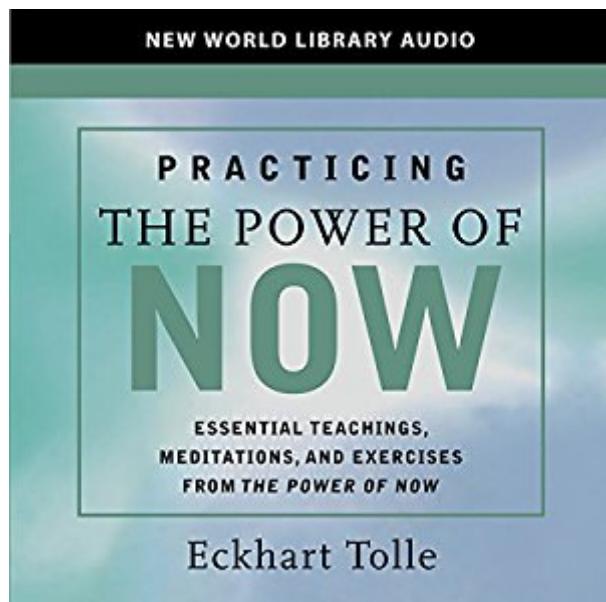


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# Practicing The Power Of Now: Teachings, Meditations, And Exercises From The Power Of Now



## **Synopsis**

All you really need to do is accept this moment fully. You are then at ease in the here and now and at ease with yourself --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

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## **Customer Reviews**

Since the content of Tolle's books has been covered well elsewhere, I'd like to address the person new to Tolle and wondering where to begin. In my personal experience, if I could only afford to purchase one book, I'd start with PRACTICING THE POWER OF NOW. I feel that it essentially restates the material found in the original POWER OF NOW but in a format I found easier to digest. I don't see much point in owning both books (which I currently do.) If you connect with PRACTICING and want more, then I'd recommend the audio book/retreat Realizing the Power of Now: An In-Depth Retreat With Eckhart Tolle. (It's less than \$10 if you purchase the audio file from Audible.) I'm only half way through listening yet I constantly find myself thinking "Ah...now I understand what he meant." It truly is an excellent supplement. There is one more Tolle book here, STILLNESS SPEAKS. I borrowed this from the library. It's basically just out-takes from the other books, sort of a quotable quotes book that restates things in a nutshell. It would make a nice gift to a Tolle fan, but again, doesn't offer anything more than the other books. I suppose my message is: everything you need to know is in the original POWER OF NOW, stated perhaps more clearly in PRACTICING and excerpted in STILLNESS but supported well in audio format by the retreat CD. I find Tolle's basic message very powerful, enlightening and simple. As he himself constantly repeats, he's not saying

anything new...be here now. But he explains it in a way which finally connects the dots for me. Unfortunately, this simple message seems to be getting constantly repackaged and I hope it doesn't turn into a "Chicken Soup for the Enlightened Soul" series. (I should probably go make sure that's not the title of an actual book! )Curator, AfroAmericanHeritage dot com

Please read the title of this book before buying this book. The title is, "Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from The Power of Now" What you should take away from this title, and what the detractors missed, is those last five words, "from The Power of Now". What this means is, this book is a condensed extract from the original masterwork. It's also quite well done. There are some original exercises, which cut straight to the key point, which is how to achieve "presence." Although I own the original masterwork, I refer to this book more often. It's a great workbook, lunch reader, and meditation guide. Go ahead, read part of the book to see it's power for yourself. Search for the word "myriad", which appears on the first page of the first chapter, and read a few pages. If you like what you read, make your own decision. P.S. Another way to appreciate the Power of Now is to listen to the audio CD or the download version from Audible.com. Well worth every penny. And don't worry-you are not about to be sucked into an expensive series of seminars or anything else-Eckhart Tolle's only products are a few books. I recommend you listen to the audio version, because as others have said, there's a very spiritual aspect to Eckhart's voice, but all you really need is the original "The Power of Now" or this book, "Practicing the Power of Now."

This book makes an excellent companion to "The Power of Now." The exercises found among these pages causes one to do some deep soul searching to determine what is important in life and what is truly insignificant. Even if you have not read Eckhart Tolle's "The Power of Now", which I strongly recommend readers do, this thought-provoking workbook can be used as a stand-alone book. Tolle has a way of giving meaning to life by using exercises, meditations and essential teachings (many based on Buddhist 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 daily lives. Tolle has a way of making the reader do some deep soul searching and reveal many truths about themselves that they might not otherwise do. In essence, the book causes one to "lighten the load" and follow a path of peace and harmony. This is truly a spiritual journey to a more enriched and meaningful life. The book is highly recommended and highly deserving of a five-star plus rating.

This is basically part three of Tolle's first book, The Power of Now. It is an easy reference to the basic "how to" stuff we need every day. It is small, easy to carry around in a purse or backpack, tuck into a desk drawer etc. I would recommend you first read The Power of Now and then go to this book. Others have gone straight to Practicing without the first book, and I think they are missing something in the overall philosophy. Overall, an excellent resource and well worth buying when you want to get right to the heart of his philosophy.

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