

# Eckhart Tolle The Power Of Now Audio

In today's society, it is easy to get caught up in the daily drudgery of life and lose touch with your spirituality. Author Eckhart Tolle teaches us how to reignite that flame in his book, *The Power of Now: A Guide to Spiritual Enlightenment*. Since its publication in 1999, *The Power of Now* has sold over 2 million copies, and it's easy to see why: Eckhart's revolutionary insight into the return to spirituality has changed lives everywhere.

In the first chapter, Tolle presents a simple yet dynamic idea: that you are made up of your spirit and your mind, and they are separate from one another. He goes on to teach us how to free ourselves from the mind and introduces the concept that we are a source of our own pain. Again, a simple enough concept, but it's the groundbreaking revelation many people have found to help them break free from a bleak existence devoid of spirituality.

Regardless of religious persuasion, *The Power of Now* is a great book for those who feel a need to return to their spirituality or those who have no background in spirituality and are curious. The book is masterfully written and expertly deconstructs the obstacles that often stand in the way of being a spiritually enlightened person. If you are intrigued by the idea of spirituality or want to return to a more enlightened state of being, pick

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up a copy of The Power of Now and discover how to move into the present.

A Consortium book.

Eckhart Tolle's writings on the power of living in the moment have fast become the most sought-after modern classic on spiritual enlightenment. Now, in this new, life-transforming book, Tolle illuminates the fundamental elements of his teachings, as we are invited to contemplate the spiritual truths that come through embracing silence and stillness. **STILLNESS SPEAKS** is a collection of 200 concise and beautifully illuminating entries, arranged into twelve reflective themes. Each entry can stand as its own teaching or may be read as part of the fluid sequence of its theme. In their totality, the entries provide a road map out of human suffering. When we are no longer limited by our thinking mind, suffering and pain disappear and we are able to move towards a fuller understanding of our relationships, of nature, and of the profound wisdom that is to be found in stillness.

The essential companion volume to the phenomenal self-help bestseller **THE POWER OF NOW** - 'the must-read bible du jour'. Eckhart Tolle's book describes the experience of heightened consciousness that radically transformed his life - and shows how by living in the moment we can also reach a higher state of being where we can find joy and peace and where problems do not exist. The invaluable companion volume - **PRACTISING THE POWER OF NOW** - contains all the essential techniques we need to start to put this important book into practice in our own lives. No reader will be complete

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without it.

Eckhart Tolle is emerging as one of today's most inspiring teachers. In *The Power of Now*, already a word-of-mouth bestseller in Canada, the author describes his transition from despair to self-realization soon after his 29th birthday. Tolle took another ten years to understand this transformation, during which time he evolved a philosophy that has parallels in Buddhism, relaxation techniques, and meditation theory but is also eminently practical. In *The Power of Now* he shows readers how to recognize themselves as the creators of their own pain, and how to have a pain-free existence by living fully in the present. Accessing the deepest self, the true self, can be learned, he says, by freeing ourselves from the conflicting, unreasonable demands of the mind and living present, fully, and intensely, in the Now.

This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms.

*Guardians of Being* celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

Our children can be our greatest teachers. Parenting

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expert Susan Stiffelman writes that the very behaviors that push our buttons — refusing to cooperate or ignoring our requests — can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, *Parenting with Presence* teaches us how to become the parents we most want to be while raising confident, caring children. “Shows parents how they can transform parenting into a spiritual practice.” — Eckhart Tolle, author of *The Power of Now* “Clear, wise, soulful, and poetic.” — Alanis Morissette

The author shares the secret of his own self-realization and the philosophy for living in the present he has developed.

TNT *The Power Within* you teaches you how to release the forces inside you and get what you want!

