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Chapter 1 : The Power of Now : Eckhart Tolle :

The Power of Now by Eckhart Tolle - Ebook. Posted on | May 13, | 4 Comments. The Power of Now - a guide to spiritual enlightenment by Eckhart Tolle is in the Public Domain, I just learned, and not just the audio version as I have written here earlier, the text-version is also available.

Share via Email When Eckhart Tolle was 29, he says, he underwent a cataclysmic and terrifying spiritual experience that erased his former identity. That morning, he writes, "I walked around the city in utter amazement at the miracle of life on earth, as if I had just been born. The books that grew out of his Belsize Park epiphany, *The Power of Now* and *A New Earth*, have made Tolle by some measures the most successful spiritual author of the modern age, with tens of millions of copies in circulation. The Dalai Lama and the pope are presumably ahead of him, but their sales figures are tricky to quantify. New age guru stereotype dictates that I should find Tolle bloated by wealth, surrounded by fawning acolytes, an egomaniac in robes and gold chains. But he is none of these things. At home in his pleasant-but-not-opulent top-floor flat in a leafy neighbourhood of Vancouver, he is quiet-spoken and somehow fragile, his elfin frame swallowed up by a brown leather armchair. During the online seminars with Winfrey, she frequently characterised him as a spiritual leader with the power to transform the consciousness of the planet. Tolle just smiled amiably. This presents a technical difficulty with the whole notion of his being interviewed by a journalist: I want to discover what made Tolle into the person he is, whereas Tolle wants me to grasp that the question of who he is, in a profound sense, irrelevant. They want to know more and more about the person. But he is willing, it would appear, to indulge me. At the time of his spiritual transformation, Tolle had just completed a degree in languages and history at the University of London, graduating with a first, yet he was anything but happy. Maybe, I thought, only one of them is real. I was so stunned by this realisation that my mind stopped. I was conscious, but there were no more thoughts. Instead, he could observe his thoughts, as if from a distance. But a peace that was joyful, and alive, and very alert. But then you miss your whole life, which is never not now," Tolle says, chuckling. Instead, he embarked on a doctorate in Latin American literature at Cambridge. But it felt meaningless; he dropped out after a year. When money ran out, he took a temp job doing office admin for the Kennel Club. And from a logical point of view, that looked quite correct. But there were many more years to come of what looked, from the outside, like drifting - including a long spell on the west coast of the United States, where he started to write *The Power of Now*. It was first published in , with a print run of 3, copies. It would be 10 years and one Oprah endorsement later before Paris Hilton would be spotted carrying a copy on her way to jail. He seems only marginally bothered by this. But it must not become self-serving, so that the structure" - the organisation, and its profits - "become more important than the teachings. I look out of the window, there is just that moment. I felt a wave of irritation. It only lasted moments. He lives in Vancouver with his partner of nine years, a Canadian woman named Kim Eng, who often teaches alongside him. They have no children. Do they ever have arguments, as in ordinary relationships? He was born Ulrich Tolle, in a town near Dortmund, to a matter-of-fact mother and an eccentric, head-in-the-clouds father; they fought, then divorced, and his father left the country. At 13, he says, he abruptly refused to go to school - "I hated having to study things that were not compatible with my inner being" - and his exasperated mother eventually sent him to live with his father in Spain. Do what you like. If you live only in one culture for the first 20 years of your life, you become conditioned without knowing it. My conditioning got completely broken, so there was an opening to other world views. Both critiques miss the point. For many, it seems to work, and if they see him in public - despite the baseball cap disguise he wears - they tend to rush over to tell him. This can be awkward. Used wrongly, however, it becomes very destructive. To put it more accurately Your life situation may be full of problems - most life situations are - but find out if you have a problem at this moment. Do you have a problem now? On the level of thought, the resistance is some form of judgment. On the emotional level, it is some form of negativity. The intensity of the pain depends on the degree of resistance to the present moment,

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and this in turn depends on how strongly you are identified with your mind. Since the present moment is life itself, it is an insane way to live. The secret of life is to "die before you die" - and find that there is no death.

