



# The Power of Now : A Guide to Spiritual Enlightenment


*Eckhart Tolle*

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251 pages

Amazon.fr

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* Revue de presse

The POWER OF NOW can transform your thinking. The result? More joy, right now. (Oprah Winfrey)

The POWER OF NOW is the bible du jour - a must-read for anyone looking for a modern take on spirituality ... Essential reading for anyone who might be feeling weighed down by the past or fearful of the future. (*Red magazine*)

Pointing to the portals of the eternal Present, this practical mystic's modern gospel offers transcendent truths that set us free. (Dan Millman)

One of the clearest and most accessible texts on becoming more present than we have seen. (*Kindred Spirit*)  
Présentation de l'éditeur

To make the journey into *The Power of Now* we will need to leave our analytical mind and its false created self, the ego, behind. Although the journey is challenging, Eckhart Tolle offers simple language and a question and answer format to guide us. The words themselves are the signposts. For many of us there are new discoveries to be made along the way: we are not our mind; we can find our way out of psychological pain; authentic human power is surrendering to the Now. We also find out that the body is actually one of the keys to entry into a state of inner peace, as are the silence and space all around us. Indeed, access is everywhere available. These access points, or portals, can all be used to bring us into the Now, the present moment, where problems do not exist. It is here we discover that we are already complete and perfect. If we are able to be fully present and take each step in the Now; if we are able to feel the reality of such things as the inner-body, surrender, forgiveness, and the Unmanifested, we will be opening ourselves to the transforming experience of *The Power of Now*.

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