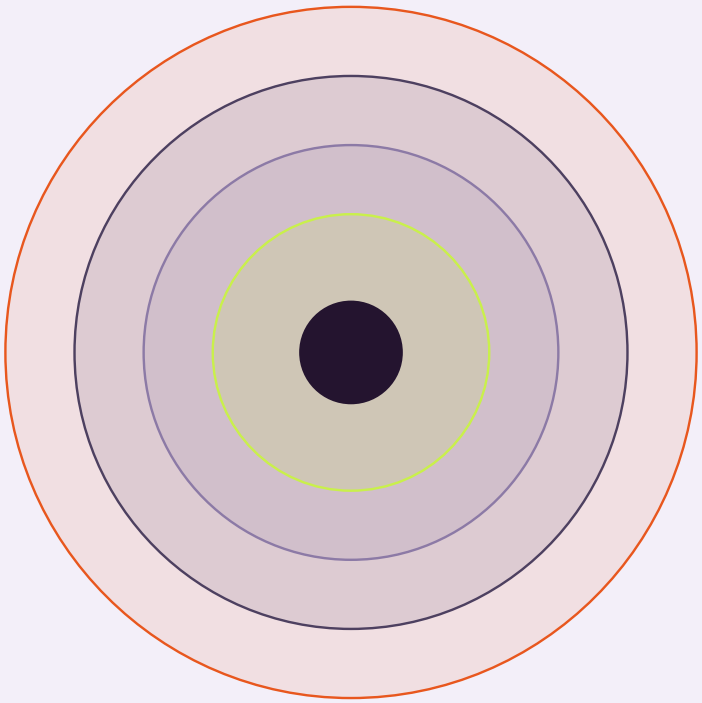


# Be Here Now

A reading of the book by Ram Dass (1971)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Be Here Now, in our own words. It is not a substitute for the book.

BEFORE YOU START **01**

# The book in a minute

Richard Alpert, a Harvard psychologist who researched psychedelics, travelled to India and came back as Ram Dass. Part memoir, part hand-lettered scripture, part manual, and the source of the phrase “be here now”.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

# The takeaways

1

HOURLIFE TAKEAWAY

### The problem was never getting high. The problem was that he always came down.

Alpert's psychedelic experiences left his spiritual questions unresolved. The book is the search that followed. HourLife does not recommend psychedelic drugs.

2

HOURLIFE TAKEAWAY

### Don't think about the past. Don't think about the future. Just be here now.

The instruction that gave the book its name. It sounds like a slogan until you try to hold it for sixty seconds.

3

HOURLIFE TAKEAWAY

### You are not your thoughts. You are the thing noticing them.

The single most portable idea here, and it survives translation out of the incense entirely. A thought about yesterday arrives; something watches it arrive. That watcher is not anxious, because it is not the one with the schedule.

4

HOURLIFE TAKEAWAY

### Chemistry can visit the place. It cannot live there.

By Alpert's account, his teacher showed no apparent effect from a dose of LSD. HourLife's reading: lasting attention is trained, not swallowed, and we do not recommend the drug.

5

HOURLIFE TAKEAWAY

### The ego is a costume, not a person. The trouble starts when you forget you put it on.

The idea that the ego is a role we wear, and that the trouble starts when we forget it is one. Seeing it clearly can be unsettling, and it is where the practice begins.

6

HOURLIFE TAKEAWAY

### If you think you're enlightened, go spend a week with your family.

A line widely attributed to Ram Dass, and a genuine test. Serenity built in a quiet room with a cushion is untested serenity. The people who knew you at nineteen are the actual exam.

7 HOURLIFE TAKEAWAY

## Treat the person in front of you as though something holy is wearing them.

The practical end of the metaphysics. You do not have to believe a word of the cosmology for this to change how a queue, a call centre, or a difficult relative goes.

8 HOURLIFE TAKEAWAY

## The next message you need is always right where you are.

Not a promise that things are fine. A claim that the situation you are trying to think your way out of is the one carrying the information, and that you cannot receive it from the future you keep rehearsing.

PUT IT TO WORK

# Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write one word where you will see it
- [ ] Clear one small square of the house
- [ ] Name the costume you are wearing
- [ ] Pick one mantra and stop shopping
- [ ] Set the phone to ask you one question a day

KEEP UP DAILY

- ◯ Catch the tense of one thought an hour
- ◯ Land in one sense before you start anything
- ◯ Say the mantra in the dead time

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

# Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

# The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

# The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

## Write one word where you will see it

The cover of the book carries the word “Remember” four times.

Put the word on a card by the kettle, on the back of your phone, on the bathroom mirror. It is the trigger.

MY VERSION

DONE ON

- [ ] SETUP 2

## Clear one small square of the house

A corner, a cushion, nothing on the walls, the same spot every time.

Not because the spot is sacred, but because you will not negotiate with yourself about where to sit.

MY VERSION

DONE ON

- [ ] SETUP 3

## Name the costume you are wearing

Write down the roles you use to answer “who are you”: job title, parent, the competent one, the funny one.

Knowing which are costumes now is cheaper than finding out the hard way.

MY VERSION

DONE ON

- [ ] SETUP 4

## Pick one mantra and stop shopping

Any short repeated phrase will do.

Choose one, write it in the front of a notebook, and refuse to reconsider it for thirty days.

MY VERSION

DONE ON

- [ ] SETUP 5

## Set the phone to ask you one question a day

A single alarm labelled “where is your mind right now?” at an unpredictable time.

The point is not the answer. It is that something interrupts the trance from outside, because from inside you will not notice it is running.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

# Catch the tense of one thought an hour

When you notice you are thinking, ask only this: is it about then, ahead, or here?

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 ○ | 12 ○ | 13 ○ | 14 ○ | 15 ○ |
| 16 ○ | 17 ○ | 18 ○ | 19 ○ | 20 ○ | 21 ○ | 22 ○ |
| 23 ○ | 24 ○ | 25 ○ | 26 ○ | 27 ○ | 28 ○ | 29 ○ |
| 30 ○ | | | | | | |

## December 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

# Land in one sense before you start anything

Before the meeting, the call, the doorway — take one breath and find one physical fact: the floor, the weight of the mug, the sound behind the sound.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
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| 28 | 29 | 30 | 31 | | | |

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

# Say the mantra in the dead time

Queues, lifts, red lights, the walk to the car.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

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## December 2026

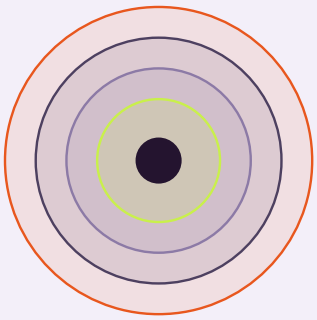
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



# The next message you need is always right where you are.

HOURLIFE TAKEAWAY