

FOREWORD

Blanketed by an azure sky, the orange-yellow rays of the setting sun can, at special times, gift us with a moment of such considerable beauty, we find ourselves momentarily stunned, with frozen gaze. The splendor of the moment so dazzles us, our compulsively chattering minds give pause, so as not to mentally whisk us away to a place other than the here-and-now. Bathed in luminescence, a door seems to open to another reality, always present, yet rarely witnessed.

Abraham Maslow called these “peak experiences,” since they represent the high moments of life where we joyfully find ourselves catapulted beyond the confines of the mundane and ordinary. Might just as well have called them “peek” experiences. During these expansive occasions, we sneak a glimpse of the eternal realm of Being itself. If only for a brief moment in time, we come home to our True Self.

“Ah,” one might sigh, “so grand... if only I could stay here. But how do I take up permanent residence?”

During the past ten years, I have committed myself to finding out. During my search, I have been honored to engage in dialogue with some of the most daring, inspiring and insightful “paradigm pioneers” of our time: in medicine, science, psychology, business, religion/spirituality and human potential. This diverse group of individuals is joined by their commonly voiced insight that humanity is now taking a quantum leap forward in its evolutionary development. This change is accompanied by a shift in world view—the basic picture we

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. From the beginning of the first chapter we move rapidly into a significantly higher altitude where one breathes a lighter air, the air of the spiritual. Although the journey is challenging, we have 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 found by 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 find our joy and are able to embrace our true selves. It is here we discover that we are already complete and perfect.

Many of us will find that our biggest obstacle to this realization is our relationships, especially our intimate relationships. But again, we are in "new territory" and all is not what it had seemed before. We come to see that our relationships are yet another doorway into spiritual enlightenment if we use them wisely, meaning if we use them to become more conscious and therefore more loving human beings. The result? *Real* communion between self and others.

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*.

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. From the beginning of the first chapter we move rapidly into a significantly higher altitude where one breathes a lighter air, the air of the spiritual. Although the journey is challenging, we have 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 found by 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 find our joy and are able to embrace our true selves. It is here we discover that we are already complete and perfect.

Many of us will find that our biggest obstacle to this realization is our relationships, especially our intimate relationships. But again, we are in "new territory" and all is not what it had seemed before. We come to see that our relationships are yet another doorway into spiritual enlightenment if we use them wisely, meaning if we use them to become more conscious and therefore more loving human beings. The result? *Real* communion between self and others.

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*.

✓
2000

In order to express only the power of love we
will need to have our analytical mind and its like
control with the ego, behind from the beginning
of the first chapter we have rapidly into a rapid
with light attitude where our breathes a lightness
to the end of the spiritual. Although the journey is
difficult we have simple language and
stories and stories to guide us. The
in themselves are the objects.

It seems as if there are some directions to be
followed the way we are not our mind we are
in our way of psychological pain, authentic
power is found by surrendering to the
truth that we are the body is actually one
to be only one a state of heart peace, of
love and grace all around us. Indeed,
surrender available. These words point
out all to lead to bring us into the
most moment where problems do not
to us that we are and are able to
live with. It is here we discover
truth - complete and perfect.

will find that our biggest obstacle
is a our relationships, especially
relationships. But again, we are in
control of our what it has revealed
to us that our relationships are
in our spiritual enlightenment
is knowing if we are done in
love and freedom upon living
with the presence.

is
with presence and love with
is with us that the reality
relationships "relationships"
relationships "relationships"
relationships "relationships"

THE POWER OF NOW

A GUIDE TO SPIRITUAL ENLIGHTENMENT

THE POWER OF NOW

A GUIDE TO SPIRITUAL ENLIGHTENMENT

Eckhart Tolle

Copyright © 1997 by Eckhart Tolle

Fourteenth printing 2003

All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means without the written permission of the publisher, except in the case of brief quotations used in book reviews and critical articles.

Canadian Cataloguing in Publication Data

Tolle, Eckhart, 1948 -

The power of now : a guide to spiritual enlightenment

Includes biographical references.

ISBN 0-9682364-0-5

1. Self-realization - Religious aspects. 2. Spirituality.

1. Title.

BD418.3.T64 1998 291.4 C98-900046-X

Published in Canada by

NAMASTE PUBLISHING INC.

P.O. Box 62084

Vancouver, British Columbia, V6J 1Z1

namaste@telus.net

Distributed in Canada by

DEMPSEY - YOUR DISTRIBUTOR INC.

