

Be Here Now



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In March 1961, Professor Richard Alpert – later renamed Ram Dass – held appointments in four departments at Harvard University. He published books, drove a Mercedes and regularly vacationed in the Caribbean. By most societal standards, he had achieved great success... And yet he couldn't escape the feeling that something was missing.

Psilocybin and LSD changed that. During a period of experimentation, Alpert peeled away each layer of his identity, disassociating from himself as a professor, a social cosmopolite, and lastly, as a physical being. Fear turned into exaltation upon the

realization that at his truest, he was just his inner-self: a luminous being that he could trust indefinitely and love infinitely.

And thus, a spiritual journey commenced. Alpert headed to India where his guru renamed him Baba Ram Dass – “servant of God.” He was introduced to mindful breathing exercises, hatha yoga, and Eastern philosophy. If he found himself reminiscing or planning, he was reminded to “Be Here Now.” He started upon the path of enlightenment, and has been journeying along it ever since.

Be Here Now is a vehicle for sharing the true message, and a guide to self-determination.

With over 150 pages of metaphysical illustrations, practical advice on how to implement a yogic regiment, and a chapter dedicated to quotes and book recommendations, Be Here Now is sure to enrich your emotional, physical, and spiritual life.

作者介绍:

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标签

乔布斯

灵修

哲学

禅宗

宗教

心灵

性灵.瑜伽

修行

评论

其实讲述的道理和金刚经、心经并无二异。不过从不同角度讲述这些道理，有耶稣、有老子、有菩提。第一部分是作者灵修的经历；第二部分是道理、原理，很多插图，美极了。第三部分是实践、练习的方法，如何睡觉、饮食、学习等。书总体不错，不过重要的还是实践。

GR 4.26 (3000) 每一页都像一首诗

一本机缘巧合之下从朋友手中借来的神奇的书。一个哈佛教授起飞以后开始灵性成长的故事。插图细节丰富到一页都可以看很久。结合社会学基督教与佛教，甚至禅宗，周易，道德经的内容，作者是有助人成为道路的目的的。通读下来，对身心均有极大的改善。停下对幻象的追逐，留在这儿，留在当下。如此而已。

Be Here Now

它很漂亮，没事时随便翻翻挺不错。

REMEMBER * BE HERE NOW * BE NOW HERE *

这本书没办法打星。智慧无价。

Everything

感觉就像是手工制作的书，从没见过这样的书，但愿有一天能买到实体书

2018讀後疑问：若將「自我」從戲中人的角色中抽離出來，該如何在觀眾席上靜察自己的一舉一動？ 2019: 嗑藥嗑多之後秒懂

怪力乱神.. but solid proof science cant provide spiritual relief

找到這本書，大概就是Ram Dass
所講的一個緣分。書中提到很多日常修行的參考指標，大部分很有啟發性，特別是最愛的老莊；但有一些還是不能認同。人各有異吧，能不能到達某個高度，也是一種緣。靈性增長是沒有公式的，能不能有造化，當中也有外在因素，這就是Ram Dass開篇先交代自己背景的原因吧。

crazy

很有启发但就是走不上正道能怪谁

It opened up a doorway to my spiritual world.

Magic Theatre For madmen only price of admission your mind

我想知道哪里有卖？ 好想看！

乔布斯传看到的，他说这本书改造了他

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书评

The young psychology professor Dr Richard Alpert was doing well. As 1961 got under way, he held appointments across four departments at Harvard University, and had research contracts at Stanford and Yale. With the status and money that came with t...

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