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Chapter 2 : Oliver Burkeman interviews Eckhart Tolle, author of The Power of Now | Books | The Guardian

World-renowned spiritual teacher Eckhart Tolle conveys simple wisdom that transcends any particular religion, doctrine, or guru. His #1 NYT bestselling book is a modern classic in the field of personal growth and spirituality; Oprah Winfrey credits The Power of Now with helping her to "get through September 11, " and she featured it on her December "Oprah's Favorite Things" show.

We need a special place to learn and the support of a community also committed to the practice of Presence. Eckhart Tolle Now is one of those special places. The free trial gives you access to Eckhart Tolle Now, which includes new teachings and Members-only question-and-answer sessions with Eckhart. All true spiritual teachings have a certain power that goes beyond their informational value. These teachings are imbued with Presence. When you truly listen, the power within them awakens and deepens Presence. A certain shift in consciousness happens within you each time you listen. You enter the state of Presence. This is what is so special about Eckhart Tolle Now. This special trial is completely free. Letting Go Of Compulsive Thinking Shift your attention from compulsive thinking and worrying to resting in the simple awareness of Presence. Portals to Presence Discover the many entryways into Presence that are always available by accessing what Eckhart calls the "Portals to Presence. Understanding Ego Understanding how the ego reinforces itself in our interactions and actions is a critical step in the deepening of Presence. Conscious Creation Finding the ideal balance between "Being" and "Doing" is the key to expressing our unique gifts and talents. That is, until we discover the power of Presence. With practice, Presence increasingly arises within you. It manifests in many different ways: Eckhart Tolle Now was created to help you practice and experience Presence increasingly arising within you. As a part of the program, Eckhart Tolle and Kim Eng will be sharing with you powerful practices that you can incorporate into your everyday life as well as during your meditations. Every sentence rings with truth and power – the power to bring you into the gap, the space between our thoughts, where we find, as Eckhart so beautifully puts it, deep serenity, stillness, and a sacred Presence. That is how important you are! My life situation has not changed but I have, and thanks to the subscription I no longer suffer the way I used to. Listened to the Oprah webcast, then signed up for Eckhart Tolle Now. I have learned to stay in the moment and have become a happier, more balanced person, not carrying much old baggage with me. At the age of 29, 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 worked in London as a counselor and spiritual teacher. Her work translates these teachings into a structured, body-based practice to support the arising of Presence and the awakening of consciousness.

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Chapter 3 : The Power of Now Quotes by Eckhart Tolle

The Power of NOW - A guide to Spiritual Enlightenment by Eckhart Tolle - Free Audiobook Posted on | October 13, | 2 Comments "The Power of NOW" book by Eckhart Tolle.