Vancouver, British Columbia

Published in the United States and distributed internationally by

NEW WORLD LIBRARY

Novato, California

Book and cover design: Jacqueline Verkley

Printed and bound in Canada by Friesens

CONTENTS

Foreword xi

Acknowledgments xvii

Introduction 1

The Origin of This Book 1

The Truth That Is Within You 3

CHAPTER ONE: You Are Not Your Mind 9

The Greatest Obstacle to Enlightenment 9

Freeing Yourself from Your Mind 14

Enlightenment: Rising above Thought 18

Emotion: The Body's Reaction to Your Mind 21

CHAPTER TWO: Consciousness: The Way out of Pain 27

Create No More Pain in the Present 27

Past Pain: Dissolving the Pain-Body 29

Ego Identification with the Pain-Body 34

The Origin of Fear 35

The Ego's Search for Wholeness 37

CHAPTER THREE: Moving Deeply into the Now 39

Don't Seek Your Self in the Mind 39

End the Delusion of Time 40

Nothing Exists outside the Now 41

The Key to the Spiritual Dimension 42

Accessing the Power of the Now 44

Letting Go of Psychological Time 47

The Insanity of Psychological Time 49

Negativity and Suffering Have Their Roots in Time 50

Finding the Life underneath Your Life Situation 52

All Problems Are Illusions of the Mind 54

A Quantum Leap in the Evolution of Consciousness 56

The Joy of Being 57

To make the journey will need to leave the created self, the air of the first chapter, the air of the challenging, we a question and a words themselves

For many of made along the find our way our human power is Now. We also find of the keys to exist. It is here embrace our tr that we are alr

Many of us to this realization our intimate "new territory before. We co

yet another d if we use the become more human being between self

If we are step in the of such thin "forgiveness" opening ou of The Power

CHAPTER FOUR: Mind Strategies for Avoiding the Now 61

- Loss of Now: The Core Delusion 61
- Ordinary Unconsciousness and Deep Unconsciousness 62
- What Are They Seeking? 65
- Dissolving Ordinary Unconsciousness 65
- Freedom from Unhappiness 66
- Wherever You Are, Be There Totally 70
- The Inner Purpose of Your Life's Journey 75
- The Past Cannot Survive in Your Presence 77

CHAPTER FIVE: The State of Presence 79

- It's Not What You Think It Is 79
- The Esoteric Meaning of "Waiting" 80
- Beauty Arises in the Stillness of Your Presence 81
- Realizing Pure Consciousness 83
- Christ: The Reality of Your Divine Presence 88

CHAPTER SIX: The Inner Body 91

- Being Is Your Deepest Self 91
- Look beyond the Words 92
- Finding Your Invisible and Indestructible Reality 94
- Connecting with the Inner Body 95
- Transformation through the Body 96
- Sermon on the Body 98
- Have Deep Roots Within 99
- Before You Enter the Body, Forgive 101
- Your Link with the Unmanifested 103
- Slowing Down the Aging Process 104
- Strengthening the Immune System 105
- Let the Breath Take You into the Body 106
- Creative Use of Mind 107
- The Art of Listening 108

CHAPTER SEVEN: Portals into the Unmanifested 109

- Going Deeply into the Body 109
- The Source of Chi 110
- Dreamless Sleep 112
- Other Portals 113
- Silence 114
- Space 115
- The True Nature of Space and Time 118
- Conscious Death 120

CHAPTER EIGHT: Enlightened
Enter the Now from Where
Love/Hate Relationships
Addiction and the Search
From Addictive to Enlighten
Relationships as Spiritual
Why Women Are Closer
Dissolving the Collectiv
Give Up the Relationship

CHAPTER NINE: Beyond Ha
The Higher Good beyond
The End of Your Life D
Impermanence and the
Using and Relinquishin
The Nature of Compass
Toward a Different Or

CHAPTER TEN: The Mean
Acceptance of the No
From Mind Energy to
Surrender in Person
Transforming Illness
When Disaster Strik
Transforming Suffer
The Way of the Cro
The Power to Choo

CHAPTER EIGHT: Enlightened Relationships 123

- Enter the Now from Wherever You Are 123
- Love/Hate Relationships 125
- Addiction and the Search for Wholeness 127
- From Addictive to Enlightened Relationships 130
- Relationships as Spiritual Practice 132
- Why Women Are Closer to Enlightenment 138
- Dissolving the Collective Female Pain-Body 140
- Give Up the Relationship with Yourself 145

CHAPTER NINE: Beyond Happiness and Unhappiness There Is Peace 149

- The Higher Good beyond Good and Bad 149
- The End of Your Life Drama 152
- Impermanence and the Cycles of Life 153
- Using and Relinquishing Negativity 158
- The Nature of Compassion 164
- Toward a Different Order of Reality 166

CHAPTER TEN: The Meaning of Surrender 173

- Acceptance of the Now 173
- From Mind Energy to Spiritual Energy 177
- Surrender in Personal Relationships 179
- Transforming Illness into Enlightenment 183
- When Disaster Strikes 184
- Transforming Suffering into Peace 186
- The Way of the Cross 189
- The Power to Choose 191

carry with us of "the way things are." A world view of the nature of things is very well supported by prayer. Now this can't happen in physics and world view of traditional physics and world view of indeed it do of evidence suggests that indeed it do of evidence suggests that indeed it do

another p
is very well supported by
prayer. Now this can't happen
physics and world view of traditional
of evidence suggests that indeed it do

carry with us of "the way things are." A world view of the nature of things is very well supported by prayer. Now this can't happen in physics and world view of traditional physics and world view of indeed it do of evidence suggests that indeed it do

fundamental questions, "Who are we?" and "What is the nature of things is very well supported by prayer. Now this can't happen in physics and world view of traditional physics and world view of indeed it do of evidence suggests that indeed it do

