



"Ram Dass continues to share his ongoing journey with us, to our great benefit. There is so much to laugh about and cry about, to learn from, and to celebrate together."

—Jon Kabat-Zinn,
bestselling author of *Wherever You Go, There You Are* and *Full Catastrophe Living*

RAMDASS

author of *Be Here Now*

STILL HERE

Embracing Aging, Changing, and Dying

Ram Dass

Still Here: Embracing Aging, Changing, and Dying



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More than 30 years ago, a whole generation sought a new way of life, looking for fulfillment and meaning in ways no one had before. As many of that era enter the autumn of their years, the big questions of peace and of purpose possess returned demanding answers. Leaving his teaching job at Harvard, Ram Dass embodied the part of spiritual seeker, displaying others where to find peace within themselves in another of the best spiritual classics of the twentieth century, the two-million-duplicate bestseller *Be Here Today*. And once once again, Ram Dass blazes a fresh trail, inviting all to join him on another stage of the journey.



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From Be Here Today to STILL HERE! My life radically changed in 1970-1971. Thank you for sharing I read "Be Here Now" in the 70's so it is particularly fitting to read this second chapter of the life of Ram Dass. My mind was changed with what I go through, and with what I did due to what I read. Ram Dass touched on most of the issues of aging. Nam Myoho Renge Kyo, for instance, helped dietary supplement the psychedelics I was involved in using, and distributing... I am still here, after three deadly encounters (May 2009; April 2012), so his theme of embracing death and dying is i'm all over this. I can continue to read his later books with joy. Some may seem to be superficially handled to those that don't meditate or contemplate the meaning behind what he's saying. Component of it had been due to books, checking the vistas of lifestyle. As I am wrestling with health issues and ageing, quite suddenly by the way, this present through Ram Dass is usually enlightening, practical and primarily comforting. Lots of "grist for the mill," recommended for anybody suffering I've been a fan of Ram Dass since the 70's, whenever a friend presented me to "Be Here Today." That book influenced me like no various other. Fast forward to today, I've severe chronic thoracic back again pain which restricts me to bed for most but a few hours each day (I'm 53). Everything about my life, or what's left of it, has changed. This book has helped me through, again and again. This book was incredibly insightful. This book has calmed my fears - to a degree. Many thanks Ram Dass! I've never been a religious person, , nor accept Ram Dass' own belief in reincarnation. By the time I completed the publication I was less attached to things that no longer served me and more curious about what lies ahead. This is an excellent read. American society will not offer any rituals .. STILL HERE was great to learn this year, published in 2000, after his stroke; This is a fantastic read. I would recommend this reserve to anyone who is looking for answers on transitioning to elder hood. In fact, unlike other societies, we are deemed to be ineffective and frequently a burden to your family members.. American society will not provide any rituals or rites of passage so you can get old. He's still got it! We marvel at how this man continues to inspire. Ram Dass, you are awesome! This book is the perfect gift if you are dealing with growing older - either their own or someone you care about. Not only do our needs change as we age but so do our wants, as he eloquently points out. But the web pages of the book specialized in religious aspects are relatively few, and because the book is so profound and yet right down to Earth, anyone, irrespective of their personal philosophy or religion, can benefit greatly from this wisdom. I recommend this book for people of any age for whom aging is an issue. If you cannot Embrace at least read this and Think! BE HERE NOW by "Baba" Ram Das, introduced procedures I still embrace. I thank those who write to us making use of their life experiences with hope and dedication. i found his insights right on. I still wonder about / fear loss of life, but this publication has helped.