PLEASE NOTE: This is a key takeaways and analysis of the book and NOT the original book. Start Publishing Notes' Summary, Analysis, and Review of Eckhart Tolle's *The Power of Now: A Guide to Spiritual Enlightenment* includes a summary of the book, review, analysis & key takeaways, and detailed "About the Author" section. PREVIEW: Eckhart Tolle's *The Power of Now: A Guide to Spiritual Enlightenment* argues that time is an illusion, and that individuals can attain enlightenment by being fully present in the eternal moment of Now. The book is organized into a question and answer format. Tolle provides common questions that have been presented to him as a spiritual teacher and then answers each question in order to guide

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readers to enlightenment. After years of depression, Tolle's life became so intolerable that he spontaneously recognized that reality, time, and self were illusions. He attained enlightenment and spent many years in bliss. Eventually he became a spiritual teacher. Previously published Wiltshire, 1967. Guide to personal health and success

\* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. \*As you read this summary, you will discover that it is possible to be permanently happy by living fully in the present moment. \*You will also learn to : use your mind and free yourself from it; find keys to living in the present; to stop suffering needlessly; improve your relationships with others; let go. \*At the age of 29, Eckhart Tolle's experience was so intense that it radically changed the course of his life and allowed him to come out of a long depression: it was the beginning of an inner journey that led him to become a spiritual guide. In *The Power of the Present Moment*, he recounts his experiences and gives advice to the reader. He tries to help the reader to get rid of troublesome thoughts, to free himself from his mind and to be happy. \*Tolle warns his readers: he uses words such as "Being", "presence" and "enlightenment". These words are points of reference, means of explaining a reality. If the reader finds them unclear, he is invited to replace them with others or to continue reading without worrying about them: he will find the answers to his questions as the text progresses. \*Buy now the summary of this book for the modest price of a cup of coffee!

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For the first time ever, bestselling author Eckhart Tolle brings the core of his teachings to children, ages 7 to 100. Beautifully illustrated and artfully expressed, this charming story will bring joy to children and their parents for decades to come. Milton, who is about eight years old, is experiencing bullying on the school playground at the hands of a boy named Carter. Because he is being picked on, Milton no longer enjoys going to school. In fact, he dreads each morning because of his fear of Carter. By discovering the difference between Then, When, and the Now, Milton is able to shed his fear of being bullied. Living in the Now, he no longer dreads encountering Carter--and this changes everything.

Milton's Secret will not only appeal to the millions of adult readers of Tolle's other books, but also to any parent who wants to introduce their children to the core of Tolle's teachings: Living in the Now is the quickest path to ending fear and suffering.

It can be hard for busy professionals to find the time to read the latest books. Stay up to date in a fraction of the time with this concise guide. The Power of Now is one of the most influential self-help books of recent years, with several million copies sold to date and translations into 33 languages. It aims to enable readers to break free of the hold their mind has over them and to stop dwelling on the past and worrying about the future. Instead, the book stresses the importance of living in the present and seeking happiness, security and validation within ourselves instead of from external sources, as this is the key to spiritual fulfilment and successful relationships. Eckhart Tolle is a German-born spiritual teacher. In

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addition to his bestselling books *The Power of Now* and *A New Earth*, he regularly gives talks around the world to spread his message. This book review and analysis is perfect for:

- Anyone who wants to learn how to live in the present
- People who find themselves feeling overwhelmed by mental chatter
- People looking for a concise summary of some of the core teachings of the world's main religions

About 50MINUTES.COM | BOOK REVIEW The Book Review series from the 50Minutes collection is aimed at anyone who is looking to learn from experts in their field without spending hours reading endless pages of information. Our reviews present a concise summary of the main points of each book, as well as providing context, different perspectives and concrete examples to illustrate the key concepts.

In 1939, hatred took root in South Africa, where the seeds of apartheid were newly sown. There a boy called Peekay was born. He spoke the wrong language—English. He was nursed by a woman of the wrong color—black. His childhood was marked by humiliation and abandonment. Yet he vowed to survive—he would become welterweight champion of the world, he would dream heroic dreams. But his dreams were nothing compared to what awaited him. For he embarked on an epic journey, where he would learn the power of words, the power to transform lives, and the mystical power that would sustain him even when it appeared that villainy would rule the world: *The Power of One*.

