



Be Love Now: The Path of the Heart

By Ram Dass, Rameshwar Das

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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.

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Editorial Review

From Booklist

Ram Dass first told the story of how he met his guru, Neem Karoli Baba, known as Maharaj-ji, in the now-legendary *Be Here Now* (1972). Ram Dass has been a spiritual teacher ever since, ceaselessly reflecting on his profound transformation in India four decades ago, especially in the wake of his debilitating stroke in 1997. In this vivid, often mind-blowing blend of spiritual memoir and teaching stories, written with his fellow devotee, Rameshwar Das, Ram Dass remembers his guru's baffling powers; candidly describes the tensions within the satsang, or "community of seekers," surrounding Maharaj-ji; and explains his arduous "inner work" as he practiced yoga, chanted mantras that work on both vibrational and conceptual planes, and opened his mind to the presence of "realized beings," including the Indian saints whose life stories he tells. Beneath the esoteric complexity is the spiritual essence, the unconditional love that Maharaj-ji channeled, the love that Ram Dass seeks to share with others. Love that "is like sunshine, a natural force, a completion of what is, a bliss that permeates every particle of existence." --Donna Seaman

Review

"You might say it took four decades to get from 'Here' to 'Love.' For Ram Dass, the journey can be measured more accurately in inches--from his head, to his heart."

From the Back Cover

Ram Dass, one of America's most beloved spiritual teachers, sparked a revolution forty years ago with the publication of *Be Here Now*. This landmark classic inspired an entire generation to see the world in a different light. Over the past four decades Ram Dass has been a beacon for seekers worldwide, challenging us to find new sources of meaning and purpose in our lives.

Be Love Now is the third book in a trilogy that began with *Be Here Now* and was followed by *Still Here*, Ram Dass's acclaimed work on aging, changing, and dying. In *Be Love Now*, Ram Dass shares what he has learned in his remarkable four-decade-long spiritual journey. Through timeless teaching stories, compelling and often humorous personal anecdotes, and soul-stirring insights, Ram Dass tracks the stages of his own awakening in his trademark down-to-earth style. Starting with his days as Harvard psychologist and psychedelic inventor, continuing through his profound encounters with his guru, Neem Karoli Baba, and moving beyond the reawakening brought on by his near-fatal stroke, Ram Dass shares his life experiences while offering a timeless teaching on love and the path of the heart.

Guiding us through the pitfalls and perils of our own spiritual path, *Be Love Now* is both a deeply personal and wonderfully universal exploration that will open hearts and minds. Ram Dass once again blazes a new trail, inviting all to join him on this next stage of the journey.

Users Review

From reader reviews:

James Pickett:

The book *Be Love Now: The Path of the Heart* can give more knowledge and information about everything you want. Why then must we leave a good thing like a book *Be Love Now: The Path of the Heart*? Wide

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Elizabeth Givens:

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