

RANDOM RAM DASS ENCORE • BE HERE NOW @ INSTA-G-RAM (SBO03)

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So you know Ram Dass right – the guy who invented "Be Here Now"? He wasn't talking about locking into the feed. When your attention is magnetized by rapid burst dopamine rewards, it's the polar opposite of actually being present as it is.

Then as our brain chemistry gets backwards-asswards wired, we're addicts to the rush and nothing else matters. Yes those huff-puff kundalini intensives chase the same dragon of energetic highs. Drop out from the trips. Tune into what is.



#SwagBeardSeries

#RamDass

#BeHereNow

#InstaSamadhi

#FeedAddicts

#KundaliniPop

#DropOutTuneIn

#HolyMountain

#CrazyWisdom

– **Dude**, do you know **Ram Dass**? You know **the guy** who invented "**Be Here Now**"?

Well, sure, kind of. What's **happening**?

– So I've been **listening** to his **live streams** and I kind of **totally get it**. When I'm on **Instagram** or **TikTok**, locked **into the feed**, I'm **totally** there. Like, **Be Here Now** - and **nothing else matters!** My **girlfriend's** saying **something**, trying to get my **attention**, and I completely **don't hear it**. It's like I'm in a **meditational trance**.

Well, **you know**, that used to **happen** to me too **when I was a kid**. I was **completely absorbed** in reading **Donald Duck**. I was **famous** for having **no idea** at all of **what's going on** in the world. I was in **Donald Duck samadhi**.

– So it's like every **generation**, we're doing basically the **same stuff**, but just in a **different way**.

There is a **bit** of a **difference** yeah. I was **absorbed** in **one thing**. I was **in** the **story**. Happened to people with **books** too, **back in the days**. And we weren't **doing** it for the **dopamine** kicks. We weren't **junkies**.

What's **happening** to you **with the feed** is, your **attention** is **magnetized** into a **stream** of **scatter**. You're chasing **quicker** and quicker, **shorter** and shorter **dopamine hits**. **Tweaking** your **brain** chemistry. You're **not really** being **here** now. You're **becoming all over** the place. Getting **bored**, chasing the **next rush**.

– Yeah, dude, I **totally** get the **rush**. When I do a **proper binge**, it's like I'm totally **stoked** by this **magnetic energy**. Do you think that's like a **Kundalini awakening**?

Well, **you know**, bro, you're actually **not far off the mark** there. That's the **same** sort of **rush they chase** at these **Kundalini** intensives. The only **real difference** is, you're **snorting it** from **all over** the table and they're **shooting it** in the vein. It's the **same** sort of **rush** you're **looking for**. Going **hyper**, flooding your **brain chemicals**, **riding the dragon**.

– Dude, that's like **super deep** there. You're like the **next Ram Dass**, right?

Right. Someone **actually** said that. Or maybe **Ram Dass** was like **John the Baptist**, and I'm **Jesus Christ**, come here to fulfill **his promise**. You know, we could **totally** start a **batshit crazy** cult. Somewhere **up** on the **Holy Mountain**. I'd like to call it the "**Be Here, Now Here, Nowhere, Whatever, Never Mind**" retreat. All **right**?

Seriously though. **Ram Dass** was what Ram Dass was. **Jesus** was what Jesus was. And **I am I and I**. Why the **hell** should anyone **mimic someone** else, try to be **what they're not**. This **identity craft, profiling** yourself, it's a **disease**.

But **sure**, if it **humors** you. I'll **play Ram Dass** for you for a day. **We** are a **legion**. We **become freely**. Like **whatever**. The **cost** for that **fun** though is **11 joints**. So be **ready**. Here **now**.

Wrapping up the **takeaways**. Yes, be **here now**. Don't be **there** now, **in that feed**. **First** of all, look **into yourself**. **What** are you **actually**? And be **present** as that – **without** your **illusions**. Don't **chase** anything. No **rush**. No **ID trips**. Just be. Like **chill out**, bro.

Be here now. **As it is**. **Tune in** to the **naked fullness** of the **present**. And **drop out** from your **weird mental trips**.

Dass ist Ananda.

– You're a **trip dude**, how'd you become **so weird**?

Well **look dude**, like **whatever dude**. I'm **channeling** the Ancient **Nevermind**. **And** that's about **that**. All **right**.

Allow me to **introduce** my guru, **Sri Pampkin Ji**. He **mastered** the mystic **potato samadhi** long before social media was **invented**.

 <https://ananda.icu/talks/swag-beard/sb003-random-ram-dass-encore-be-here-now-at-insta-g-ram>