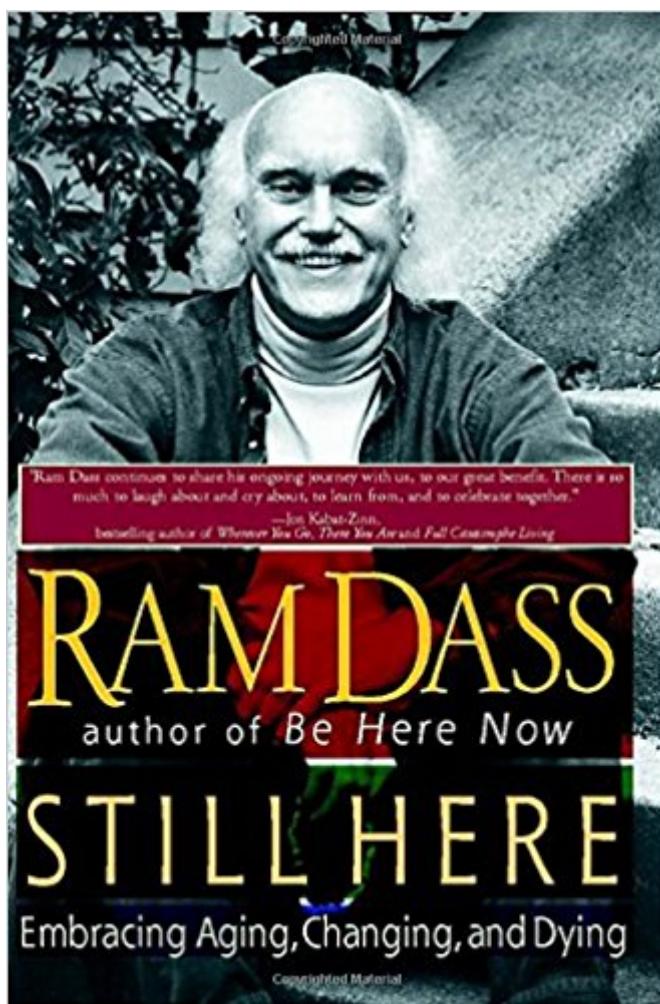


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# Still Here: Embracing Aging, Changing, And Dying



## **Synopsis**

More than thirty years ago, an entire generation sought a new way of life, looking for fulfillment and meaning in a way no one had before. Leaving his teaching job at Harvard, Ram Dass embodied the role of spiritual seeker, showing others how to find peace within themselves in one of the greatest spiritual classics of the twentieth century, the two-million-copy bestseller *Be Here Now*. As many of that generation enter the autumn of their years, the big questions of peace and of purpose have returned demanding answers. And once again, Ram Dass blazes a new trail, inviting all to join him on the next stage of the journey.

## **Book Information**

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## **Customer Reviews**

After being introduced for a lecture, Ram Dass eschewed the stairs and, from his front row seat, leapt up on to the stage--or tried to, anyway, but age and gravity brought him crashing back to earth. Like other baby boomers, Ram Dass has learned the hard way that aging is unkind to the body. But he has also learned that it can be an opportunity for growth. While others begin to devalue you, you can reconnect with the spiritual, grow into wisdom, and create value for yourself. In *Still Here*, Ram Dass offers a philosophy for aging that teaches us how to diminish our suffering despite the aches, pains, and limitations of age. This becomes possible when we step away from the ego-self and into the soul-self, where we can witness our thoughts and emotions and evaluate their effects on us. If aging has brought challenges to Ram Dass, it has also brought him wisdom, which, through his personal anecdotes and stories of others in the struggle against aging, he shares with great generosity. --Brian Bruya --This text refers to an out of print or unavailable edition of this title.

