

REMEMBER

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Ram Dass

Be Here Now



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“ Alpert headed to India where his guru renamed him Baba Ram Dass. He was presented to mindful breathing exercises, hatha yoga, and Eastern philosophy. re discussing going from a caterpillar to a butterfly. We all” afterwards renamed Ram Dass. In March 1961, Professor Richard Alpert “servant of God. If he discovered himself reminiscing or preparing, he was reminded to “ By most societal requirements, he had achieved great success... He began upon the road of enlightenment, and has been journeying along it since. Psilocybin and LSD transformed that. t escape the feeling that something was missing. Throughout a period of experimentation, Alpert peeled apart each coating of his identity, disassociating from himself as a professor, a interpersonal cosmopolite, and lastly, as a physical being. Fear converted into exaltation upon the realization that at his truest, he was simply his inner-self: a luminous becoming that he could trust indefinitely and love infinitely.”We’ “ kept appointments in four departments at Harvard University. re talking about how to become a butterfly. re discussing metamorphosis. We’ He published books, drove a Mercedes and frequently vacationed in the Caribbean. Be Here Today. And thus, a spiritual trip commenced. Yet he couldn’ Be Here Now is a car for sharing the real message, and helpful information to self-perseverance. With over 150 pages of metaphysical illustrations, useful advice on how to implement a yogic regiment, and a chapter focused on quotes and book recommendations, Be Here Now is sure to enrich your emotional, physical, and spiritual lifestyle.



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