



Grist for the Mill

Ram Dass , Richard Alpert

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From Ram Dass, one of America's most beloved spiritual figures and bestselling author of *Be Here Now* and *Be Love Now*, comes this timeless classic about the experience of being and the risks and rewards of our spiritual path. Originally published in 1976, *Grist for the Mill* offers a deep spiritual journey of self-discovery, and a universal understanding of what it means to "be" and to grow as human beings. The book is fully revised with a new introduction.

As Ram Dass puts it, "When the faith is strong enough it is sufficient just to be. It's a journey towards simplicity, towards quietness, towards a kind of joy that is not in time. It's a journey that has taken us from primary identification with our body and our psyche, on to an identification with God, and ultimately beyond identification."

Grist for the Mill Details

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Author : Ram Dass , Richard Alpert

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Genre : Spirituality, Nonfiction, Religion, Philosophy, Buddhism

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Dolly says

I won this on good reads.

This book is an update of lectures given around the early 70's. For me it was a return to the roots of my spiritual quest. Basically, advice on connecting to the oneness. Well worth reading.

Jack says

Excellent read.

Aaron says

SO AWESOME SO FAR. Deep thoughts and lots of in-your-face GET YOUR LIFE INTO A BETTER POSITION thought reinforcements. GREAT stuff!

Jessica M says

This is 5 stars *if* you are into Ram Dass and his style of sharing knowledge. This book came across my path while I was going through emotional ground that was brand new to me, and Ram Dass helped me to make sense of it all. I especially appreciate how he weaves his personal anecdotes with ancient teachings, and at the same time relates it to someone who is anywhere along a similar path. It's one that doesn't necessarily need to be read all at once.

Karl says

Truly one of the great spiritual voices of the past 50 years, Ram Dass, shares some of his life experiences, anecdotes and beliefs in this enlightening and powerful book. Very little is mentioned from his years as a Harvard professor or his earlier life as Dr. Richard Alpert, the primary focus of the book is the transmission of his experiences to assist the reader in their journey towards awareness/enlightenment. The information that is shared with the reader is merely meant to be a tool, the road on which we travel, as we develop our own inner awareness. Ram Dass has a very compassionate and empowering style that seems largely devoid of ego: he truly seems to have selfless intention in sharing this information.

If you are sincerely interested in becoming more enlightened/aware this book would very likely contain information that will benefit you on your journey. Certainly there are the enlightened few, those that have mastered this journey, and I imagine that those individuals would already be familiar with some, much, or even all of the information contained in this book; however, I also believe that if you are here reading this

review then chances are you have yet to reach perfect “being –ness” and thus could benefit from these words. Although this book has not been in print for many years, used copies can be found quite readily.

a n d y s m i t h says

Some, if not, most, of this book went over my head, but I think that's more on me.

Taking an idea that I've learned from this book:

This book is most likely often on a different plane of reality; its a very good environment that reflects and allows the reader to grow.

I have no doubt I'll read this book again at some point, and when I do, I'll probably get more and more out of it. As for right now, even though most of it went over my head, the sections that didn't were truly life-giving.

Andy says

Another great book by Ram Dass

BiL says

One of my favorite 4 Ram Dass books....the other three being Be Here Now, the Only Dance There Is, and Journey of Awakening.

Shannon says

You have to love Ram Dass.

Irene says

This one deserves 6 stars. Just wonderful.

Mckinley says

Listened to this while painting walls. Nice focus and thoughts.

Joe Iovino says

I was confused and lost for about the first third of the book, but then it started to open up to me, though the author would probably say I opened up to it.

This is a very different look at spirituality that was fun to explore. It's interesting and there are some great quotes, but there were also places where I disagree and times it felt very much a product of its time.

INot one I would recommend to the average person exploring faith.

Duncan Reed says

Similar to Ram Dass' famous 'Be here now'. If that resonated with you, this will too. Pretty quick to read, but certainly something you'd want and need to re-read as it's extremely deep.

Jessica says

Changed my world view, reminds me how I am connected to every living thing in the World...this gem reaches down into my core and plays my soul's strings like a harp. Ram Dass is a gift.

Jody says

All about 'Awakening' in this lifetime. Very powerful for getting out of the world that society pushes...bigger, faster, better...and how to dive deep into the much deeper and more satisfying spiritual world that is always available to each of us in this very moment.