For admirers of *The Power of Now*, Eckhart Tolle's wisdom now comes in a highly accessible form ? an

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elegant boxed set of color cards. Each inspirational card expresses a quotation from the book on one side and art on the other to aid busy people with their daily meditations. Topics covered include discovering portals to the now, rising above thought, transforming suffering into peace, and creating enlightened relationships.

The 10th anniversary edition of *A New Earth* with a new preface by Eckhart Tolle. With his bestselling spiritual guide *The Power of Now*, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In *A New Earth*, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, *A New Earth* is a profoundly spiritual manifesto for a better way of life—and for building a better world.

Summary of *The Power Of Now* *The Power of Now* is a spiritual book written by German writer Eckhart Tolle. In his book, Tolle talks about the power of ‘living in the present moment’ rather than unnecessary dwellings in the past or trying to figure out what future will look like. Even though there are many books that are similar to this one, *The Power of Now* is unique in many ways. While explaining how to successfully live in the present moment, the author is guided by the teachings of

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Taoism, Karma, Buddhism, and Christianity through the teachings of Jesus Christ. By trying to unify all these teachings, the author captured the true meaning of many spiritual and religious teachings by creating one single universal guideline—the Now. The book itself was published in 1997 and only three thousand copies were printed at first, but in 1999, it was republished and printed in a much larger number by New World Library. And now, the book was sold in over three million copies and it has been translated into more than thirty languages. The main idea of Tolle's book is that every religious teaching has the same core, and thus, he tried to 'retell' these core teachings in a way that would be easy for his readers to follow. With an appealing concept and also interesting topics, The Power of Now is surely a type of book that draws the attention of many readers. Here is a Preview of What You Will Get: ? A Full Book Summary ? An Analysis ? Fun quizzes ? Quiz Answers ? Etc Get a copy of this summary and learn about the book.

The Power of Now by Eckhart Tolle: Book Summary  
**IMPORTANT NOTE:** This is not the original book, this is a book summary of The Power of Now by Eckhart Tolle  
**ORIGINAL BOOK DESCRIPTION:** The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we

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breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, The Power of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better. \*\*\*\* Book Summary of The Power of Now by Eckhart Tolle Meaningful Publishing, LLC

**2 WORKBOOKS IN 1: EASY LESSONS AND EXERCISES TO HELP YOU DISCOVER THE POWER OF LIVING IN THE NOW AND BEAT NEGATIVITY!** This double workbook for beginners contains the basic lessons and exercises originally contained in two bestselling titles of the "Secret of Now Series" \*LIVING IN THE NOW IN EASY STEPS (7 Lessons & Exercises to Experience Inner Peace). \*STOP NEGATIVE THINKING IN 7 EASY STEPS (7 Lessons & Exercises to Beat Depression & Pessimism Based on the teachings of the German spiritual leader Eckhart Tolle, author of "The Power of Now," "A New Earth," and "Stillness Speaks," its revealing pages center on the following premises:

- \*Human suffering and unhappiness are produced by our own minds, which unceasingly produce an endless inner dialogue or mental chatter, preventing

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us from experiencing the Joy of Living. \*There is a simple method to slow down our chattering mind. Once you learn it, you too will be able to slow down your thoughts and end your inner distress and self-inflicted suffering. \*By practicing this method, you will not only be able to stop your negative thinking and beat depression, but you will also experience inner peace and discover the joy of Living in the Now starting TODAY! GET THIS 2 IN 1 WORKBOOK NOW AND CHECK OUT THE REST OF THE SERIES! VOLUME 1: Living in "The Now" in Easy Steps VOLUME 2: Buddhist Meditation For Beginners VOLUME 3: Spiritual Hindu Tales to Calm Your Mind VOLUME 4: Christian Meditation in Easy Steps VOLUME 5: Meditation in 7 Easy Steps VOLUME 6: Stop Negative Thinking in 7 Easy Steps VOLUME 7: Understanding Eckhart Tolle: The Power of Living in The Now

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

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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...

