

This is a summary of Eckhart Tolle's *The Power of Now: A Guide to Spiritual Enlightenment*. Much more than simple principles and platitudes, the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect 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. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 236 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This is a summary that is not intended to be used without reference to the original book.

Major: A Political Life, Adoleszenz, Geschlecht und sexuelle Orientierungen: Eine empirische Studie mit Schulerinnen (Studien Interdisziplinäre Geschlechterforschung) (German Edition), G.I. Joe: Disavowed Volume 3 (G. I. Joe (Graphic Novels)), H. Rider Haggard, Collection novels, Temporary Employees in Organizations: Types, Advantages, and Disadvantages,

The Power of Now: A Guide to Spiritual Enlightenment [Eckhart Tolle] on Review. The Power of Now is one of the best books to come along in years. The Power of Now. The Power of Now: A Guide to Spiritual Enlightenment is a book by Eckhart Tolle. The book is intended to be a guide for day-to-day living and stresses the importance of living in the present moment and avoiding thoughts of the past or future. Overview - Selected chapters - Chapter Three: Moving - Reception. 19 Jan - 5 min - Uploaded by FightMediocrity Get the book here: theredborneo.com Get any FREE audiobook of your choice here: <http://theredborneo.com> Read this The Power Of Now summary to find out why neither past nor future The Complete Guide to Remembering What You Read • Four Leading a very troubled and problematic life, coined by many periods of serious depression, Eckhart Tolle found Enlightened spiritual teacher or insane quack?.

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About the Author: Eckhart Tolle is an author, public speaker and a spiritual teacher who is a German-born resident of Canada. The author has revealed that he.

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