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Still Here: Embracing Aging, Changing, and Dying: Dass ... Still Here: Embracing Aging, Changing and Dying by. Ram Dass, Richard Alpert. 4.13 · Rating details · 1,087 ratings · 97 reviews 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.

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"Dass delves into the aspects of aging that terrify most of us—and affirms there is an awareness in each of us that transcends all the attributes that necessarily diminish with age. Ram Dass shows readers of all ages that it is possible to stay present in the midst of suffering, to be still and know

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that God is here now." —

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“ Dass delves into the aspects of aging that terrify most of
us—and affirms there is an awareness in each of us that
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age. Ram Dass shows readers of all ages that it is possible to
stay present in the midst of suffering, to be still and know
that God is here now. ” —

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Still Here: Embracing Age, Changing and Dying. Posted April
17, 2018. “ My interest in aging, ” writes Ram Dass, “ came
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the baby boomers, who were fast approaching fifty. In this youth-oriented culture, aging is a profound source of suffering... ” . Still Here, published 30 years after Be Here Now, takes on aging, suffering, and death with the wisdom and grace that only Ram Dass can provide.

Still Here: Embracing Age, Changing and Dying – Ram Dass 2020

Still Here: Embracing Aging, Changing and Dying can help anyone who feels within themselves a trace of sissihood to work actively on developing more courage. For Ram Dass the source of this courage is embedded in the concept and experience of grace.

Book Review of Still Here by Ram Dass | John C. Rhead, Ph.D. Buy Still Here: Embracing Aging, Changing, and Dying Reissue by Ram Dass (ISBN: 0710261013137) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Still Here: Embracing Aging, Changing, and Dying Audible Audiobook – Abridged Ram Dass (Author), Steve Susskind (Narrator), HighBridge, a division of Recorded Books (Publisher) 4.6 out of 5 stars 262 ratings See all formats and editions

Amazon.com: Still Here: Embracing Aging, Changing, and ...
STILL HERE was great to read this year, published in 2000, after his stroke; there were parallels to my life: my father's strokes, his friends strokes, my cancer and treatment challenges. I am still here, after three deadly encounters (May 2009; July 2009; April 2012), so his theme of embracing death and dying is spot on.

Amazon.com: Customer reviews: Still Here: Embracing Aging ...

Still Here. My interest in aging came from a personal direction: I was getting older — and so were the baby boomers, who were fast approaching fifty. In this youth-oriented culture, aging is a profound source of suffering, and that is what I was responding to when I decided to turn my attention to conscious aging workshops, and to writing this book. One evening in February 1997, I was in bed at home in Marin County, contemplating how to end this book.

Still Here - Ram Dass

Still Here : Embracing Aging, Changing, and Dying by Ram Dass (2000, Hardcover) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

Still Here : Embracing Aging, Changing, and Dying by Ram ...

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Get this from a library! Still here : embracing aging, changing, and dying. [Ram Dass.; Mark Matousek; Marlene Roeder] -- The noted spiritualist offers humorous and insightful guidance for exploring the joy, pain, and opportunities of the later phases of life.

Still here : embracing aging, changing, and dying (Book ... Indeed Ram Dass is still here in this moment after a crippling stroke to guide us toward an understanding of our place among our fellows in the world as we grow old.

Still Here: Embracing Aging, Changing, and Dying: Dass ... Still Here: Embracing Aging, Changing, and Dying is Ram Dass' reflection on the joys, pains, and opportunities that appear as we age. In 1997, Ram Dass suffered a nearly incapacitating stroke that affected his speech and movement. Over the next two years, he worked to regain his damaged capacities.

The noted spiritualist offers humorous and insightful guidance for exploring the joy, pain, and opportunities of the later phases of life.

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

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once again, Ram Dass blazes a new trail, inviting all to join him on the next stage of the journey.

Written in a humorous, accessible way, this text is aimed at those entering the later stages of life. The author explores the joy, pain and opportunities of the later years, including stories from his own life and meditation exercises

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. Here, 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 as a yogi and psychologist whose perspective changed millions. Populated by a cast of luminaries ranging from Timothy Leary to Elisabeth Kübler-Ross, Allen Ginsberg to Sharon Salzberg, Aldous Huxley to Alan Watts—this intimate memoir chronicles Ram Dass's experience of the cultural and spiritual transformations 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

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ringing with the potential to awaken the universal, loving divine that links this beloved teacher to all of us.

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.

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

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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."

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 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."

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: 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

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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.

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

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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.

An exploration into the period of transition that marks the beginnings of old age offers a compassionate view of ways to build communication between generations

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