The Power of Now A Guide to Spiritual Enlightenment  
New World Library

This beautiful journal offers a wonderful way to reflect on some of the most insightful and life-changing passages from Tolle's brilliant book, and a place to write whatever thoughts one wishes to add.

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To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

You've heard of the "Great Books"? These are their evil opposites. From Machiavelli's *The Prince* to Karl Marx's *The Communist Manifesto* to Alfred Kinsey's *Sexual Behavior in the Human Male*, these "influential" books have led to war, genocide, totalitarian oppression, family breakdown, and disastrous social experiments. And yet these authors' bad ideas are still popular and pervasive--in fact, they might influence your own thinking without your realizing it. Here with the antidote is Professor Benjamin Wiker. In his scintillating new book, *10 Books That Screwed Up the World (And 5 Others That Didn't Help)*, he seizes each of these evil books

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by its malignant heart and exposes it to the light of day.

Get ready to seek more, be more, and do more. In this book, transformation specialist Drew Canole shows that no matter where you've been or where you are right now, there are tools you can implement to live fully, healthily, and happily. Detox from external expectations, identify and transcend your self-limiting beliefs, and recognize your unique potential and power!

An introduction to the nondenominational spiritual master author's transformative concepts explores such topics as the state of stillness, the pursuit of enlightenment, and the compulsions that shape conscious experiences. By the author of *The Power of Now*.

A social scientist recreates his search for expanded consciousness, through the psychedelia of LSD to the final calm and inner wisdom of Rajah Yoga.

This is a summary of Eckhart Tolle's *The Power of Now: A Guide to Spiritual Enlightenment* Much more than simple principles and platitudes, the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free

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identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, "the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death." Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 236 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This is a summary that is not intended to be used without reference to the original book.

Eckhart Tolle is perhaps the most popular spiritual guru in the world. His books have topped the New York Times Bestseller List, and his core teaching-achievement of liberation via the power of Now-has become the "guiding light" of the New Age movement. But according to L. Ron Gardner, author of *Beyond the Power of Now*, there is a problem-a big problem-with Tolle's core teaching: Tolle never explains what, exactly, the power of Now is. Is it the same thing as Hindu Shakti or the Buddhist Sambhogakaya or the Christian Holy Spirit? Tolle doesn't say. He continually refers to the Bible and Jesus in his book, but, shockingly, never once mentions the Holy Spirit and how it relates to the Power of Now. L. Ron makes it clear that the true Power of Now is the Holy Spirit, which is the same

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divine Light-energy as Hindu Shakti and the Buddhist Sambhogakaya. He explains and extolls the true power of Now and castigates Tolle for failing to identify and describe it. To some, Eckhart Tolle is a New Age visionary, describing a "new earth" that can materialize if mankind, en masse, awakens to the power of Now. But according to L. Ron Gardner, he is simply a histrionic ranter full of empty rhetoric. Throughout this book, L. Ron continually points out, from different angles, the folly of Tolle's New (or Now) Age chimera and describes the social system that represents mankind's sociopolitical salvation. Beyond Tolle's teaching about the power of Now and rhetoric about a "new earth," L. Ron takes the renowned guru to task on virtually every subject he addresses. Most significantly, he rebuts his arguments that: 1) emotions can be trusted more than thought; 2) time is a mind-created illusion; 3) psychological time is insanity; 4) the present moment is the Now; 5) the "inner" body is the direct link to the Now; 6) your cells stop aging when you live in the Now; 7) women are spiritually more evolved than men; and 8) animals such as ducks and cats are Zen masters. Eckhart Tolle's teachings are replete with erroneous ideas, and L. Ron Gardner exposes the major flaws in his principal arguments while providing readers with integral solutions. THE POWER OF NOW has proved to be one of the greatest spiritual books written in recent times. It

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contains a power that goes beyond words, and it can lead us to a much quieter place beyond our thoughts, a place where our thought-created problems dissolve, and we discover what it means to create a liberated life. Throughout, there are specific practices and clear keys that show us how to discover for ourselves the grace, ease and lightness that come when we simply quieten out thoughts and see the world before us in the present moment.

