



One-Liners: A Mini-Manual for a Spiritual Life

By Ram Dass



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Ram Dass has always been a master of the one-liner. Here is the nitty-gritty by the author of **Be Here Now**—more than 200 penetrating observations and pithy spiritual instructions on such topics as How It All Is, Love and Devotion, Suffering, Aging, Planes of Consciousness, Death and Dying, Service and Compassion, Psychedelics, Social Awareness, and Liberation.

“This book is a kind of spiritual brandy, a distillation of the lectures I’ve given over the course of the past decade or so. These quotes are the little “aha!” moments, the cameos that have been served up out of our collective consciousness from time to time that seem to summarize something about our human journey. I think of this book as something you might have next to the coffeepot to pick up in the morning, or as something you might tuck into your backpack to pull out during your bus ride to work, in order to reframe the way you look at your day.” —Ram Dass

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Editorial Review

From Publishers Weekly

Dass, a spiritual leader from the '60s and '70s and author of the psychedelic *Be Here Now* as well as the recent, wryly titled *Still Here* (Dass suffered a stroke several years ago), offers "a kind of spiritual brandy, a distillation of the lectures I've given...the little 'aha' moments...that have been served up out of our collective consciousness from time to time that seem to summarize something about our human journey." Divided into thematic segments (including *How It All Is*, *Love and Devotion*, *Spiritual Practice*, *Suffering*, *Aging*, *The Guru and Psychedelics*), the book contains more than 200 of Dass's pearls of wisdom: "Meditation is watching the itch instead of scratching it"; "Humor is the ability to see one reality from the perspective of another"; and "Don't take yourself so personally"; plus insights into his own character: one "one liner" reads, "I use medical marijuana for the pain and spasticity associated with my stroke. While simple, Dass's aphorisms aren't superficial. There is real wisdom here, and depth, summarizing a lifetime of spiritual seeking. This volume will make a great gift book for anyone who hankers for the truth. First serial to Tricycle.

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From the Inside Flap

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About the Author

RAM DASS is one of America's most beloved spiritual figures. After meeting his guru in India and receiving training in practices of meditation, devotion, and hatha yoga, he translated those teachings for Western audiences through his lectures, workshops, and books. Following his guru's instructions to "love and serve people," Ram Dass has dedicated his life to working and teaching about consciousness transformation, conscious dying, and conscious social action. He presently makes his home in California.

Users Review

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