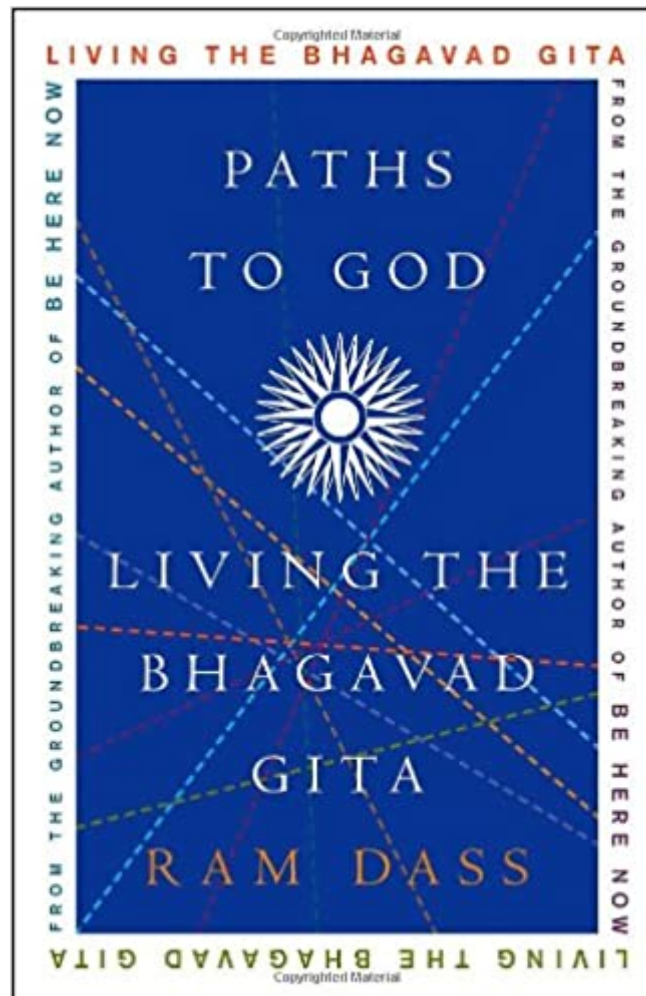




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# Paths To God: Living The Bhagavad Gita



## Synopsis

World-renowned philosopher and spiritual teacher Ram Dass – author of the groundbreaking classic *Be Here Now* – presents the contemporary Western audience with a lively, accessible guide to the teachings of the Bhagavad Gita, the classic Hindu text that has been called the ultimate instruction manual for living a spiritual life.

## Book Information

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## Customer Reviews

“Blessed brilliance and luminous heart wisdom” – Ram Dass at his best. These lectures were joyous to attend and exquisite to read.

“With wisdom, humor, and great compassion, *Paths to God* illuminates the liberating power of the Gita – a rare gift in these unsettled times.”

“Through offering a wide variety of approaches to spiritual happiness, *Paths to God* is one of the most inclusive and inviting books available to us.”

– Jack Kornfield, author of *A Path with Heart*

– Joseph Goldstein, author of *One Dharma: The Emerging Western Buddhism*

– Sharon Salzberg, author of *Faith: Trusting Your Own Deepest Experience*

For centuries, readers have turned to the Bhagavad Gita for inspiration and guidance as they chart their own spiritual paths. As profound and powerful as this classic text has been for generations of seekers, integrating its lessons into the ordinary patterns of our lives can ultimately seem beyond our reach. Now, in a fascinating series of reflections, anecdotes, stories, and exercises, Ram Dass

gives us a unique and accessible road map for experiencing divinity in everyday life. In the engaging, conversational style that has made his teachings so popular for decades, Ram Dass traces our journey of consciousness as it is reflected in one of Hinduism's most sacred texts. The Gita teaches a system of yogas, or "paths for coming to union with God." In "Paths to God, Ram Dass brings the heart of that system to light for a Western audience and translates the Gita's principles into the manual for living the yoga of contemporary life. While being a guide to the wisdom of the Bhagavad Gita, "Paths to God is also a template for expanding our definition of ourselves and allowing us to appreciate a new level of meaning in our lives. "From the Hardcover edition.

