



# Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from the Power of Now

*Eckhart Tolle*

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## **Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from the Power of Now**

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Eckhart Tolle is rapidly emerging as one of the world's most inspiring spiritual teachers, sharing the enlightenment he himself experienced after a startling personal transformation. His views go beyond any particular religion, doctrine, or guru. This book extracts the essence from his teachings in *The Power of Now*, showing 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."

## **Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from the Power of Now Details**

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# From Reader Review Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from the Power of Now for online ebook

Niels says

What a gem. So much more easy going than the original. Ought to be read once a month or whenever you need peace of mind. You dont even have to read from one end to the other. The headings allow you to reflect on the areas of your life where you need inner peace. For once repetition actually benefits the reader instead of annoying you.... Highly highly recommended.

## Nobody says

Marj says

This book contains many strategies to help us lead a richer, more satisfying life. In many ways it's the work journal or exercise of Tolle's previous work, however it contains many quotable lines which you want to come back to. Here are a couple:

"To be identified with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation...the past gives you an identity and the future holds the promise of salvation, of fulfillment...Both are illusions." (p.31)

"Wherever you are, be there totally. Stress is caused by being 'here' but wanting to be 'there'. It's the split that tears you apart inside." (p.50)

I read this book in one sitting, however because of its mantra-like repetition of key concepts, I think it would be better to dip into it from time to time, reminding oneself of the need to take time out to achieve balance, to centre our beings in tranquillity, to take fully immerse our self in the moment rather than looking forward or back.

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### **Sanjay Gautam says**

The book is good.

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### **Bill Braun says**

The three star rating for this book has little to do with its actual content and more a reflection that it turns out to be an unnecessary purchase. It lifts sections of "The Power of Now", often verbatim, and offers nothing new.

If it has some value it saves the reader from paging through "The Power of Now" to find the exercises.

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### **Zyra says**

beautiful book :)

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### **Elyse says**

My husband and I have read all his books ---(started listening and reading him before many knew who he was).

Master Spiritual leader

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### **Ahmad Mustafa says**

A very good summary and a hand book for the original book (The power of now).  
You can reread it as much as you like, and every time the contemplation will be a different experience.

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### **jecca says**

- rise above thought, give every moment the fullest attention with all senses
- step out of your mind, realize that time and mind are inseparable (focus on the now)
- acknowledge your emotions without judging them, accept suffering
- resistance is experienced as negativity
- surrender to life's flow, realize that cycles of low energy are vital for regeneration
- learn from nature -- "look at the lilies, how they grow; they neither toil nor spin," said jesus

- choice implies consciousness (the unconscious mind compels you to think and feel in certain ways)
- full presence leads to peace, nature responds to peace

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### **John says**

Tolle has a way of giving meaning to life by using exercises, meditations and essential teachings (many based on Eastern philosophies) to bring peace, balance and harmony into our lives. The goal is to be able to bring about and sustain an enlightened state of consciousness in our immediate existence.

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I'm particularly attracted to the Buddhist, Hindu, and Taoist notion of "no-self", relinquishing the ego so that life's challenges do not impact you, rather you flow through and around them. In my opinion, this philosophy embodies what self-confidence wants to be when it grows up.

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### **S'hi says**

Although this is the companion workbook to *The Power of Now*, which was published in 1997, my familiarity with the material and many of the processes have enabled me to read through it all in a couple of hours. From this point of view I can agree with Tolle's suggestion in the introduction that it is an Introduction to the grander version in his previous book. However, it is still quite a substantial volume for a beginning of awareness for anyone who has not had any prior experience of this kind of work.

My suggestion would be that a newcomer to the idea of meditation or mind awareness would benefit from reading through the volume reasonably quickly, perhaps jotting a few notes of the pages which seem most difficult to connect with. Then a second reading allowing plenty of time to practice the exercises will allow the more familiar and the less familiar to balance each other rather than feeling like too daunting a task.

Once some familiarity has been achieved, Tolle's own suggestion of randomly opening the book to read or practice an exercise will already have some foundation upon which to anchor its practice more readily. There are also a few quotes of one or two lines well worth writing out to display for triggering attention as you go about your daily tasks.

A handy little volume to refer to on a regular basis.

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### **Mason Lawlor says**

I wish someone had told me that this was not new content from Eckhart Tolle, it is basically an abridged version of *The Power of Now*. So it's obviously very good, but not worth buying if you just barely finished *The Power of Now* and are looking for more.

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## **Tami says**

Practicing the Power of Now is a handy companion to Eckhart's wildly popular The Power of Now. Essentially, Practicing the Power of Now contains the same information as in the first book. However, I have to say that I prefer this format. The first book was written in a question answer format. These questions came from the author's students. He also included amalgamated questions that covered a variety of common queries. These question and answer sessions gradually took the reader from common perception through to an understanding of the illusions that we generally accept as real and the importance of the present moment.

Practicing the Power of Now is written in formalized chapters summarizing much of the material written that first book such as being and enlightenment; the origin of fear, entering the now, dissolving consciousness, etc. The best quotations, mediations, and exercises first previously presented are also included.

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## **Polina says**

I never managed to complete reading the Power of Now although tried several times. This book was a god send, and even though it still suffers from what seems to be repetition of the same principle on every page, since it is a lot shorter I have read it in a day and feel like I have fully grasped everything that Eckhart was trying to convey in his main book. So if you, like me, find the Power Of Now a difficult read this book will definitely give you all the main ideas in a concise digestible form.

I think this book will make for a perfect every day companion as the author suggests to read one paragraph or section every day to reflect and to remind yourself of the practice. Might also make a good intro to Power Of Now if you want to introduce your friends or relatives to the ideas put forward.

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## **Dawna says**

It took me quite awhile to finish this book. There was a great deal for me to digest. Even then, I believe this is one that I will have to periodically refer back to in the future.

"The mind identified state is severely dysfunctional. It is a form of insanity.

"Almost everyone is suffering from this illness in varying degrees. The moment you realize this, there can be no more resentment. How can you resent someone's illness. The only appropriate response is compassion."

This is a concept that stood out so starkly and put things in greater perspective for me. It also gave new meaning to the words "we're all crazy here". According to Tolle, as long as we continue to identify with the mental self as our True self... We truly are.p

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