Ageing, Changing & If we consider things gradual in mindfulness, we cease the cruel rush of "time is cash" or "time is performance," then we are able to taste the freedom of experiencing existence and interacting with others - soul to soul communication - as he got his father to a childhood farm in two outings; A must browse for anyone who wishes to be informed regarding "conscious aging. I'm jumping around, but here are a few of the concepts raised in this publication. Here is information to help cope and understand the habits of convinced that occur as the body gets older and death is approaching.. the wisdom within aged persons, how many ancient cultures and spiritual teachings worth elderly and wisdom, the spiritual over the material society, the eternal soul or jivaman and reincarnation, the ability to go beyond your subjective self seeing three areas, the ego, the soul and the awareness level, the leap from personal to awareness problematic for the ego as it signifies going home to what we have been in union with God or the Universe. one rushed, the other sluggish with the conversation and connection.. This is it. "The main element to freedom is knowing that in today's moment, there is absolutely no time. I'm 23 which book changed my life Teachings everyone needs to hear.135 By looking at all time or going for a time because the Sabbath or daily meditation moments we consider as sacred and clear of past and future, we can find the soul view, God, Awareness. We figure out how to undertake the soul view of existence with acceptance which equals wisdom. The soul can rest alone, it requires no meanings, we let the ego cease to tyrannize us, we embrace our fears over denial, get away the ego prison. Dying & In ageing we can shift from our loneliness to aloneness, objectively accepting what is without suffering or pressing away, anotherwards means of developing a new mindset as the mind becomes older, we become newer; So when our bodies age group we have to accept them. It is the ego which rejects because the king rejects the messenger or prophet with his information. We help ourselves by sitting in soul quietness over speaking. bringing listening calm over conveying our models of reality. In this as we can deal with pains by viewing verses experiencing, allowing it to pass as the clouds pass by. There's advise about learning how exactly to die, knowing the Soul consciousness during death in mindfulness to stabilized us through the tumult of dying. The dissolution of the ego framework, of the conceptual map by which we have chartered reality. Fantastic ! After reading this book, I just want to give . I already experience a few of the stillness he discusses and now I welcome it just that a lot more ." p. The sooner you come to acceptance of mortality, the better your life here will be Another life changing book by RD! What an incredible perspective Ram Dass gives in this reserve. I feel that anyone of any age group would receive so very much by reading Still Here. To be aware that growing older is approximately accumulating experiences to not only help ourselves but others.. In this he touches on how society values information over wisdom;. This book teaches one to consider one's inner self for the

answers to numerous unanswered questions. if most of us concentrated on that just what a better place we would be creating. The reserve is definitely a treasure trove of wisdom, beautifully conceived and written with like and compassion for you personally, the reader. Aging becomes less frightening to me after reading his amazing words. Browse this! Zen mind Newbies minds. After reading this book, I simply want to provide a copy to every person I know having a tough time with aging, changing and dying. The wisdom in aging, "being" over role playing, the ego brain and the witness soul, how what we perform is only part of what we have been, how others perceptions are their complications not ours, how exactly to face the silence without rushing back into activity, how are dharma is certainly our karma on earth, how exactly to face ourselves in the present second and drop our personal histories and future obligations because the problem is not thinking of days gone by, but getting locked in the subjective waves of attachment - or competition, culture, self-pity, etc. Three Stars Too weird. Helps. Over 55?..! July 2009; A must go through for anyone who desires to be informed .. there have been parallels to my life: my father's strokes, his friends strokes, my cancers and treatment difficulties. The Soul Consciousness Here is a publication continuing the road of help and support to others, except this time around Ram Dass, from a stroke, has more personal experience in the receiving end of helpful provider, which makes his book that much more meaningful." Loaded with pearls of wisdom in real time. The publication remains on my bedstand continuously, so I can pick it up and read a section on Loneliness, Suffering, Lack of Role, Powerlessness, Major depression, Facing Dread, Dependency, The Gift of Service, Releasing days gone by, Understanding how to Grieve, Shedding Attachment to the Future, Learning To Die, Preparing for Death, etc. If you are new to this type of reading/writing I suggest that you consider it in little sections and make time and energy to consider what is covered, even though you don't meditate you will find that your brain responds to and recognizes the wisdom of his thoughts. I am not where Ram Dass can be, but I will continue to try to get there. I browse it, re-examine it, and chew on passages again and again. It made me believe that if Ram Dass has queries and moments of question and fear, then it is understandable that I'd.



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