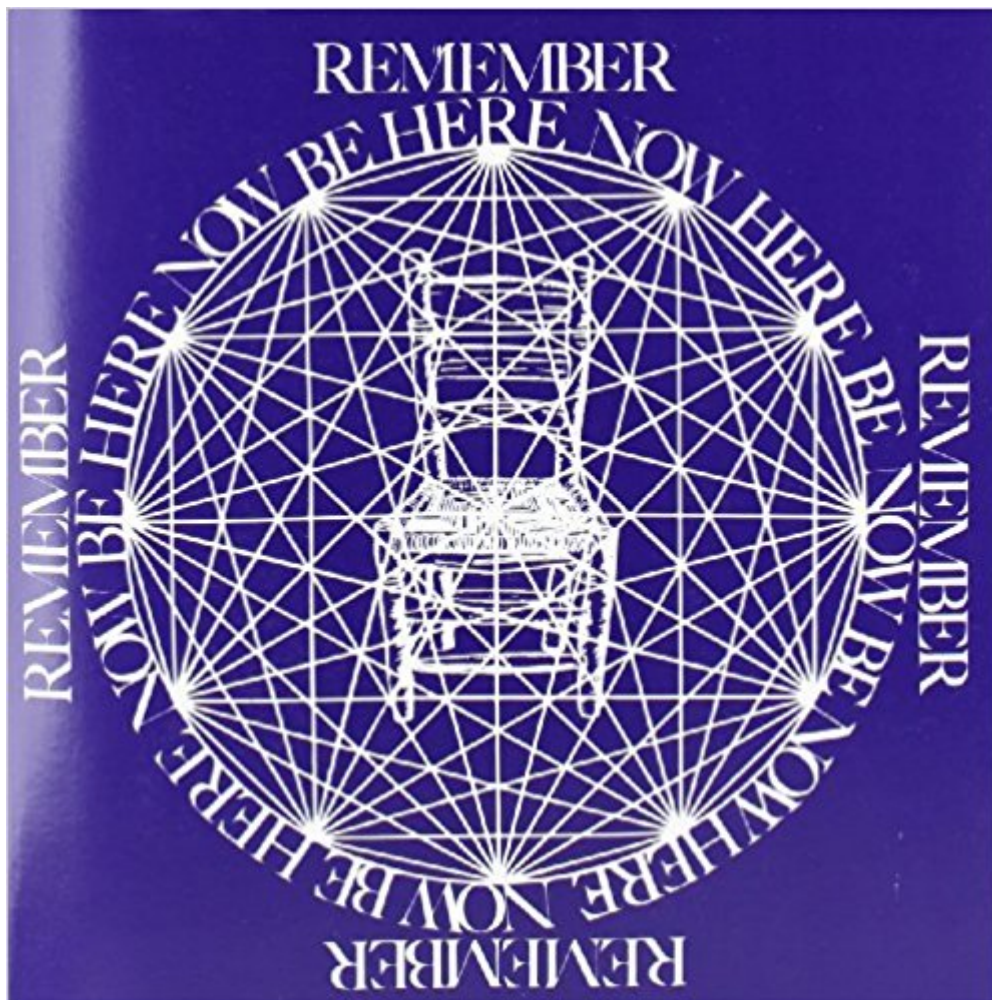


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# Be Here Now



## Synopsis

“We’re talking about metamorphosis We’re talking about going from a caterpillar to a butterfly We’re talking about how to become a butterfly.” In March 1961, Professor Richard Alpert — later renamed Ram Dass — held appointments in four departments at Harvard University. He published books, drove a Mercedes and regularly vacationed in the Caribbean. By most societal standards, he had achieved great success... And yet he couldn’t escape the feeling that something was missing. Psilocybin and LSD changed that. During a period of experimentation, Alpert peeled away each layer of his identity, disassociating from himself as a professor, a social cosmopolite, and lastly, as a physical being. Fear turned into exaltation upon the realization that at his truest, he was just his inner-self: a luminous being that he could trust indefinitely and love infinitely. And thus, a spiritual journey commenced. Alpert headed to India where his guru renamed him Baba Ram Dass — “servant of God.” He was introduced to mindful breathing exercises, hatha yoga, and Eastern philosophy. If he found himself reminiscing or planning, he was reminded to “Be Here Now.” He started upon the path of enlightenment, and has been journeying along it ever since. Be Here Now is a vehicle for sharing the true message, and a guide to self-determination. With over 150 pages of metaphysical illustrations, practical advice on how to implement a yogic regiment, and a chapter dedicated to quotes and book recommendations, Be Here Now is sure to enrich your emotional, physical, and spiritual life.

