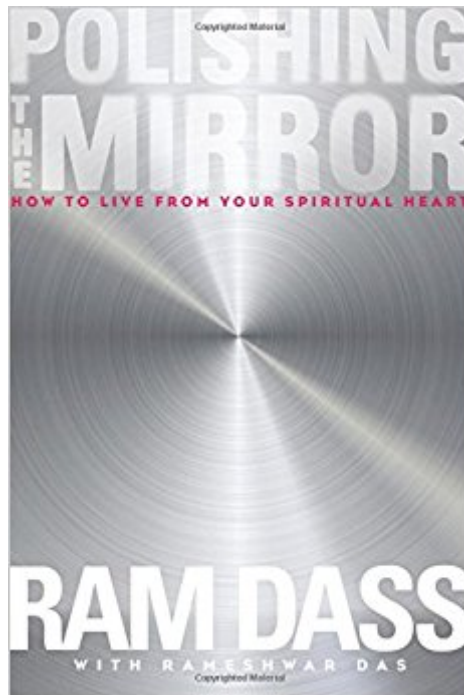




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# **Polishing The Mirror: How To Live From Your Spiritual Heart**



## Synopsis

Sometimes illumination occurs spontaneously or, as Ram Dass experienced, in a heart-wrenching moment of opening. More commonly, it happens when we polish the mirror of the heart with daily practice—•and see beyond the illusion of our transient thoughts and emotions to the vast and luminous landscape of our true nature. For five decades, Ram Dass has explored the depths of consciousness and love and brought them to life as service to others. With *Polishing the Mirror*, he gathers together his essential teachings for living in the eternal present, here and now. Readers will find within these pages a rich combination of perennial wisdom, humor, teaching stories, and detailed guidance on Ram Dass's own spiritual practices, including: Bhakti Yoga—•opening our hearts to unconditional love Practices for living, aging, dying, and embracing the natural flow of life Karma Yoga—•how selfless service can profoundly transform us Working with fear 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 new to Ram Dass's teachings, and for those to whom they are old friends, here is this vanguard spiritual explorer's complete guide to discovering who we are and why we are here, and how to become beacons of unconditional love.

## Book Information

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## Customer Reviews

This collection of teachings by Ram Dass (*Be Here Now*), one of the United States' most famous spiritual seekers, is surprisingly fresh and accessible more than 40 years after the psychedelic psychologist first wrote about consciousness expansion through LSD. The anecdote-packed

chapters cover many of the practices Ram Dass has used-devotional bhakti yoga, worldly karma yoga, daily practices like meditation and chanting-in his quest to become a more loving, compassionate being. He discusses serious issues with a frankness that opens up difficult topics, such as how he coped with a stroke that drastically changed his understanding of his role in the world. No longer did he feel special, "under the protective umbrella of my guru," he writes. Instead, he realized he was subject to the same, sometimes painful, process of aging and dying that everybody faces. His willingness to admit his own mistakes and turn them into lessons for personal growth is refreshing, and allows readers to see themselves in his story. The collection successfully straddles a fine line, providing both a broad overview for those new to Ram Dass's writings and an engaging recap for readers who have enjoyed his previous books. --This text refers to the Hardcover edition.

"Ram Dass is a superb writer. His example of gentleness and loving compassion is infused with profound wisdom of the heart and mind, a welcome sense of humor and a savvy effectiveness in the real world." -THE SAN FRANCISCO CHRONICLE "Ram Dass continues to share his ongoing journey with us, to our great benefit." -JON KABAT-ZINN Author of *Mindfulness for Beginners*"This book is a blessing! Simply reading it will open your heart and bring you to mysterious, spacious, loving freedom. Ram Dass is one of the great sages of our time who can make us laugh, cry, and awaken!" --Jack Kornfield, Author of *A Path with Heart* "Ram Dass reminds us of the truths that are easiest to forget and most central to our lives. Loving awareness is our true nature. In *Polishing the Mirror*", we are guided back home to this realization through a delightful weave of vintage stories, wisdom teachings, and the felt transmission of Ram Dass's own radiant heart. --Tara Brach, Author of *Radical Acceptance* and *True Refuge* "Ram Dass is a wise man in our time-- spiritual pioneer, teacher, and luminary of planetary consciousness. Illuminating the path for all of us, RD is the headlight at the forefront of the Dharma movement in the West. This gentle giant has been polishing the mirror of his heart and soul for a very long time, bringing forth the sweet fruits of his labors of love and selfless service for our benefit today and tomorrow. His new book clearly calls us to join together and awaken, to make the infinite journey from the head to the heart, and to adventure to co-create a better world by being loving awareness right now. I simply cannot put down this lovely book. --Lama Surya Das, Author of *Awakening the Buddha Within* "This book by our precious friend Ram Dass is a beautiful guide to love and awakening. --Joan Halifax, Abbot of Upaya Zen Center" "Ram Dass is a superb writer. His example of gentleness and loving compassion is infused with profound wisdom of the heart and mind, a welcome sense of humor and a savvy effectiveness

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I never was a big fan of gurus and neither was Ram Das, before he met his guru, Neem Karoli Baba. This book will give you a better understanding of the guru relationship, that is so foreign and

misunderstood in the Western culture. But more than that, this book like many other spiritual traditions, encourage us to learn to love others and love ourselves. As with other Ram Das books it's written eloquently, with authenticity, and impeccable clarity of mind. There is also some great practices suggested to help us become more loving. It's more than that, it touches upon getting a sense of the divine, which cannot be accessed by intellect alone. There is an intriguing mystery in that and for philosophers the question is are some things knowable beyond the intellect?

Ram Das has been speaking, teaching and writing about self-realization for awhile now. Many have benefited and have begun their own explorations which has helped incrementally elevate our collective consciousness...joyfully, some of us have even been able to begin to understand what a co-dependant, hedonistic mess we've gotten ourselves into. Polishing the Mirror's message is clear and simple....get over your-self. Our "self" being the anxiety-driven, avaristic, blind ego constructs we tend to define our lives by, driven by False Evidence Appearing Real (F.E.A.R.). Using humor, common sense and a dash of humility, Ram Das gently leads us past the heavily guarded fortresses of our perceptions into the true "meadow" of our being where we can begin to do something previously unthinkable....rest. Mark DuMars...somewhere in New Hampshire

I've read much of Ram Dass and this is perhaps his best. Full of humor and compassion, it will give you the culmination of his life's work in a way that is very fresh and useful.

I have read many of Ram Dass's books. This happens to be a little bit of new stuff combined with many of my very very favorite gems of the past! I absolutely love this book and can give it as a gift to many people, because there is so much Valuable Wisdom contained within its pages! If you are on a spiritual journey to know more about yourself and live a more authentic life, this book can aid you on this journey! This advice is Timeless and still as relevant as ever!! Ram Dass I LOVE YOU!!! Thanks for transforming my life yet again with this brilliant book! And all the people who assisted in its compilation! Beautiful job!

I have read everything Ram Dass has ever written and his messages have enriched my life. This book is a summary of his thoughts and they never get tired or old. He is a brilliant man with the gift of language and he is completely honest. So refreshing and so helpful to us to get through our many experiences in Life on Planet Earth. With the right attitude and way of looking at our challenges we grow and can carry on fearlessly.

A lot of insights to digest! Love I Think!

A timeless message.

If you know what it was like to sit and listen to Ram Dass as he once taught, this is like listening to him again. He speaks with brilliance and wit as before, except now he comes with all the wisdom and heart he has gained through everything he has been through since his stroke. I hated for this book to end.

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