

Chapter 1 : Practicing the Power of Now Quotes by Eckhart Tolle

*Practicing the Power of Now: Essential Teachings, Meditations, and Exercises From The Power of Now [Eckhart Tolle] on calendrierdelascience.com *FREE* shipping on qualifying offers. Eckhart Tolle is rapidly emerging as one of the world's most inspiring spiritual teachers.*

Any action you take is secondary. No truly positive action can arise out of an unsundered state of consciousness. To some people, surrender may have negative connotations, implying defeat, giving up, failing to rise to the challenges of life, becoming lethargic, and so on. True surrender, however, is something entirely different. It does not mean to passively put up with whatever situation you find yourself in and to do nothing about it. Nor does it mean to cease making plans or initiating positive action. The only place where you can experience the flow of life is the Now, so to surrender is to accept the present moment unconditionally and without reservation. It is to relinquish inner resistance to what is. That is the pain gap. It is precisely at those times that surrender needs to be practiced if you want to eliminate pain and sorrow from your life. Acceptance of what is immediately frees you from mind identification and thus reconnects you with Being. Resistance is the mind. Surrender is a purely inner phenomenon. It does not mean that on the outer level you cannot take action and change the situation. In fact, it is not the overall situation that you need to accept when you surrender, but just the tiny segment called the Now. Nor do you need to deceive yourself and say that there is nothing wrong with it. You recognize fully that you want to get out of it. You then narrow your attention down to the present moment without mentally labeling it in any way. This means that there is no judgment of the Now. Therefore, there is no resistance, no emotional negativity. Then you take action and do all that you can to get out of the situation. Such action I call positive action. It is far more effective than negative action, which arises out of anger, despair, or frustration.

Chapter 2 : Practicing The Power Of Now

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.

Chapter 3 : Practicing the Power of Now by Eckhart Tolle : Download Book in PDF - 8FreeBooks

Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from The Power of Now by Eckhart Tolle 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.

Chapter 4 : The Power of Now : Eckhart Tolle :

By Eckhart Tolle. Introduction. Since it was first published in , The Power of Now has already had an impact on the collective consciousness of the planet far beyond anything I could have imagined.

Chapter 5 : Practicing the Power of Now (Audiobook) by Eckhart Tolle | calendrierdelascience.com

Practicing the Power of Now extracts the essence from Eckhart Tolle's 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 in to and sustain an awakened state of consciousness in our everyday life.

Chapter 6 : The Power of Now - Wikipedia

Practicing the Power of Now is a carefully arranged series of excerpts from the The Power of Now that directly gives us

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those exercises and keys. Return to those words, 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.