



Grist for the Mill: Awakening to Oneness

Ram Dass, Stephen Levine

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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 selfdiscovery, 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."



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