



Polishing the Mirror: How to Live from Your Spiritual Heart

By Ram Dass

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Polishing the Mirror: How to Live from Your Spiritual Heart By Ram Dass

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' 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' 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.

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Editorial Review

From Publishers Weekly

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.

Review

"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."

—*San Francisco Chronicle*

"This collection of teachings by Ram Dass (author of *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. 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."

—*Publishers Weekly*

"Ram Dass has been polishing the mirror of his heart for decades. Now 82 years old, he has the process down pat. For those negotiating this process, *Polishing the Mirror* offers an eclectic tool kit. His message, as clear as it has always been and delivered with his inimitable humor, does not deviate much from the original words of wisdom he received from his guru, Neem Karoli Baba, many years ago: 'Love everyone and tell the truth.'"

—*Tricycle Magazine*

"Considering his long-standing advice to 'be here now,' the spiritual author and teacher Ram Dass has always been ahead of his time . . . *Polishing the Mirror* brings a light tone to recapping the lessons learned, wisdom gained, love realized, and new challenges awaiting as the end of this life nears."

—*Spirituality & Health Magazine*

"Ram Dass has been the most influential person in my own spiritual development. I treasure his wisdom as well as his spirit. Let his words in this book enter your soul -- for my friend Ram Dass is divine love personified."

—Wayne Dyer, Author of *The Power of Intention*

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—Wayne Dyer, Author of *The Power of Intention*

“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

About the Author

Ram Dass

Ram Dass first went to India in 1967. He was still Dr. Richard Alpert, an already eminent Harvard psychologist and psychedelic pioneer with Dr. Timothy Leary. He continued his psychedelic research until that fateful Eastern trip in 1967, when he traveled to India. In India, he met his guru, Neem Karoli Baba, affectionately known as Maharaj-ji. Maharaj-ji gave Ram Dass his name, which means "servant of God." Everything changed then—his intense dharmic life started, and he became a pivotal influence on a culture that has reverberated with the words “Be Here Now” ever since.

Be Here Now, Ram Dass’s monumentally influential and seminal work, still stands as the highly readable centerpiece of Western articulation of Eastern philosophy, and how to live joyously 100 percent of the time in the present, luminous or mundane. *Be Here Now* continues to be the instruction manual of choice for generations of spiritual seekers. Forty years later, it’s still part of the timeless present. Being here now is still being here now. Ram Dass now resides on Maui, where he shares satsang, kirtan, and where he can amplify the healing process in the air and waters of Hawaii. His work continues to be a path of teaching and inspiration to so many. Ram Dass’s spirit has been a guiding light for three generations, carrying along millions on the journey, helping free them from their bonds as he has worked his way through his own.

Users Review

From reader reviews:

Loren Velasco:

Do you have favorite book? Should you have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each guide has different aim or goal; it means that reserve has different type. Some people feel enjoy to spend their the perfect time to read a book. They may be reading whatever they have because their hobby is actually reading a book. Consider the person who don't like studying a book? Sometime, man feel need book after they found difficult problem or exercise. Well, probably you will need this Polishing the Mirror: How to Live from Your Spiritual Heart.

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Georgia Evans:

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