## Book Information

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## Customer Reviews

It's easy to dismiss *Be Here Now* as the relic of a whacked-out '60s acid tripper. Paging through the center section of the book, with its inch-high print and psychedelic drawings, you come across lines like: Magic Theatre For madmen only price of admission your mind Then you turn to the first page of the book, and you are suddenly sucked into the story of a Harvard psychiatrist who has reached the pinnacle of success, discovers the mind-expanding powers of acid, and ends up trooping through India with a 23-year-old holy man from Laguna Beach, California. In the story, you see all the trappings of your own life and begin to wonder if India might hold the answers after all. Before booking your ticket, turn to the last section of the *Be Here Now*, "Cookbook for a Sacred Life." Ram Dass saves you the trouble by proffering a sober introduction to the basics of Hindu religion. Although he still can't resist CAPITAL LETTERS, he has done his homework, presenting a whole range of concepts and practices having to do with yoga postures, meditation, renunciation, dying, and sexual energy. So, for the most part, *Be Here Now* stands the test of time, and if you can entertain the center section in a retro kind of a spirit, it might be just what you're looking for: "The opposite of craving is saying, baby, this is the way it is, yeah, OK, here and now, this is it. I ACCEPT THE HERE & NOW FULLY." --Brian Bruya

A Lama Foundation Book. Describes one man's transformation upon his acceptance of the principles of Yoga and gives a modern restatement of the importance of the spiritual side of man's nature. Illustrated.

This book is the closest thing I have to a "Bible". I have bought it 6 times now. Everytime I buy it I eventually end up giving my copy to someone who needs it. I was walking through a busy bookstore one day back in 2010, and I was staring at the Religion & Spirituality section for about 15 minutes not knowing where to begin. Some random guy came up, pulled *Be Here Now* off the shelf, handed it to me and simply said "This is a good place to start." He walked away and I couldn't find him again looking through the store. Weirdest thing ever. But seriously, this book has blown my mind wide open. There is nothing else like it. The way that Ram Dass marries his illustrations to the text in this flowing piece will keep you reading. He basically combines teachings of Hinduism, Buddhism, Jainism, Christianity, Judaism and Islam in such a way that it blows your mind and helps you see how everything is connected. I hope to give 1000 copies of this book away. The world needs it. It's especially great for people like me who can be rather ADHD because it is so illustrative in the main portion. I would recommend it a million times over.

This is my favorite version of this book. It is beautifully done.

My bible when I was a kid, Be Here Now got me through my teenage years. It transmits the message through the words, pictures and design. Such a beautiful, essential book

This book was in the condition advertised. A classic. Not much to say about it, you just kind of have to read it for yourself.

This is unlike anything I've ever seen or read before. The illustrations alone are mesmerizing. This book has to be read differently since many of the pages words are hidden within the crevices of the adjoining page. I could see some people complaining about this but these people don't understand art. A very incisive read and I highly recommend Be Here Now to anybody.

Interesting beginning, but then it goes into a massive lot of weird illustration and as I am reading the kindle version on my phone it is hard to know if there will be something else to be read after I am done with this endless illustration display.

This is a must read for all psychonauts

Be Here Now is one of the most eye opening books I will probably ever come across in my lifetime. Ram Dass perfectly pieced together a lot of answers I have been looking for. Great book for the soul! 10/10 recommend for anyone and everyone

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