

[View as a web page](#)

susanjeffers

LESSONS FROM ONE SPIRITUAL TEACHER TO ANOTHER

ADAPTED FROM THE WORKS
OF SUSAN JEFFERS, PH.D.

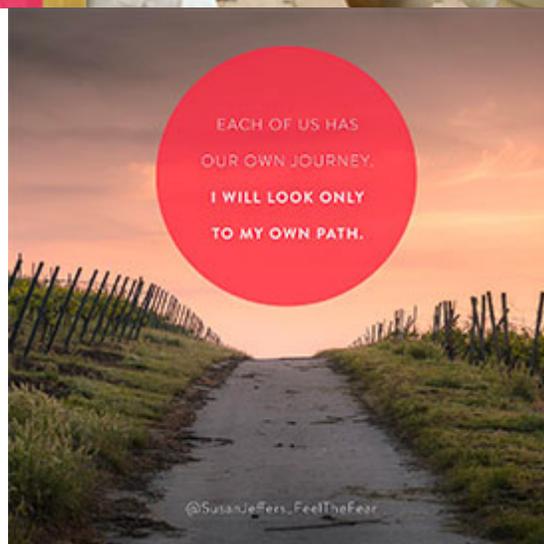
March 2020



"It is important to expect nothing, to take every experience, including the negative ones, as merely steps on the path, and to proceed." Ram Dass

One of Susan's most influential teachers was Ram Dass, who passed away last December. Ram Dass was a psychologist turned famous hippie who then became a leading spiritual teacher and helped introduce yoga to the West. He wrote about his experience in the book, *Be Here Now*. Susan studied with him in the 1970s and his lessons influenced her own teachings, especially in *Dare to Connect* and *End the Struggle and Dance with Life*.

When he was in his 60's, Ram Dass suffered a debilitating stroke that left him incapacitated for many years. It was through this experience—keeping his spirit and sense of humor while suffering an enormous challenge - that he became a huge source of inspiration for her. Susan wrote in *Embracing Uncertainty*, "While he has been a great



teacher for me for many, many years, he has now become my hero."

In the chapter titled, "Collecting Heroes," Susan wrote, "A sense of freedom comes from the ability to live in the Higher Self no matter what is happening in your life ... I'm going to show you how some who have experienced the very worst life has to offer have made something profoundly uplifting and enriching out of it all."

Susan uses the chapter to describe some of her heroes, people who underwent adversity and who became an inspiration to us all, including Ram Dass.

Susan said, "You may be wondering what gifts Ram Dass could possibly find in a devastating stroke. Here are a few examples..."

- The stroke left him less afraid, as he'd already been through the worst
- Once he could calm the panic of his ego, his spirit found the process entertaining
- He discovered the wonders that can be found by sitting still
- He enjoyed riding his electric wheelchair
- The stroke damaged the left-side, the more analytical side, of his brain, leaving his right-side free to play
- He could still be happy because his awareness was rooted in the spiritual plane, not the worldly plane
- Before the stroke, his mission had been to help others, now he learned to let people help him

"Ram Dass feels that the difficulties in life bring us all closer to God and a higher consciousness. One of the many lines in his book, *Still Here*, that brought me to tears was this, "I haven't been cured of my stroke, but I have definitely been healed by it."

The lesson that Susan wants us to understand when we learn about Ram Dass's story, or from any of the other "heroes" she wrote about, is that if they can learn and grow from the very worst that life offers, then we all can learn and grow from anything that comes our way. When we find stories of people who can show us the immense strength of the human body and spirit in adversity, we need to let them become our models, our heroes. By understanding their stories, they can help to give us courage as we realize that if they could face the

[Quotes & affirmations](#) are some of Susan's most powerful tools, increasing confidence and positive inner talk, and setting you on a path to self-love and embracing uncertainty!

Check out the [Susan Jeffers Instagram page](#) for more!

worst then we can too.

Susan suggested you make a list of your own heroes. Who are the people that inspire you? Who are the people who have overcome obstacles to achieve their dreams? It doesn't have to be someone famous, like Ram Dass. It can be someone you know personally, or even someone you read about in the news. One of Susan's heroes was her friend from her time at New York's The Floating Hospital who kept up her obligations, and spirits, after experiencing severe health problems. In fact, it was during Susan's time at The Floating Hospital where she developed her philosophy of:

**If they can Learn and Grow from their Experiences
I can Certainly Learn and Grow from mine.**

When you've made your list of heroes, and make sure to write down *why* they are your heroes, look to your list when you're experiencing hard times and remember Susan's philosophy. Don't forget to send them a mental "thank you" through the Universe, thanking them for being an inspiration to you during tough times. As Susan did when she wrote about her heroes in ***Embracing Uncertainty***:

"Thank you, Ram Dass. Your wisdom and humor help us all. You are truly magnificent."

Copyright © 2020 Susan Jeffers, LLC All rights reserved.

(To use all or any part of this article, go to admin@susanjeffers.com for permission.)



**SEND US
YOUR
FEEL
THE
FEAR**

**AN UPDATE FROM RACHAEL
ALEXANDER, OUR DIRECTOR
OF FEEL THE FEAR TRAINING**

**We want you to join our global team!
No qualifications necessary!**