In 1971, Ram Dass became an icon for a generation of spiritual seekers with the publication of *Be here Now*, a hip, heartfelt chronicle of a search for truth that began when he got kicked out of Harvard along with Timothy Leary for tripping on psilocybin mushrooms and launching a psychedelic movement. The author, who was born Richard Alpert, discovered the magic of reality itself in India, when he met his guru, Maharaji, who gave him a name that means "Servant of God." In the decades since, Ram Dass has produced a stream of books about how heart-and mind-expanding service can be. His writing (and his globe-trotting lectures) were suffused with the ebullient humor and insight of a born storyteller. Then, one evening in 1997, as he lay in bed wondering how to finish this work on the wisdom potential of aging, Ram Dass was hit with a massive stroke that left him wheelchair-bound, partially paralyzed, requiring round-the-clock care. This book was revised and edited by Ram Dass as he struggled to say what he wanted to say without the words that had poured out of him before. What has emerged from the suffering is a humble masterpiece of being. "The stroke has given me a new perspective to share about aging, a perspective that says, 'Don't be a wise elder, be an incarnation of wisdom,'" writes Ram Dass in the introduction. The energy of this new state of awareness resonates under the words of this work. Ram Dass delves in to the aspects of aging that terrify most of us-loss of roll and independence, the threat of senility-and affirms there is an awareness in each of us that transcends all the attributes that necessarily diminish with age. Ram Dass shows readers of all ages that it is possible to stay present in the midst of suffering, to be still and know that God is here now. (June). Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

My life radically changed in 1970-1971. Part of it was due to books, opening up the vistas of life. My mind was changed by what I read, and by what I did as a result of what I read. *BE HERE NOW* by "Baba" Ram Das, introduced practices I still embrace. *Nam Myoho Renge Kyo*, for instance, helped supplement the psychedelics I was involved in using, and distributing. *STILL HERE* was great to read this year, published in 2000, after his stroke; there were parallels to my life: my father's strokes, his friends strokes, my cancer and treatment challenges. I am still here, after three deadly encounters (May 2009; July 2009; April 2012), so his theme of embracing death and dying is spot on. I can go on to read his later books with joy. I thank those who write to us with their life experiences with hope and determination.

I've been a fan of Ram Dass since the 70's, when a friend introduced me to "Be Here Now." That

book influenced me like no other. Fast forward to today, I have severe chronic thoracic back pain which restricts me to bed for all but a few hours per day (I'm 53). Everything about my life, or what's left of it, has changed. This book has helped me through, over and over. I read it, re-read it, and chew on passages over and over. The book stays on my bedstand constantly, so I can pick it up and read a section on Lonliness, Suffering, Loss of Role, Powerlessness, Depression, Facing Fear, Dependency, The Gift of Service, Releasing the Past, Learning to Grieve, Shedding Attachment to the Future, Learning To Die, Preparing for Death, etc. The book is a treasure trove of wisdom, beautifully concieved and written with love and compassion for you, the reader. I have never been a religious person, and do not accept Ram Dass' own belief in reincarnation. But the pages of the book devoted to religious aspects are relatively few, and because the book is so profound and yet down to Earth, anyone, regardless of their personal philosophy or religion, can benefit greatly from this wisdom.

This is an excellent read. American society does not provide any rituals or rites of passage for getting old. In fact, unlike other societies, we are deemed to be useless and often a burden to our family members. This book teaches one to look into one's inner self for the answers to many unanswered questions. I would recommend this book to anyone who is looking for answers on transitioning to elder hood.

I marvel at how this man continues to inspire. Ram Dass, you are awesome! This book is the perfect gift for anyone who is dealing with the aging process - either their own or a loved one. Not only do our needs change as we age but so do our wants, as he eloquently points out. By the time I finished the book I was less attached to things that no longer served me and more curious about what lies ahead. I highly recommend this book for people of any age for whom aging is an issue.

Ram Dass touched on many of the issues of aging. Some may seem to be superficially dealt with to those who don't meditate or contemplate the meaning behind what he is saying. I found his insights right on. If you are new to this type of reading/writing I suggest that you take it in small sections and make time to think about what is covered, even if you don't meditate you will find that your mind responds to and recognizes the wisdom of his thoughts.

Ram Dass fans will love this work for being the most grounded and human point of view he has ever expressed. Both faced with pain and blessed with maturity our beloved guru has Finally come full

circle in life. From student to guru and once again to student, he finally teaches us that the journey IS its own reward! The journey IS THE WORK!

I absolutely LOVE this book. I absolutely LOVE Ram Dass. I have been going through some personal difficulties for a while which resulted in extreme depression and thoughts of suicide. From the minute I opened the book, I felt that Richard Alpert was sitting in the room with me, talking to me personally, encouraging me in that warm sweet way of his to let go of the person and situation that has been causing me pain. I am 64 years old. Ram Dass in this book is teaching me how to let go of the past and embrace the change that is taking place. Thank you, Ram Dass, you have saved my life!

What's to say? It's Ram Dass, full of humor, sass, wisdom, and humility. Always well thought out, his work is a joy and a comfort.

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