, it is an alarming, eerily timeless look at how fascism could take hold in America. Written during the Great Depression, when the country was largely oblivious to Hitler’s aggression, it juxtaposes sharp political satire with the

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chillingly realistic rise of a president who becomes a dictator to save the nation from welfare cheats, sex, crime, and a liberal press. Called “a message to thinking Americans” by the Springfield Republican when it was published in 1935, *It Can't Happen Here* is a shockingly prescient novel that remains as fresh and contemporary as today's news. Includes an Introduction by Michael Meyer and an Afterword by Gary Scharnhorst

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

Miracle of Love

NOW A MAJOR MOTION PICTURE FROM FOX 2000 STARRING MILO VENTIMIGLIA, AMANDA SEYFRIED, AND KEVIN COSTNER MEET THE DOG WHO WILL SHOW THE WORLD HOW TO BE HUMAN The New York Times bestselling novel from Garth Stein—a heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope—a captivating look at the wonders and absurdities of human life . . . as only a dog could tell it. “Splendid.” —People “The perfect book for anyone who knows that compassion isn't only for humans, and that the relationship between two souls who are meant for each other never really comes

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to an end. Every now and then I'm lucky enough to read a novel I can't stop thinking about: this is one of them." —Jodi Picoult "It's impossible not to love Enzo." —Minneapolis Star Tribune "This old soul of a dog has much to teach us about being human. I loved this book." —Sara Gruen

Ephaidria

Be Love Now

GIFT IDEAS | TIME MANAGEMENT | ORGANIZATION The perfect notebook to keep track of your daily, weekly or monthly tasks, chores and responsibilities in a simple, organized manner. Each page has two columns of 13 standard checkboxes as well as a priority box to highlight your top 8 tasks, paired with a full page dot matrix layout for additional notes and memos. Product Details: * High quality 60lb (90gsm) paper stock * Premium matte-finish cover design * Perfect for all writing mediums * Large format 6.0" x 9.0" (approximately A5) pages

Remembering What I Forgot

Turtle Island

Containing 45 years' worth of rumination, discussion and personal experiential revelations, *Every Now and Zen* on the Nature of Being and Becoming imparts nuggets of wisdom (or folly), sprinkling them as "Cosmic Breadcrumbs" for you, the reader, to follow on your path to becoming the best version of yourself. Inspired by the classic "Be Here Now" by Ram Dass and written in the spirit of leaving an anecdotal artifact of personal existence, *Every Now and Zen* represents the fruits of explorations into the nature of being and becoming.

How Can I Help?

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

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wise and often humorous advice on overcoming difficulties along the way.

Here and Now and Then

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

Be Here Now

To save his daughter, he'll go anywhere—and any-when... 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, Miranda. But his current life is a far cry from his previous career...as a time-traveling secret agent from 2142. Stranded in suburban San Francisco since the 1990s after a botched mission, Kin has kept his past hidden from everyone around him, despite the increasing blackouts and memory loss affecting his time-traveler's brain. Until one afternoon, his "rescue" team arrives—eighteen years too late. Their mission: return Kin to 2142, where he's only been gone weeks, not years, and where another family is waiting for him. A family he can't remember. Torn between two lives, Kin is desperate for a way to stay connected to both. But when his best efforts threaten

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to destroy the agency and even history itself, his daughter's very existence is at risk. It'll take one final trip across time to save Miranda—even if it means breaking all the rules of time travel in the process. A uniquely emotional genre-bending debut, *Here and Now and Then* captures the perfect balance of heart, playfulness, and imagination, offering an intimate glimpse into the crevices of a father's heart and its capacity to stretch across both space and time to protect the people that mean the most.

Remember: be here now

DAVID EPPELHEIMER taught in several Central American and Caribbean countries, and in Coopersville Schools in Michigan from 1997 until his retirement in 2010. In his classroom he always posted this sign: "Do You Remember Kindergarten? Those Who Enter Here, Will." "How fortunate I have been," he writes. "And to think, it is all just icing on the cake."

Awaken

Remember, Now be Here, Now Here be

Be Here Now

This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you. You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit

the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

Indie Spiritualist

Our popular Charming Petites feature eye-catching artwork and a wide array of subjects. Unless otherwise indicated, each has a 24K gold-plated or silver-plated charm to keep on the ribbon bookmark or wear on a bracelet. Excerpts from the best-selling "The Mastery of Love (by the author of "The Four Agreements). "To become masters of love, we have to practice love. The art of relationship is also a whole mastery, and the only way to reach mastery is with practice."

Every Now and Zen

Polishing the Mirror

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. From the Hardcover edition.

It Can't Happen Here

The noted spiritualist offers humorous and insightful guidance for exploring the joy,

pain, and opportunities of the later phases of life.

Way of the Peaceful Warrior

Compassion in Action

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 for 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.

The Only Dance There Is

"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.

Journey of Awakening

Read Book Remember Be Here 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 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.

Do You Remember Kindergarten?

