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Originally published in 1976, Grist

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means to "be" and to grow as

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5.0 out of 5 stars Grist For The Mill: By Ram Dass (with Stephen

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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.

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Grist for the Mill (Paperback) –

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Love Serve Remember Shop
Delightful, warm-hearted,
approach, as with all the work of
Ram Dass. Encourages us to view
all of life, pleasant or otherwise, as
'grist for the mill' or our
awakening. Read more

From Ram Dass, one of America 's
most beloved spiritual figures and
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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."

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

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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."

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

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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,

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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.

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

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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.

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

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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.

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

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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.

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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

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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

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?"

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"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

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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.

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