



# Walking Each Other Home: Conversations on Loving and Dying

*Ram Dass , Mirabai Bush*

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We all sit on the edge of a mystery. We have only known this life, so dying scares us—and we are all dying. But what if dying were perfectly safe? What would it look like if you could approach dying with curiosity and love, in service of other beings? What if dying were the ultimate spiritual practice?

Ram Dass and Mirabai Bush began their friendship more than four decades ago at the foot of their guru, Neem Karoli Baba, also known as Maharaj-ji. He transmitted to them a simple philosophy: love everyone, tell the truth, and give up attachment to material things. After impacting millions of people through the years with these teachings, they have reunited once more with *Walking Each Other Home* to enlighten and engage readers on the spiritual opportunities within the dying process. They generously share intimate personal experiences and timeless practices, told with courage, humor, and heart, gently exploring every aspect of this journey. And, at 86 years old, Ram Dass reminds us, “This time we have a real deadline.”

In *Walking Each Other Home*, readers will learn about: guidelines for being a “loving rock” for the dying, how to grieve fully and authentically, how to transform a fear of death, leaving a spiritual legacy, creating a sacred space for dying, and much more.

“Everybody you have ever loved is a part of the fabric of your being now,” says Ram Dass. The body may die, but the soul remains. Death is an invitation to a new kind of relationship, in the place where we are all One. Join these two lifelong friends and spiritual luminaries as they explore what it means to live and die consciously, remember who we really are, and illuminate the path we walk together.

## Walking Each Other Home: Conversations on Loving and Dying Details

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## From Reader Review Walking Each Other Home: Conversations on Loving and Dying for online ebook

### Anne says

This is a powerful book full of wisdom and love. I have not read any other books by these authors but I certainly will seek them out next. I love the fact that the book was written as a conversation between the two authors as they sought to ponder the topic of death and why we are so afraid to talk about it, think about it and except it. It felt like I was right there with them, experiencing their time together and their conversation, which made the book easy to read even though the topics are difficult to digest.

I especially appreciated the parts about dealing with fear of death, and the suggestion to go back in our memories to Explore our first memories that have to do with people around us dying. I found this a very helpful exercise in relation to my own fears of death, and the whole book very gently walked me through letting go of these fears. The layout is gorgeous, and the illustrations are delicate, elegant, and just right for the tone of the book.

Thank you to NetGalley, the authors and the publisher for an advanced reading copy of this book in exchange for my honest opinion.

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### andrea says

just beautiful.

death can paradoxically be a transformative gift and one of the greatest teachers in life.. a final culmination of all experiences on earth, often bringing spiritual opening and expression of true reverence for life. it can seem so terrifying at the same time, loss of self/everything one "knows", not to mention the impact on loved ones. rd and mirabai really hit all the points i wanted in this book, how to approach death (and life), how to be with a dying person, work with grief, and a lot of things in between. there was some talk on gurus which i don't have much experience with, but it was interesting to hear about a human bond like that. i loved the part where rd told of the people he has known personally and how they have died, including aldous huxley dying while on lsd and writing "extraordinary" as his last "word" on paper, and tim leary holding his death as a celebration, dying while saying "why not?" with every possible intonation and implication. i also love the narration, mirabai has a sweet voice and gentle pacing. i'm glad i chose the audiobook version.

this book has come at a great time for me and has changed me for sure, and i want to keep learning about working death into life.

thank u rd and mirabai!! may we all live and die well ♥?

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### Justin says

I received this book, for free, in exchange for an honest review.

This book didn't resonate with me as much as some of my favorite Ram Dass books (Polishing the Mirror and Be Here Now). That being said, it is one of his better books and a book most people familiar with him will be sure to love. My main complaints about this book are that it repeats some stories from earlier media and is a bit less dense than it could be. I think most people will not mind these problems as the love and

wisdom that come through this dialog is likely to overshadow these flaws.

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## Charlotte says

I love Ram Dass. This one is full of insight about aging and dying. Co-written with Mirabei Bush it take us on the pathway to easing ourselves into old age and eventually death, but without fear. It is like Ram Dass and Mirabei take our hands and show us the way to navigate those years without fear but through our spiritual practice, love and gentle kindness. A wonderful book about a taboo subject, at least here in the U.S. Anyone who is 50 or above or any age really give it a read. Surely squelched many of my irrational fears, full of love and grace.

