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# POLISHING THE MIRROR

HOW TO LIVE FROM YOUR SPIRITUAL HEART

# RAM DASS

WITH RAMESHWAR DAS

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Ram Dass

## Polishing the Mirror: How to Live from Your Spiritual Heart



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For five decades, Ram Dass has explored the depths of consciousness and love and brought them to life as program to others. own spiritual practices, including: Bhakti Yoga—and see beyond the illusion of our transient thoughts and feelings to the vast and luminous scenery of our true character. Sometimes illumination occurs spontaneously or, as Ram Dass experienced, in a heart-wrenching minute of starting. With Polishing the Mirror, he gathers collectively his essential teachings for surviving in the eternal present, right here and now. Readers will find within these webpages a rich mix of perennial wisdom, humor, teaching stories, and detailed help with Ram Dass' Additionally, it happens when we polish the mirror of the center with daily practice—opening our hearts to unconditional love Practices intended for living, aging, dying, and embracing the organic flow of life Karma Yoga—s complete information to discovering who all we have been and why we have been here, and how to become beacons of unconditional love. teachings, and for all those to whom they are old friends, here's this vanguard spiritual explorer' how selfless provider can profoundly transform us Working with dread 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 not used to Ram Dass'



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Well, well, well .... I thought, "... We realize we all have roles and do not need to abandon them to be happy but we can find ourselves from the outside, that we're people playing numerous roles and to start to see the richness of the feelings when we get stuck. How wrong we was to harbor such a limiting supposition. I want to explain, please. I've probably read all the Ram Dass books starting back in the 70's with *Be Here Today*. This is all way before we'd popular science (like the Daniel Goleman books) proving the benefits of meditation. This is a wonderful synthesis of most Ram Dass's works. This is an overview, yes, of what has been presented before; but, more than that, it gives, in one chapter, chapter 8, all you need to know to reshape your life into a balanced, conscious, loving living experience. Maybe you have to know all of Ram Dass prior books before you can understand, before you appreciate, before you "practice" what he teaches in chapter 8, and maybe you don't. A note has as many ways to be interrupted as you can find individuals who read it. The person we all would like to be. I cannot say. But I could attest that I'm therefore happy, so glad that I didn't move this up as just another Ram Dass book. I'm happy that I bought and browse *Polishing The Mirror*, especially chapter 8. If Ram Dass under no circumstances authors another publication, and I hope that won't be the case, this one book is enough. Observe this as a metaphor for your life or self or soul and you may want to completely clean up all the junk that veils the clearness of who you truly are. Inspiring Book - *Helped Push Me Into My Soul* I loved this book. Probably the most inspiring part for me was the thought of how to approach suffering. I'd often read that certain reason we have pain would be to develop compassion. He was a celebrity psychologist at Harvard with Timothy Leary so when you might know they experimented with LSD. I possess a whole lot of pain that keeps me up during the night and helps to keep me from being able to do a lot things. I would wake with pain and believe, Why? What's the idea of this? There's no one right here with me therefore i can't be giving other people a potential for evolving by being with me. And I've plenty of compassion, so that it can not be for that. I'm wasted, unable to help anyone. Ram Dass said that suffering can press you into your soul. The ego is swept up in the storyline of this incarnation, lost in the facts of the melodrama, the blame and injustice. Anyhoo, I was blown away by a flashback caused by that practice, because I didn't have confidence in reincarnation up until after that. He discusses meditation practice, guru work, the different ways we can meditate and how to look at ourselves from outside ourselves without sacrificing what we need to perform as egos. Discover a way to evolve from the discomfort, to benefit. We had a flashback to a previous incarnation years back when we was doing *Focusing*. I can't think of the author's name today, but that's the name of the reserve. It's a great sort of mindful focus on what's heading on within your body. It identifies with the pain whereas when you are pushed into your soul, the eternal part of you, you may be a witness to the discomfort. It helps to keep in mind this is just one of many lives we're going through. That works for me personally. In it Ram Dass speaks to us very conversationally about each one of these wonderful life-enhancing and comforting ideas. Five Stars A must read Four Stars item as described He says he shed faith for a couple years after he previously his stroke. He is an incredible human being.. I want to see his documentary - *Fierce Grace* - about his stroke. He loves his guru Mahara-ji and believes they're together always. It's simpler to suggest - witness the discomfort - then to accomplish it. I really like this book and recommend the documentary about him, *Fierce Grace*. The title says it all...I actually had a lot of images stuck into my big mirror and after ordering this book thought "I should clean that mirror with Windex", it had been just an apart. I hadn't recognized that by having all those lovely photos of all you could think about stuck to the inner periphery of the mirror, it had shut in the space by way of a big margin. It is now a clean, obvious space that appears like a whole various other dimension of the

clarity in the spot that it occupies. And when he will write another, I'll probably buy and read it but I'll always get back to chapter 8 in *Polishing The Mirror* for the final answer to my question, "what must I do to end up being happy"? Turn to Ram Dass in moments of feeling dropped or uncertain and he'll help you keep your mirror sparkling! *Be Here Right now*, *Meditator's Guidebook*, *Still Here*, *The Listening Heart*: all rolled into one! Now here is my bottom line: *Polishing The Mirror* isn't just 'more of the same'. This book can make you a more understanding, loving and complete person. It really is making me noiseless inside after a duration of noise. obtainable here. Also telling us we are not alone inside our flaws. *Be Here Today*, People! You're in the body and with the pain, nevertheless, you aren't the discomfort. Seeing that John Holland says, "We have been not only bodies, but souls having a human being knowledge," Ram Dass says that in India individuals, although they are suffering from poverty, tend to be more soul-identified. We have ego, personal soul and soul that's one with God, or you may hear "the Atman". Lots of common sense life advice, very much like John Holland in that, as he offers been giving lifestyle guidance since at least the 70's, to American audiences. Another would be to give various other people the opportunity to evolve by assisting us. From then on liberating knowledge, he says, Ram Dass proceeded to go in search of a more long term high but in the even more natural way of Yoga and meditation. And I've enjoyed reading the Ram Dass books because, after attending many of his open public appearances, I fell deeply in love with the message he presents and I've always wanted to learn, more about the love he teaches and lives. Ram Dass also tells us how to bring our practice into the world. well right here we go once again, another Ram Dass book. Even as an atheist I valued a lot of the life lessons, especially "just love everyone". I am reading it slowly, doing my better to really let what I read soak in and apply what I am learning through my day. Love it Love it Healed me Taught me compassion for others in that deep way that whenever my boyfriend broke up with me all I could perform was hug him when I noticed how much he was struggling. I couldn't stop thinking about it the whole time I examine it. How beautiful it all is whenever we witness our brain states, alone or getting together with others. Insightful and Inspiring Ram Dass' ideas are very accessible. If you have examine Pema Chodron, Dwayne Dyer, etc. you will understand the concepts provided, but Ram Dass will so in the clearest and most applicable manner I've read. Wish I had read it when it first came out. Love it Spiritual necessary doing my best to really let what I examine soak in and .... But I can't perform Ram Dass full justice on paper! Ram Dass's composing is similar to a gentle guiding hands you just kind of flow through the reading, and his sense of humor is fun. Be the globe you want. Nonetheless it works and he did get back to faith. I actually am really loving this publication! He's done lots of use the dying and been fascinated with that from middle-age. A must read, even with similarities to his other books. Maybe just reading and accepting and practicing what chapter 8 presents is almost all that's essential to make you a fresh person. Sent a copy to my sister and daughter who have not read some of his books. I have read almost all of his books and savoring that one. Ram Dass tells so many fascinating stories in this book, so much about his lifestyle.



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