

# The Power of Now: A Guide to Spiritual Enlightenment

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Now on CD, the best-selling Power of Now shows how a combination of Buddhist principles, meditation theory, and relaxation techniques can connect a person to the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death." A reminder to be truly present in our own lives.... The result? More joy, right now." O: The Oprah Magazine

Eckhart Tolle's message is simple: living in the now is the truest path to happiness and enlightenment. And while this message may not seem stunningly original or fresh, Tolle's clear writing, supportive voice, and enthusiasm make this an excellent manual for anyone who's ever wondered what exactly "living in the now" means. Foremost, Tolle is a world-class teacher, able to explain complicated concepts in concrete language. More importantly, within a chapter of reading this book, readers are already holding the world in a different container--more conscious of how thoughts and emotions get in the way of their ability to live in genuine peace and happiness.

Tolle packs a lot of information and inspirational ideas into The Power of Now. (Topics include the source of Chi, enlightened relationships, creative use of the mind, impermanence, and the cycle of life.) Thankfully, he's added markers that symbolize "break time." This is when readers should close the book and mull over what they just read. As a result, The Power of Now reads like the highly acclaimed A Course in Miracles--a spiritual guidebook that has the potential to inspire just as many study groups and change just as many lives for the better. --Gail Hudson

Spiritual teacher and author Eckhart Tolle was born in Germany and educated at the Universities of London and Cambridge. At the age of twenty-nine a profound inner transformation radically changed the course of his life. The next few years were devoted to understanding, integrating, and deepening that transformation, which marked the beginning of an intense inward journey. Later, he began to work in London with individuals and small groups as a counselor and spiritual teacher. Since 1995 he has lived in Vancouver, Canada.

#### Other Books

The Power of Now by Eckhart Tolle, PLEASE NOTE: This is a summary of the book and NOT the original book. The Power of Now by Eckhart Tolle - A 15-minute Instaread Summary Inside this Instaread Summary: \* Overview of the entire book \* Introduction to the important people in the book \* Summary and analysis of all the chapters in the book \* Key Takeaways of the book \* A Reader's Perspective Preview of this summary: Chapter 1 Enlightenment, a feeling of awareness, peace, and joy, comes from within a person, not from outside sources. Enlightenment is an end to suffering and a feeling of connection to a person's own true self and to the world. Enlightenment is being aware of a person's own deepest self or Being. People have difficulty experiencing Being because of their identification with their own minds. Their own thoughts keep them from finding the stillness needed to experience Being. When people identify with their thoughts, it blocks their relationships with others, nature, and God. Those who can observe themselves thinking realize that they are not their mind and that all things of importance, such as beauty, joy, love, and inner peace, come from beyond the mind. This state of consciousness is achieved when people feel their own presence beyond their thoughts, emotions, and physical bodies. Another way to experience enlightenment is to focus all attention on the now, the present moment. The ego, or false self, barely notices the present moment. To the ego, only the past and the future are important. Emotions are thoughts that are felt in the body. To

reach full consciousness, people need to be able to see their emotions as separate from themselves...

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