Universe in which we live?" Our answers to these questions with family, friends and employers/employees. When considered on a larger scale, they define societies. Western society holds to be of little surprise that the world view which is emerging in the West calls into question many of the things Western society holds to be true:

MYTH #1 Humanity has reached the pinnacle of its development. Esalen co-founder Michael Murphy, drawing upon comparative religious studies, medical science, anthropology and sports, has made a provocative case that there are more advanced levels of spiritual maturity, extraordinary capacities begin to blossom—of love, vitality, perception, intuition, perception, communication and volition.

Most people do not. Then, methods can be employed with conscious intention.

MYTH #2 We are completely separate from each other, nature and the Kosmos.

This myth of "other-than-me" has been responsible for wars, the rape of the planet, and all forms and expressions of human injustice. After all, who in their right mind would harm another if they experienced that person as part of themselves? Stan Grof, in his research of non-ordinary states of consciousness, summarizes by saying "the psyche and consciousness of each of us is, in the last analysis, commensurate with "All-That-Is" because there are no absolute boundaries between the body/ego and the totality of existence."

MYTH #3 The physical world is all that is materialistically bound, traditional science cannot be measured, tested in a laboratory or their technological extensions simply. The consequence: all of reality has been run out of town.

This clashes with the "perennial philosophy" spanning ages, religions, traditions describes different but continuous dimensions from the most dense and least conscious to the least dense and most conscious. Interestingly enough, this extended reality is suggested by quantum theory which describes superluminal travel. Other dimensions explain travel which occurs faster than the speed of light. Or consider the work of David Bohm, with his explicate (physical) and implicate (multidimensional) model of reality.

This is no mere theory—the 1982 demonstration that two, once connected by vast distances remained somehow changed, the other changed—instantaneous mechanics of how this "faster-than-the-

ld view seeks to answer two
d "What is the nature of the
to these questions dictate
nal relationships with fam-
en considered on a larger
d view which is emerging
stern society holds to be

of its development.

upon comparative reli-
and sports, has made a
stages of human devel-
levels of spiritual matu-
—of love, vitality, per-
on, communication and
do not. Then, methods

other, nature and
ble for wars, the rape
man injustice. After
r if they experienced
his research of non-
y saying "the psyche
ysis, commensurate
boundaries between

Dr. Larry Dossey's Era-3 medicine, where the thoughts, attitudes of healing intentions of one individual can influence the physiology of another person (in contrast to Era-2, prevailing mind-body medicine) is very well supported by scientific studies into the healing power of prayer. Now this can't happen according to the known principles of physics and world view of traditional science. Yet the preponderance of evidence suggests that indeed it does.

MYTH #3 The physical world is all there is.

Materialistically bound, traditional science assumes that anything that cannot be measured, tested in a laboratory or probed by the five senses or their technological extensions simply doesn't exist. It's "not real." The consequence: all of reality has been collapsed into physical reality. Spiritual, or what I would call non-physical dimensions of reality have been run out of town.

This clashes with the "perennial philosophy," that philosophical consensus spanning ages, religions, traditions and cultures, which describes different but continuous dimensions of reality. These run from the most dense and least conscious—what we'd call "matter"—to the least dense and most conscious which we'd call spiritual.

Interestingly enough, this extended, multidimensional model of reality is suggested by quantum theorists such as Jack Scarfetti who describes superluminal travel. Other dimensions of reality are used to explain travel which occurs faster than the speed of light—the ultimate of speed limits. Or consider the work of the legendary physicist, David Bohm, with his explicate (physical) and implicate (non-physical) multidimensional model of reality.

This is no mere theory—the 1982 Aspect Experiment in France demonstrated that two, once connected quantum particles separated by vast distances remained somehow connected. If one particle was changed, the other changed—instantly. Scientists don't know the mechanics of how this "faster-than-the-speed-of-light-travel" can hap-

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. From the beginning of the first chapter we move rapidly into a significantly higher altitude where one breathes a lighter air, the air of the spiritual. Although the journey is challenging, we have 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 found by 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 find our joy and are able to embrace our true selves. It is here we discover that we are already complete and perfect.

Many of us will find that our biggest obstacle to this realization is our relationships, especially our intimate relationships. But again, we are in "new territory" and all is not what it had seemed before. We come to see that our relationships are yet another doorway into spiritual enlightenment if we use them wisely, meaning if we use them to become more conscious and therefore more loving human beings. The result? *Real* communion between self and others.

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*.

u
.com