PRACTICING THE POWER OF NOW is a carefully arranged series of excerpts from THE POWER OF NOW that directly give us those exercises and keys. Read this book slowly, or just open it at random, reflect on the words, reflect even on the space between the words, and maybe over time, maybe immediately you'll discover something of life-changing significance. You'll find the power, the ability to change and elevate not only your life, but your world as well. It's in your hands. Discover THE POWER OF NOW.

New York Times bestselling author Eckhart Tolle — Learn the transformative power of living in the now Attaining Eckhart Tolle's state of presence: In Stillness Speaks, Eckhart Tolle illuminates the fundamental elements of his teaching, addressing the needs of the modern seeker by drawing from all spiritual traditions. At the core of the book is what the author calls "the state of presence," a living in the 'now' that is both intensely inspirational and

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practical. The power of now: When the pressures of future and past thinking disappear, fear and frustration also vanish, conquered by the moment. Stillness Speaks takes the form of 200 individual entries, organized into 10 topic clusters that range from "Beyond the Thinking Mind" to "Suffering and the End of Suffering." Each entry is concise and complete in itself, but, read together, take on a transformative power. If you have read The Untethered Soul by Michael Singer, Buddha's Brain by Rick Hanson, or other Eckhart Tolle books such as The Power of Now, you will want to own and read Stillness Speaks.

The author of The Power of Now shows how to live a fuller and more authentic life by quieting our thoughts and accessing the spiritual stillness deep within us that is found beyond the limits of our egos. ad/promo. One Spirit Book Club.

Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.

A practical and empowering approach to the age-old quest to let go of the thoughts and feelings that block happiness, impede change, and hinder self-acceptance Anyone who has dipped a toe into any of the world's spiritual traditions knows that letting go and letting be are key. But how? In this fresh, frank, and powerful guide, Peter Russell allows readers to see that the things we get hung up on are generally

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not tangible problems in the present, but are instead thoughts, feelings, interpretations, beliefs, or expectations we have about them. These are not actual things; they exist only in our minds. And we can strip these "no-things" of their power and let them go by making a simple change of mind. Russell boils this letting go down to remarkably easy methods of accepting, acknowledging, recognizing, and even befriending what we tend to run from. This paradoxical practice generates peace of mind, fresh perspectives, and wisdom in action. In turbulent times like ours, this is a true power, one available to us all.

New York Times bestselling author Eckhart Tolle — A key to happiness is living in the now Practice The Power of Now: If you, like many others, have benefited from the transformative experience of reading The Power of Now, you will want to own and read Practicing the Power of Now. Eckhart Tolle: Eckhart Tolle, a spiritual teacher and author who was born in Germany and educated at the Universities of London and Cambridge, is rapidly emerging as one of the world's most inspiring spiritual teachers. His views go beyond any particular religion, doctrine, or guru. In The Power of Now and his subsequent book Practicing the Power of Now, Eckhart shares the enlightenment he himself experienced after a profound inner transformation radically changed the course of his life. Your path to

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enlightenment: Practicing the Power of Now extracts the essence from Eckhart's teachings in his New York Times bestseller, *The Power of Now* (translated into 33 languages). *Practicing the Power of Now* shows us how to free ourselves from "enslavement to the mind." The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness." The next step in human evolution: Eckhart's profound yet simple teachings have already helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. An essential aspect of this awakening involves transcending our ego-based state of consciousness. This is a prerequisite not only for personal happiness but also for the ending of violence on our planet. Readers of other transformational self-help books such as *The Four Agreements*, *The Miracle Morning*, *Braving the Wilderness*, and *The Book of Joy* will want to read *Practicing the Power of Now*.

