



# The Power of Now: A Guide to Spiritual Enlightenment

*Eckhart Tolle*

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## **The Power of Now: A Guide to Spiritual Enlightenment** 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 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.

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Amazon.co.uk Review

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 symbolise "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 Amazon Review*

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