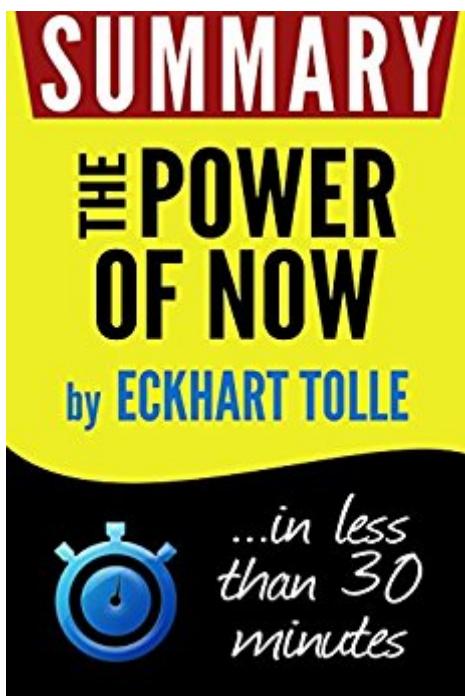


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# Summary Of The Power Of Now: A Guide To Spiritual Enlightenment (Eckhart Tolle)



## Synopsis

The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle | Book Summary (BONUS INSIDE)Eckhart Tolle is a spiritual teacher who does not associate with any singular religion. Despite his confidence in his work on Enlightenment, we must not think of him as some prophet sent to us with these teachings. He was merely a man who was looking for a meaning, just like the rest of us.Although Tolle states that we should not look back at the past and allow it to shape us, he does relive his past in his introduction to share with us how he became so Enlightened. He questioned, just like a lot of us, "what is there for me?" • It was this question that made him realize his thinking and why he would think it. It was then that he decided to focus on the thinking, watching it and not judging, but try to change it. Through his own transforming experience, he has brought us a way to transform ourselves. To stop thinking, "what is there for me" • (to stop thinking in general) and realize what we truly have, the present. The Now. Here Is A Preview Of What You'll Learn...You Are Not Your MindConsciousness: The Way Out of PainMoving Deeply into the NowMind Strategies for Avoiding the NowThe State of PresenceThe Inner BodyPortals into the UnmanifestedEnlightened RelationshipsBeyond Happiness and Unhappiness There Is PeaceThe Meaning of SurrenderThe Book at A GlanceConclusionFinal ThoughtsNow What?BonusScroll Up and Click on "buy now with 1-Click" to Download Your Copy Right Now\*\*\*\*\*Tags: the power of now, eckhart tolle, spiritual, spirituality, new age, the power of now by eckhart tolle, the power of now audiobook

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(65-100 pages) > Religion & Spirituality

## Customer Reviews

I find this book an inspiring read. I have read Eckhart Tolle's The Power of Now and I am aware of how it was powerfully written. It was meant to be a self-help book aimed to guide readers on how to go about the day to day stresses and how they can live in the present. I must say that this book has made a powerful summary as well. It has made some discussions that will enlighten anyone reading it. I think that for a summary, this book is profound and will make some life changing realizations.

This book shows the importance of understanding the power of now. The mind is a battlefield, that is why it must be overcome. This book has the essential elements of understanding and experiencing the Being. You will understand the real meaning of enlightenment and know how to experience it. This is an essential book that helps people achieve the peace in their life. The bonus book is also good. It tells us that we should not wait to learn from our experiences rather we learn from other people who came before us.

This book has generally explained everything I have questions in mind. Through his own transforming experience, he has brought us a way to transform ourselves. To stop thinking, "what is there for me" • (to stop thinking in general) and realize what we truly have, the present. The Now. It was then that he decided to focus on the thinking, watching it and not judging, but try to change it. I believe most people need it since we always worry our-self for tomorrow when we only need to think is NOW.

I think giving up the relationship with yourself is sometimes hard but good. Whether you are a man or a woman, you are still one-half of the whole. No matter how conscious you are, this incompleteness is felt as an attraction to another. You can relate deeply to another only when you are conscious of Being. In Being man and woman are one. it is possible for an Enlightened person to be totally complete even if he or she still feels incomplete on the other level of their being.

The Power of Now is a really powerful idea. It was very straightforward and easy to understand. I

love the idea of letting go of the past and future and really living in the present. Don't be stopped from living the life you want or finding inner peace with yourself by letting your ego get in the way. An essential read for just about everyone. This book has helped me cope and improve upon many difficulties in my life and has definitely drawn in more content in my life.

Really awesome!! I enjoyed reading this summary because it highlights the good of the book and encourages me to really try to be better and to overcome whatever comes my way! The book is quick and easy to understand especially for those people who constantly worries about a lot of things. The author explains the ideas and concepts so well, he explains it all so much better. I would highly recommended to read this book everyone. Thanks

This is one of the greatest works of Eckhart Tolle that teaches us the real meaning of spirituality. He teaches us the importance of the present moment and how ego can destroys our lives. This book is just the brief summary of the best selling "The Power of Now by Eckhard Tolle" and I found it very empowering and enlightening. I realized that any form of negativity really affects one people's present life!

A fine jobs for the Mr. Tolle for summarizing this book. I ha a great time reading and at the same time learning from the ideas presented. Every person has the power to achieve their goals in life...its just mater of setting your mind into it and push yourself out of your comfort zone. It's not all just about achieving your goal...it's also learning from the journey. Great book and definitely enlightening!

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