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## M. Sarki says

<https://roqueliterarysociety.com/f/wa...>

Many of the spiritual ideas and ensuing guidance read in this book I previously have already considered. Some points made by Ram Dass and Mirabai Bush I reject and others I am still considering. However, there are many Ram Dass positions that I do believe. But for a person who thinks this life is it, that this life is all he has and that the worms will get him just as they get everyone else, the importance of reading this book becomes paramount given the opportunity to reassess his beliefs and to possibly consider another's. The following notes are what caught my attention in this book and in no way frame my current state of mind regarding this matter. I am simply willing to take another look at something we all must eventually address if we are lucky enough to consciously decide to do so.

*If I'm going to die, the best way to prepare is to quiet my mind and open my heart. If I'm going to live, the best way to prepare is to quiet my mind and open my heart.*

*Maharaj-ji said nobody dies a moment before their time, and nobody remains a moment after it.*

*Death comes without warning.*

*Healing is not about getting back to the way things were, but about learning to live with how they are.*

*I knew that when my body dies, awareness goes on.*

*In spiritual evolution, you don't destroy the ego; rather, you stop identifying with it.*

*The dying that opens us to life is the letting go of our attachment to our desires and to the fruits of our actions—living life as it is, not as we want it to be; learning to simply be with what Aldous Huxley called "the miracle of naked existence," not trying to control what we can't control.*

*...the opposite of death is birth. The beginning and the end are two sacred events, and in between it is all impermanent.*

*The ego asks, 'Why not live for the moment? Eat, drink, and be merry, for tomorrow you will die.' But if instead you live in the moment, being here now, discovering the preciousness of life in each moment, then you are living, not as an ego, but as a soul, outside time.*

*If we love well, we will die well. Making peace with death and being fully in the moment allows us to lose ourselves in love, in the love of the beauty and awe of the manifestation of God, in the love of ourselves and others, and in the love of everything else—the suffering, the pain, the joy. We can't know when we will die, and living without knowing requires surrender, surrendering our hope and fear so we can open our hearts to life and let compassion grow. Then when death comes, we are ready to go into love, into the Light, toward the One.*

*...all assure me that a soul leaves the physical plane neither a moment too early nor a moment too late. For most of us on earth who so strongly identify with our own bodies and personalities, this is hard to accept.*

*It's interesting to notice, as loved ones change, how much we often hold on to who they used to be.*

*...everyone loses people they love. I am like everyone else. That has helped me to let go of my grief. I have laid my baby to rest...*

*I climb the stairs, reminded once again that death is inevitable, grief is natural, and we can learn from it and grow.*

*For your soul, suffering is that which forces you to grow spiritually and brings you closer to awakening to who you in truth are.*

*...Grief is one of our greatest teachers. It cracks us open—that's how the light gets in...  
We begin to move from mourning to remembering.*

*I wish people to think about me as I was before I became seriously ill. This is just my body...However you think about it, you have to let go of your name, your history, your friends, your body, your intellect, your desire for beauty—and become one with your individual soul, because death is the extinction of your self. It's the death of who you know yourself to be, and there is no way the mind can grapple with the extinction of itself.*

*Whether or not you believe in reincarnation or even heaven, prepare yourself by letting go of self-judgment and regret to be as peaceful, receptive, and loving as possible during your last moment.*

*...love your past no matter what it is; no matter how painful, to see your life as a story and simply love it without judgment. Ram Dass responds, "You may see that you could have done some things better, but the core practice is to love it all, to accept it all, to love yourself and your story."*

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## **David says**

### **Walking Each Other Home**

This book goes to the essence and core of our human experience. The gentle, loving spirit of Ram Dass flows off the page and comforts the reader with wisdom and serenity.

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## **Chris Webber says**

This book made me cry. Books rarely make me cry. It's gritty and gets to the heart of why we are here, what

gives our lives meaning and purpose, and prepares us to accept the reality we are impermanent.

And how to bridge that commonality at the heart and communication level.

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### **Ariadne Deborah Fassel says**

I rediscovered Ram Dass a year or so ago, along with his constellation of fellow teachers on Love, Serve, Remember. Reading this book is listening in on a meaningful conversation, complete with reminiscences and insights. I have been ambling through this slowly at bedtime.

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### **Cat says**

I had hoped for a better book, but found this one disappointing. It just did work for me. had hoped for a bit more on accepting death, maybe, or understanding it. Hmmmm, I guess we all have to figure it out ourselves. Just to New Age-y for my tastes. But I am sure it will have a ppeal as it is very personable and an easy read. Just not for me.