Sixteen-year-old Max and 10-year-old Tessa were fully prepared for another horrible summer vacation. While they always hoped to go somewhere fun like Disney World or Universal Studios, they usually went somewhere weird and cheap that their father, former boy bander Don Masters, found in an ad in a truck stop coupon magazine. But this year was different. Where they went couldn't be found on any map or in any truck stop coupon book. They passed through a portal to a place called Turtle Island, an alternate version of America that diverged from our history before the pilgrims landed at Plymouth Rock. It was there where they met world famous action movie star Jordie Paine -- star of such films as *I Plan to Kill You Now* and the sequel, *I Plan to Kill You Now, Too*, the ninja film, *Chuck Butcher:*

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Sword Wielding Jackal, as well as the light-hearted romp, Harry Hinklehoffer and the Giant Dancing Toad of East Nebraska -- who would be their guide in this strange new world. Jordie, they later learned, brought the Masters family to Turtle Island for a very specific reason. Because they look just like the ruthless first family of Turtle Island, the Masters are pawns in a coup to overthrow the dictator. But things don't go as planned and the Masters wind up in the Survival Games, Turtle Island's national pastime/system of justice where criminals competitors, or crimpetitors, compete for their freedom. In this scifi comedy, the stakes are very simple -- if they win, they rule, if they lose, they must suffer the consequences.

Be Here Now

The ONE Thing

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 were perfectly safe? What would it look like if you could approach dying with curiosity and love, in service of other beings? What if dying were 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:

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love everyone, tell the truth, and give up attachment to material things. After impacting millions of people through the years with these teachings, they have reunited once more with Walking Each Other Home to enlighten and engage readers on the spiritual opportunities within the dying process. They generously share intimate personal experiences and timeless practices, told with courage, humor, and heart, gently exploring every aspect of this journey. And, at 86 years old, Ram Dass reminds us, “This time we have a real deadline.” In Walking Each Other Home, readers will 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.

Cookbook for Awakening

Still Here

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You may remember visiting a grandparent or elder friend who lived in a nursing home memory unit. When you were a child you may recall sights, sounds, and smells that caused you to feel uneasy. Step into any one of today's 16,000 long-term care facilities across the US, and suddenly those memories reemerge. Nurse Supervisor K. Allen tells of the emotional investments found while working with seniors inside the Van Gogh, a large upscale urban assisted living complex. Located at its core is found a locked memory care unit, the Rembrandt, where he and his heroic support team struggle to comfort those suffering from Alzheimer's and other types of Dementia. Emotionally rich and deeply moving, Remembering What I Forgot tells of a day in the life of a memory unit nurse and the unimaginable obstacles faced by today's health care workers. A first of its kind, the story provides its reader with a rare glimpse into "life on a memory unit" including the emotional torment experienced by visitors who witness their loved one slip into ever increasing apathy and confusion. In its truest sense a love story of the need to cope and how to find hope when someone we love suddenly cannot remember well and is handed a diagnosis of Dementia. Insightful, humorous and heartfelt, Remembering What I Forgot conveys a message of inspiration and helps us connect with those in the final chapter of their life. Let us not forget them.

Walking Each Other Home

The Diary of a Nobody is an English comic novel that records the daily events in

the lives of a London clerk, Charles Pooter, his wife Carrie, his son Lupin, and numerous friends and acquaintances over a period of 15 months.

The Home Edit

- More than 500 appearances on national bestseller lists
- #1 Wall Street Journal, New York Times, and USA Today
- Won 12 book awards
- Translated into 35 languages
- Voted Top 100 Business Book of All Time on Goodreads

People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE

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BOTH — LESS AND MORE. In *The ONE Thing*, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal * dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what matters to you *The ONE Thing* delivers extraordinary results in every area of your life--work, personal, family, and spiritual. **WHAT'S YOUR ONE THING?**

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

"Awaken," like the companion book, "Enlightenment," shares with you some of the symptoms of awakening and can support and guide you in your awakening process, no matter where you think you are in your seeming journey. Awakening, like becoming lucid in a dream, can suddenly change your relationship to everything. For many people it's a long, slow process. However, for some the shift can seem as extreme as instantaneously landing in the body with a thud. Burning in the fire of awakening can make you feel like you're going crazy. It's important to have a good support team, preferably a person or a group of people who are experienced in (and not afraid of) the stages of awakening. Who better to assist you as you pass through the proverbial eye of the needle? You already possess everything it takes to wake up. Let's go together on this adventure. Allow me to assist you in discovering that the you you've been longing for has been here all along!

The Art of Racing in the Rain

Four clairvoyant Earthlings are summoned to a distant galaxy, to assist an abducted race of humans; struggling to defeat an invasion of astral entities. This epic sci-fi/fantasy draws us out of ordinary reality and into multiple worlds of extraterrestrial beauty, fabled history, and life-and-death stakes. Read and be transported.

Be Here Now (Enhanced Edition)

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.

Wisdom from the Mastery of Love

From a recovering addict, musician, and tattooed indie culturist: a guidebook for today's generation of spiritual misfits who crave a dogma-free path. Brutally honest and radically unconventional, Chris Grosso's collection of stories and

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musings about his meandering journey of self-inquiry, recovery, and acceptance shows what it means to live a truly authentic spiritual life. Set amongst the backdrop of Grosso's original music (included for download via QR codes in the text), Indie Spiritualist encourages you to accept yourself just as you are, in all your humanity and imperfect perfection.

The Diary of a Nobody

Presents the author's personal account of his spiritual quest to unite the diverse realms of body, mind, and spirit by combining Eastern philosophy with Western fitness routines to become an example of the peaceful warrior.

Remember, be Here Now

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

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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."

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