Having access to that formless realm is truly liberating. It frees you from bondage to form and identification with form. It is life in its undifferentiated state prior to its fragmentation into multiplicity. We may call it the Unmanifested, the invisible Source of all things, the Being within all beings. It is a realm of deep stillness and peace, but also of joy and intense aliveness. Whenever you are present, you become "transparent" to some extent to the light, the pure consciousness that emanates from this Source. You also realize that the light is not separate from who you are but constitutes your very essence. You are not just a meaningless fragment in an alien universe, briefly suspended between life and death, allowed a few short-lived pleasures followed by pain and ultimate annihilation. Underneath your outer form, you are connected with something so vast, so immeasurable and sacred, that it cannot be spoken of - yet I am speaking of it now. I am speaking of it now not to give you something to believe in but to show you how you can know it for yourself. Being is not only beyond but also deep within every form as its innermost invisible and indestructible essence. This means that it is accessible to you now as your own deepest self, your true nature. You can know it only when the mind is still. When you are present, when your attention is fully and intensely in the Now, Being can be felt, but it can never be understood mentally. To regain awareness of Being and to abide in that state of "feeling-realization" is enlightenment. Eckhart Tolle emerged as a great spiritual leader over the last few years. His teaching through such powerful work as *The Power of Now*, guides all to truth, through being present in the moment in the Now, and awakening to who we truly are: The word enlightenment conjures up the idea of some superhuman accomplishment, and the ego likes to keep it that way, but it is simply your natural state of felt oneness with Being. It is a state of connectedness with something immeasurable and indestructible, something that, almost paradoxically, is essentially you and yet is much greater than you. It is finding your true nature beyond name and form. Beyond the beauty of external forms, there is more here: Whenever and wherever there is beauty, this inner essence shines through somehow. It only reveals itself to you when you are present. When your consciousness is directed outward, mind and world arise. When it is directed inward, it realizes its own Source and returns home into the Unmanifested. The Power of Now Back To Words of Wisdom Be present as the watcher of your mind -- of your thoughts and emotions as well as your reactions in various situations. Be at least as interested in your reactions as in the situation or person that causes you to react. Notice also how often your attention is in the past or future. Watch the thought, feel the emotion, observe the reaction. You will then feel something more powerful than any of those things that you observe: Stillness Speaks Identification with your mind creates an opaque screen of concepts, labels, images, words, judgments, and definitions that blocks all true relationship. It comes between you and yourself, between you and your fellow man and woman, between you and nature, between you and God. It is this screen of thought that creates the illusion of separateness, the illusion that there is you and a totally separate "other. The Wisdom of Photo by pdphoto. The One Life, the one consciousness that pervades the entire universe and takes temporary form to experience itself as a stone or blade of grass, as an animal, a person, a star or a galaxy. Can you sense deep within that you already know that? Can you sense that you already are That? Stillness Speaks The Truth is far more all-encompassing than the mind could ever comprehend. No thought can encapsulate the Truth. At best, it can point to it. For example, it can say: Understanding these words means feeling deep within you the truth to which they point. Stillness Speaks When you walk through a forest that has not been tamed and interfered with by man, you will see not only abundant life all around you, but you will also encounter fallen trees and decaying trunks, rotting leaves and decomposing matter at every step. Wherever you look, you will find death as well as life. Upon closer scrutiny, however, you will discover that the decomposing tree trunk and rotting leaves not only give birth to new life, but are full of life themselves. Microorganisms are at work. Molecules

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are rearranging themselves. There is only the metamorphosis of life forms. What can you learn from this? Death is not the opposite of life. Life has no opposite. The opposite of death is birth. Stillness Speaks Death is a stripping away of all that is not you. The Power of Now Humanity is under great pressure to evolve because it is our only chance of survival as a race. This will affect every aspect of your life and close relationships in particular. Never before have relationships been as problematic and conflict ridden as they are now. As you may continue to pursue the goal of salvation through a relationship, you will be disillusioned again and again. But if you accept that the relationship is here to make you conscious instead of happy, then the relationship will offer you salvation, and you will be aligning yourself with the higher consciousness that wants to be born into this world. For those who hold to the old patterns, there will be increasing pain, violence, confusion, and madness. The Power of Now All the misery on the planet arises due to a personalized sense of "me" or "us. When you are unaware of that inner essence, in the end you always create misery. Protecting and enhancing that false sense of self then becomes your primary motivating force. Stillness Speaks When you lose touch with inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world. Your innermost sense of self, of who you are, is inseparable from stillness. This is the I Am that is deeper than name and form. Stillness Speaks As long as you are unable to access the power of the Now, every emotional pain that you experience leaves behind a residue of pain that lives on in you. Visit a very well put together and in depth site on Eckhart Tolle:

Chapter 4 : Eckhart Tolle Now

Download Practicing the Power of Now by Eckhart Tolle: Download Book in PDF. Version of PDF eBook and the name of writer and number pages in ebook every information is given inside our post.

Chapter 5 : The Power of Now - Wikipedia

The Power of Now: A Guide to Spiritual Enlightenment is a book by Eckhart racedaydvl.com book is intended to be a guide for day-to-day living and stresses the importance of living in the present moment and avoiding thoughts of the past or future.

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"Realize deeply that the present moment is all you have. Make the NOW the primary focus of your life." • Eckhart Tolle, The Power of Now: A Guide to Spiritual Enlightenment.

Chapter 7 : Eckhart Tolle - Wikipedia

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Chapter 8 : Powerful Quotes by Eckhart Tolle from The Power of Now

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 this extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air.

Chapter 9 : The Power of Now Ebook cover Tolle free download Audio ebook

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Tolle's book, The Power of Now, is what launched the German-born Tolle into worldwide fame and fortune. A darling of the former Oprah Winfrey Show, both The Power of Now and A New Earth made The New York Times Bestseller list.