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### **Literary Soirée says**

“Walking Each Other Home: Conversations on Loving and Dying” by Ram Dass and Mirabai Bush is a wise guide for end-of-life living, loving and grieving. The authors, well-known spiritual gurus and friends, share in the most personal fashion about how best to support the dying, how to leave a spiritual legacy, and how to walk this final path together. This poignant and illuminating book explores how to live and how to die consciously, treating this final stage as perhaps one’s most important spiritual work. Highly recommended!

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Thanks to Sounds True Publishing and NetGalley for the review copy. Opinions are fully mine.

#WalkingEachOtherHome #NetGalley

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### **Cathryn Wellner says**

A gentle, heart-opening book created by two long-time friends. In my eighth decade, I am comfortable with conversations about death and have the inevitable experience of sitting with friends nearing that passage. But there is always more to learn about how others approach the mystery and what they believe happens once that spark of life is extinguished. I found this book as comfortable as a warm robe and slippers but not as helpful as two other books, *Being Mortal* (my favourite) and *Everything Happens for a Reason and Other Lies I've Loved*, written with engaging humour. For those whose views of death resonate with the idea of multiple lives, this will be a welcome exploration of how to prepare for letting go of attachments to the body.

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## **Sarah Lombard says**

I found this book so soothing. It really reminded me of an easier time on this planet so I was reminded to stay in the moment and just be. The meditations at the end of the book were so beautiful. It really reminded me that we really are all one in the human condition.

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## **David says**

This is a wonderful book, with ambitious goals: To help readers get rid of their fear of death; to help those living with grief and loss; to help those sitting with the dying; and to help those who are dying. To my mind, it is a very successful effort, but then, I may not be entirely unbiased.

I first heard of Ram Dass when my older brother brought home a copy of "Be Here Now," back when the book came out (I was in my teens). I was fascinated, but life went on and I didn't read another book by Ram Dass until "Polishing the Mirror," in 2015. By that time, I'd had the great pleasure of working with Mirabai Bush on a book, "Contemplative Practices in Higher Education," and knew that any project she was involved in was going to be powerful. And this book does not disappoint: I found it both powerful and beautiful. And very helpful in addressing those ambitious goals I noted above.

In her introduction, Mirabai writes: "Ram Dass is a theist. He believes in God....I am more of an agnostic these days: I believe in the possibility of God, but I am more comfortable living with what I have experienced directly-the interconnection of all life, the love that connects us, awe in the presence of this. I wondered if that difference would get in the way of us talking about death." Later in the introduction she writes, "...since our views were very different, a series of conversations would be a good form for us to talk about what we knew so far and the questions that remained." As she put it, "This will be a good book to write. We'll be exploring the edge of what we know." My experience was that this worked very well, and the book just got better and better as it went on. To my mind, the conversations were a pleasure to read, despite the subject matter. And after the conversations, the book includes a section of "Practices for Conscious Living, Being with the Dying, and Your Own Death," and a special treat for nerds like me, a list of Recommended Resources. All in all, I highly recommend this book to anyone, period, but especially to anyone close to the dying process, their own or that of anyone else.

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## **Denise says**

How do you enjoy a book on death and dying? Get the info from Ram Dass. While I've read most of what he has said on the topic in his many other books, this is getting it all in one place. It is fresh from the standpoint of Ram Dass' advanced age and experience at this point in time, nearing his own death. Also it's co written with longtime friend, Mirabai Bush. I got to know Mirabai a bit more here and she's great! I am biased about Ram Dass.

I genuinely love Ram Dass. I first loved him because he was so meshugana (learned that word from him) and entertaining. That man can tell a story like no other! Listen to the archived talks on his podcast, (beherenownetwork). Over the years he has taught me to love souls instead of personalities - often hard to do. So.... at this point, I love his willingness to continue sharing his clarity and experiences in spite of a stroke 20 something years ago which couldn't have been easy - aphasia and partial paralysis. These days I think we see his soul as much as I think is possible in a material world. I love that. I AM that. And so are

you.

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## **Donald LaPlante says**

### **A must read for all**

Well done. A spiritual journey of living life the fullest by confronting our fear of death. Those who have been with others when passing over will gain new insight. For those of us fast approaching our inevitable end will learn much as well.

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