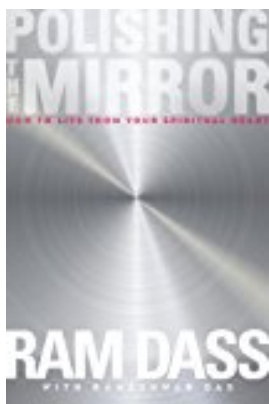


# [PDF] Polishing The Mirror: How To Live From Your Spiritual Heart

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**Description:**

**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** "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."

-**Publishers Weekly**, August 2013

"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." - **Rick Chatenever**, Spirituality & Health

"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*

"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 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*

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