Short reviews are probably more often read, though I have so much to say about this book....I'll keep it simple: Ram Dass comes from a Western tradition (Harvard, psychiatry) so he knows what our cynical, anxious minds are receptive to--and that's not mumbo jumbo and big promises. He depends on logic to convince his reader that there are practical ways in which to lead a disciplined, happy life using the Gita as a backbone. This book, though, is not really about the Gita, so much as it is about the themes in it, themes that are perennial to all enlightened paths. If you are willing to step just a little outside your comfort zone to learn ideas that may first rub you wrong, such as how and why to practice renunciation--but who would ever want to give up a habit that affords us comfort? (You'll see.) You also, obviously need to practice what he preaches (or shares, really). This is such a thoughtful and helpful book, but as always, you have to do the work yourself. But the plan is so readily apparent that your only excuse for not incorporating at least \*parts\* of this text in your life is a sheer lack of will power--a stubborn refusal to transcend doubt and insecurity. One of the most influential books on my lifestyle and thought process. Highly recommended. Whereas *Be Here Now* is easily seen a beautifully written, provocative but esoteric coffee table book, *Paths to God* is simple, honest, straightforward and friendly.

When (about 40 years ago) I first heard about Ram Dass, I thought, "A nice Jewish boy pretending to be a Hindu sadhu? Come on now!" But I was curious, and open-minded, so I read a couple of his books, and found them--well, at least unobjectionable. Interesting. Now, looking back, I wonder how much of an influence he was on my decision almost 20 years ago to become "a nice Christian girl pretending to be a sadhak," living in an ashram in India. Maybe more than I realized at the time. I don't know. What I do know is that now, with many many studies and experiences under my belt, including experimentation with various religious paths (each of which contributed to my own evolution), I have once again read him--in *PATHS TO GOD*--and now I see he is not pretending at

all. So many phonies in the West, both home-grown and imported from the East--but he's not one. He's the real thing. Even though now, unlike 40 years ago, I've studied the Gita and lived in the culture it informs, still I found new depths of understanding--of the Gita, of the universal insights of Hindu thought, and of simply how to live a spiritually serious (but fun) life. It is definitely worth reading. The only fault I find with the Kindle edition of this book is that the formatting suffers--if there's a picture with a caption, you have to sort that out from the on-going text. I hope a better job can be done on this as the art of ebooking matures. But even as it is, the book is well worth getting if you're interested in a clear and engaging presentation of some ancient wisdom.

Now that I'm retired it's wonderful to have a curriculum for spiritual work.

I LOVE this Ram Dass book. This is such an amazing tool to learn about and practice your spirituality. If you are even thinking about getting this book, stop thinking and do it. The program in this book will really help you in your spiritual practice! If you have not yet read the Bhagavad Gita, this is a great guide to help you interpret that great spiritual text. Buy this book!

I enjoyed reading this book and learning so much about the Bhagavad Gita. I have been interested in just what is the story here. Having Ram Dass as a guide was a great experience. Eastern religions have a veil of mystery about them that we in the West just do not understand. With a guide that does understand and translate for me, made reading a spiritual journey that I would recommend to all students on the Spiritual Path.

Fun to read and see pics from the 60-70s and his class syllabus. Ram Dass's commentaries still applicable today. Melds contemporary examples with ancient texts. Appreciate his take on psychedelics as well. A classic. Understandable. Good to read along with more traditional or actual translations with commentaries of the Gita/sanskrit.

Another articulate and inspiring body of work by Ram Dass. I recommend the book to anyone wanting to deepen their understanding about different tools to use on their journey of awakening.

I have looked into the path for some time now, and this is one of the best books I have read in a long time. Tremendous insight, thorough view, clarity, even ease of manner pointing to the fact that we all need to "let go" of just about everything, including the path! Must read, if you are truly

"looking".

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