

## “The Power of Now” by Eckhart Tolle

The message in this book is simple ... be fully in the present moment.

Yet our minds are tied to time. We are constantly preoccupied with the past and the future. We focus on the past for our sense of identity and what has determined our current life circumstances.

We focus on the future, as this is where our hopes, dreams and fears will play out.

It is only by being fully in the present that we can find peace and contentment. We can put our egos to rest and just be. Tolle refers to this as “presence”... to be fully present in the moment.

Tolle writes that a sense of presence (being fully present) goes beyond the mind. We can let go of dwelling on the past and stop concerning ourselves with the future and bring our minds into the present moment. We can become aware of our bodies and let go our tensions. We focus on what surrounds us and what we are experiencing right now in this moment. When our involuntary thinking begins to subside, when we consciously put down our load ... this gives way to stillness, peace and what he calls the “joy of being”.

Tolle gives us techniques and tools to achieve full presence in the moment

### **Watching the thinker and associated emotions**

Observe, without judgment the thoughts in your head and the emotions that follow. Be aware of the emotions we hold onto and the way we replay the negatives.

Awareness of the “our observer” leads us to a sense of presence.

### **Focus your attention on the present.**

Focus on your every step and movement, even your breathing. Full awareness of your present moment, even when you are washing up or walking upstairs can be a meditative process and lead to a sense of joy.

### **Alert waiting**

Be alert and wait for your next thought to arise, akin to the cat watching the mouse hole. Full alertness will keep the mouse in the hole. Controlling your incessant thoughts will lead to a sense of peace.

### **Awareness of Nature**

Be in the presence of nature. It is perfect and you are a part of that perfection.



## Feeling the 'inner body'

Be attuned to your feeling of aliveness. Be fully aware of your physical presence. Progressively become aware of your physical body.

## Breathing

Focus attention on the life force of breathing, it can be a form of meditation and put you back in touch with your body.

## Connectedness

Separation is an illusion. We are all connected at a deeper level. This recognition of unity can give us a sense of peace and security, an absence of aloneness.

All know that the drop merges with the ocean... few know that the ocean merges with the drop.

## Acceptance and forgiveness

Rather than resisting life, accept how it is without judgement. Tolle talks about yielding to the flow. This is not the same as resignation. With surrender (or yielding) to what IS, in this moment, **you still have the power to positively change your ongoing situation.** Forgive the past and let go.

## The Joy of Being

Experiencing the present moment and just being releases dependence on your external world for a sense of joy and wellbeing. Find your joy "in the now"

"...As soon as you honor the present moment, all unhappiness and struggle dissolves, and life begins to flow with joy and ease."

## REFERENCES

Tolle, E (2004) *The Power of Now*, Hachette, Sydney.

HH Dalai Lama & Cutler, H C (1998) *The Art of Happiness: a handbook for living*, Hodder, Sydney.

