



Compassion in Action: Setting Out on the Path of Service

Ram Dass , Mirabai Bush , Richard Alpert

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Featuring an eye-catching new cover, this classic guide is for those ready to commit time and energy to relieving suffering in the world. No two people are better qualified to help us along this path than Ram Dass, who has spent more than 25 years teaching and writing on the subject of living consciously, and Mirabi Bush, who succeeded him as chairperson of the Seva Foundation.

Compassion in Action: Setting Out on the Path of Service Details

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From Reader Review Compassion in Action: Setting Out on the Path of Service for online ebook

Graduagent says

Enlightening read with Hindu interest - Has been a good companion and aid to a recent nursing essay. Adding that touch of spirituality without mentioning the 'life is suffering' aspect.

GraduAgent.com

The Nursing and Medical Research Agent.

Sawn Medrano says

gives you practical ideas on how to be a servant in your own community

Joseph Dunn says

Interesting but not groundbreaking. I enjoyed reading about Ram Dass's personal account of living a path of service. Learning about the challenges of working with the SEVA Foundation was particularly interesting. I also enjoyed thinking about the interrelationship of social action and spiritual practice. It's a difficult balance because at times, it may feel like you are forced to choose between the two. Spiritual awareness develops through the intuitive heart...an unconditional embracing of all that is...a cosmic affirmation: "YES!" to everything. Social action is much more rooted in physical realities, injustices, and the discriminating mind. It exists in the world of right and wrong. By standing up for what is right, you are condemning what is wrong--and so where does that unconditional embracing, that cosmic affirmation of the heart come in to play?

I think this is a fundamental issue that we all must confront in our lives. The way we come to peace and resolve this conflict develops through experience and trying to live as consciously as we can rather than a clear-cut "answer".

Basically I found the book to be thought-provoking, but it didn't give me any spectacular insights. My favorite exercise offered was this: Write out "If I could do anything to help, I would love to do..." Start brainstorming. Write everything that comes to mind. You will most likely identify your values, passions, and personal strengths. From this point, it may be easier to find ways to implement them in your daily life.

Emily says

This book was definitely different from what I've been reading lately. I picked it out of the library because I wanted to see what I could do to help others, and I liked the spiritual aspect because I've been getting really into my religion. I'm in a place in my life where I want to give back. I knit hats for charity and blankets for the poor, and I always put a dollar or two in the collection plate at church, but I find myself wanting to do

more. Unfortunately, I did not find much in what I was looking for here.

I found Ram Dass's section of the book to be ... well, frankly, weird. He wrote about how he was kicked out of Harvard because he started "researching" all these weird plants and getting hallucinogenic effects. I read this and thought this dude was a drug addict!

Okay, moving on from the trippy parts of the book, I didn't quite understand what he does with the Seva foundation, just that he does SOMETHING, and it's important.

Honestly, if Mirabi Bush's section in the second part of the book sucked as much as Ram Dass's part, I would have given up and given this one star. I'm glad this didn't happen. Bush's section was enlightening and actually gave me how-to steps for helping others in soup kitchens. She wrote out what she did and true stories of people she helped.

I kind of wish Bush wrote this whole book herself, but she didn't. Dass's first part was just too ... out there (?) ... for me to rate this higher.

This review is posted on *amazon.com*.

Keleigh says

I read the whole first part of this book, by Ram Dass, which gives some background into his own background and path of service. I love reading about how others journey to consciousness, and Ram Dass is very clear and accessible. Very inspiring for those seeking direction and focus as they wake up and want to serve.

Zemirah says

So powerful the practice of compassion. So many talking about it, even posting about it, but it takes a truly courageous heart to put it into practice. This book touches the heart and inspires the deepest expression of compassion, even when it seems that fear is too strong. Reaching deep into the heart to truly connect with love and then transforming that into inspired true action.

Marissa Barbieri says

I wish I could rate the sections of this book individually, as the authors respective contributions are, as near as I can tell, completely separate. I became bogged down in Bush's section (thankfully - or maybe fortunately - the second) just as quickly as I devoured Dass' and was disappointed by how much I was... well, disappointed.

That said, Ram Dass remains one of my favorite humans, and if I had my copy of the book with me, I could point (thanks to Book Darts!) to any number of striking and inspirational quotes contained herein. Five stars to you, Mr. Dass!

Mckinley says

Follow up to How Can I Help? Much along the same lines. Compassion and it's roots in our own lives

followed with how to alleviate the suffering of others.

Getting high verse getting free.
