

# Be Here Now (Enhanced Edition)



## Synopsis

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

## Book Information

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## Customer Reviews

I know it's a cliché, but this book changed my life. I read it in 1973 when I was an angst-ridden twenty-something searching for a spiritual direction. I bought the book because I recognised Dr Richard Alpert from his association with Dr Timothy Leary and was curious to hear his post acid-haze spin on spirituality. What I found in the pages of this book planted the seed of a philosophy which has grown in my own consciousness, becoming the foundation for a spiritual life. The first part of the book deals with Dr Alpert's spiritual awakening through the grace of his guru and his subsequent metamorphosis into the disciple called Baba Ram Dass. It is an inspiring tale for those not afflicted by cynical preconceptions and it inspired in me the desire to seek out my own guru. The central portion of the book was perfect for the times, when people who had opened the gates of their perception with the aid of psychotropic substances, were looking for more natural means to help keep them open. Using the words and teachings of many different spiritual masters,

from Jesus to Ramakrishna, the book uses psychedelic, cartoon-like images to get the message across. And the message is Be Here Now. When I first meditated on the meaning of this exhortation, ten thousand bells began to ring in my mind. Of course! The past is gone, an illusion which exerts all kinds of negative influences on the human psyche. The future is even more illusory, in that it is so transient. It could be years long, or it could be seconds - who knows? Life can only be truly experienced in the present - in the here and now - and if we are to find peace and spiritual freedom, we must first do away with our attachment to the past and the future.

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