"No" is sometimes the hardest word to say. It's also the most necessary. How many times have you heard yourself saying

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yes to the wrong things—overwhelming requests, bad relationships, time-consuming obligations? How often have you wished you could summon the power to turn them down? This lively, practical guide helps you take back that power—and shows that a well-placed No can not only save you time and trouble, it can save your life. Drawing on their own stories as well as feedback from their readers and students, James Altucher and Claudia Azula Altucher clearly show that you have the right to say no: To anything that is hurting you. To standards that no longer serve you. To people who drain you of your creativity and expression. To beliefs that are not true to the real you. It's one thing to say no, the authors explain. It's another thing to have the Power of No. When you do, you will have a stronger sense of what is good for you and the people around you, and you will have a deeper understanding of who you are. And, ultimately, you'll be freed to say a truly powerful "Yes" in your life—one that opens the door to opportunities, abundance, and love. The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no

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more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true." ---- Introduction

New Edition! 7 LESSONS 7 EXERCISES TO STOP YOUR CHATTERING MIND AND ENJOY LIVING IN THE NOW (Beginner's Workbook) THIS WORKBOOK FOR BEGINNERS (formerly known as "Understanding Eckhart Tolle Workbook") contains 7 basic lessons and 7 exercises you can apply NOW to begin to slow down and stop your "chattering mind" and begin to enjoy living in "The Now," an experience that will grant you inner peace and freedom from illusion starting TODAY. It presents the basic concepts, principles and methods behind the spiritual teachings of Eckhart Tolle, Dalai Lama, Krishnamuti and Meister Eckhart, among others, based on the premise that "In essence there is and always has been only one spiritual teaching, although it comes in many forms." This is truly a beginning workbook recommended for searchers of the Truth wanting to escape from illusion and experience the joyful inner peace that only brings Living in "The Now." The seven spiritual lessons and exercises you will find in this workbook are based on the following ancient premises: \*Human suffering and unhappiness are produced by our "chattering mind," which unceasingly produces an inner dialogue or chatter, preventing us from experiencing the Now. \*There is a way to slow down and stop our chattering mind. Once you learn how to do this, you too will be able to slow down and stop it when needed (especially when you sincerely need to stop it and end your distress and self-inflicted suffering. \*You cannot stop your thoughts completely, nor is it desirable. Even enlightened

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beings need to live and interact with society, like all humans. \*By actually slowing down your chattering mind, you can make them lose their power. Simply recognize them as "illusions," that is, products of a psychological phenomenon common among humans and allegedly known in India since prehistoric times: the phenomenon of mental illusion caused by what for thousands of years has been known as "the veil of Maya." \*Only by breaking yourself free from this mental veil you can gradually awaken and free yourself from the psychological illusion that causes human suffering and unhappiness, opening the doors of your inner peace and discovering the joy of Living in the Now! CLICK ON "LOOK INSIDE" TO READ THE FIRST PAGES! AND CHECK OUT THE REST OF THE SERIES!"

Essential Teachings, Meditations And Exercises From The Power Of Now "All you really need to do is accept this moment fully. You are then at ease in the here and now and at ease with yourself." 'The Power of Now' has in a short time already proven to be one of the greatest spiritual books written in recent times. It contains a power that goes beyond words, and it can lead us to a much quieter place beyond our thoughts, a place where our thought-created problems dissolve, and we discover what it means to create a liberated life. Throughout The Power of Now, there are specific practices and clear keys that show us how to discover for ourselves the "grace, ease and lightness" that come when we simply quiet our thoughts and see the world before us in the present moment. Practicing the Power of Now is a carefully arranged series of excerpts from The Power of Now that directly give us those exercises and keys. Read this book slowly, or even just open it at random, reflect on the words, reflect even on the space between the words and - maybe over time, maybe immediately - you'll discover something of life-changing significance. You'll find the power, the ability to

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change and elevate not only your life, but your world as well. It is here, now, in this moment: the sacred presence of your Being. It is here, now, not in some distant future: a place within us that always is and ever will be beyond the turmoil of life, a world of calm beyond words, of joy that has no opposite. It is in your hands. Start practicing the power of Now.

This is a summary of Eckhart Tolle's The power of now : a guide to spiritual enlightenment. Much more than simple principles and platitudes, the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light.

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