



Be Here Now

By Ram Dass

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Be Here Now By Ram Dass

A Lama Foundation Book. Describes one man's transformation upon his acceptance of the principles of Yoga and gives a modern restatement of the importance of the spiritual side of man's nature. **Illustrated.**

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Editorial Review

Amazon.com Review

It's easy to dismiss *Be Here Now* as the relic of a whacked-out '60s acid tripper. Paging through the center section of the book, with its inch-high print and psychedelic drawings, you come across lines like:

Magic Theatre
For madmen only
price of admission
your
mind

Then you turn to the first page of the book, and you are suddenly sucked into the story of a Harvard psychiatrist who has reached the pinnacle of success, discovers the mind-expanding powers of acid, and ends up trooping through India with a 23-year-old holy man from Laguna Beach, California. In the story, you see all the trappings of your own life and begin to wonder if India might hold the answers after all. Before booking your ticket, turn to the last section of the *Be Here Now*, "Cookbook for a Sacred Life." Ram Dass saves you the trouble by proffering a sober introduction to the basics of Hindu religion. Although he still can't resist CAPITAL LETTERS, he has done his homework, presenting a whole range of concepts and practices having to do with yoga postures, meditation, renunciation, dying, and sexual energy. So, for the most part, *Be Here Now* stands the test of time, and if you can entertain the center section in a retro kind of a spirit, it might be just what you're looking for: "The opposite of craving is saying, baby, this is the way it is, yeah, OK, here and now, this is it. I ACCEPT THE HERE & NOW FULLY." --*Brian Bruya*

From the Inside Flap

A Lama Foundation Book. Describes one man's transformation upon his acceptance of the principles of Yoga and gives a modern restatement of the importance of the spiritual side of man's nature. Illustrated.

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