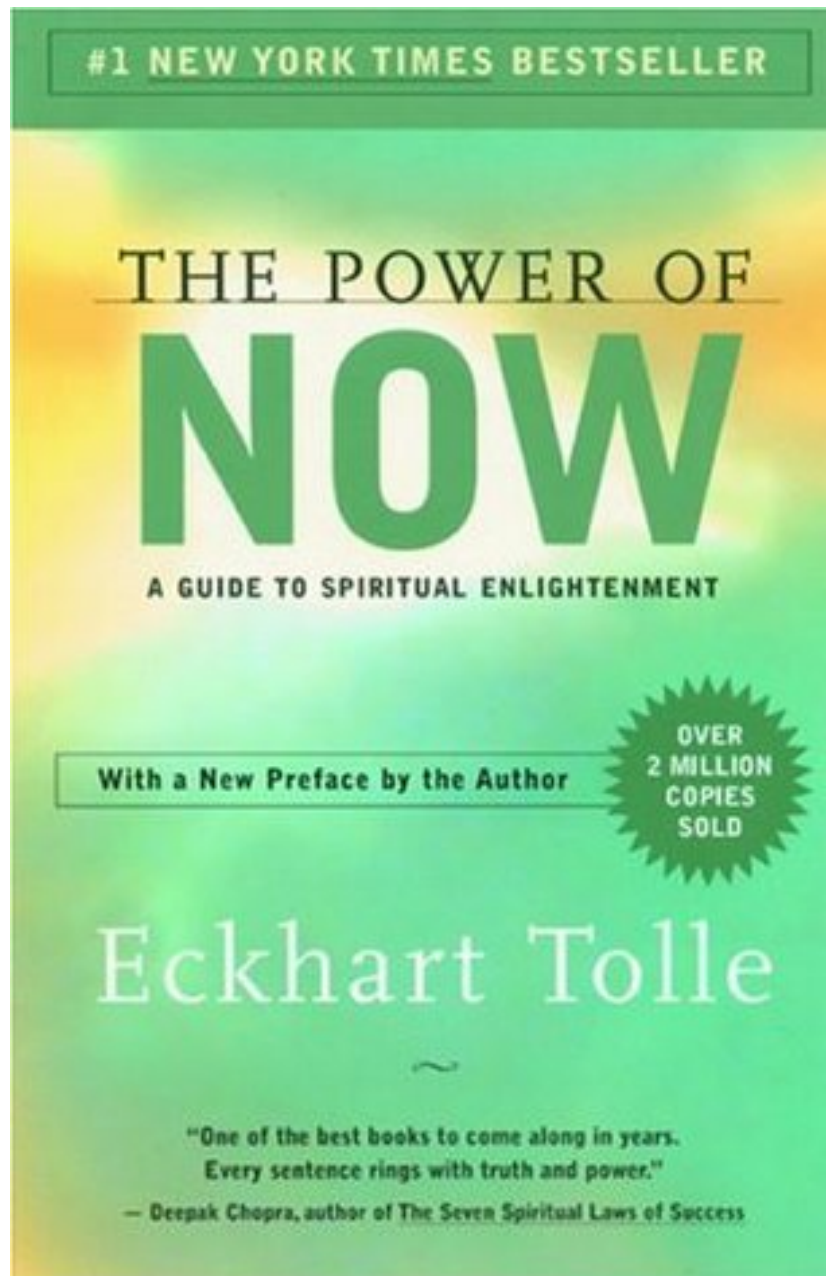


# The Power of Now: A Guide to Spiritual Enlightenment Book PDF Download



**By:  
Eckhart Tolle**

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## What people Say:

### Stacy

Mr. Tolle spent two years sitting on park benches and simply "living in the moment" prior to writing this book. I doubt whether I will ever take the time in my life to do such a thing, however the suggestion he offers that we all spend a ridiculous amount of time either worrying about the future, or dwelling on the past has impacted me in a huge way. Until I read this book, I never noticed how in sane my mind can make me if I choose to let it. Tolle implores the reader to take the reigns of his

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### Erin

There is no nice way to say this. I hated this book with a fiery passion. It did not make me feel at peace. Rather, it made me want to chew off my arm. I bet if we asked Eckhart Tolle why I felt that way, he'd say that I wasn't really listening to his message.

My problems with the book were as follows. First off, the tone of the book was extremely condescending. Written in a question/answer format, many of the answers started out with "You're not really listening" or "You don't understand what I'

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My problems with the book were as follows. First off, the tone of the book was extremely condescending. Written in a question/answer format, many of the answers started out with "You're not really listening" or "You don't understand what I'm saying." Way to kick someone when they're down, dude. Secondly, I felt that he frequently took philosophy and other spiritual messages and twisted them to fit his needs.

Basically, he wants people to stop thinking so much. I get the idea that as a culture we over-analyze and whatnot, but his message was basically to stop thinking all together. Sorry Eckhart, but not all of us can wander around for years at a time, sleeping on park benches in a state of euphoria.

Also, have you seen his picture on the back of the book? He looks like just the sort of guy who is plotting to take over the world. He wants us to stop thinking for ourselves so that he can think for us!

Sorry, back to reality. Basically, I didn't feel like this book offered any real direction or advice to those who seek it.

## **Kristoffer**

There is a point in our lives when we say enough is enough. This is what this book is about. In one of his greatest works Eckhart Tolle teaches us the real meaning of spirituality. He teaches us the importance of the present moment. Through the recognition of the ego he makes us aware of how it destroys our lives. I would recommend this to anyone who is looking for the real meaning of their

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The first time I encountered this book was when Oprah was introducing her book club selection, a new earth. I heard her mention this and while I was searching in the online catalog of our school library here in the Philippines I found it available for borrowing. So I immediately read it in the course of five days. After reading it the first time I understood its message intellectually. This was the reason why I didn't apply it in my life. But a few days ago I started having panic attacks and I was on the verge of suicide. I was so frustrated because I made a wrong decision in shifting my courses here in my school. I was so depressed because I didn't really know what I wanted with my life. It seems that the world is so full of shit. When this became worse I consulted our school counselor. However it seems that it is not enough. So without any real reason at all I started watching Oprah's videos about A New Earth and I remembered this book. I borrowed it again yesterday and just awhile ago I finished reading it. Then I began to understand it not on the level of the mind but at the level of the spirit. And without incident I became enlightened. I am still starting to feel its benefits at this moment. I started accepting what is rather than identifying myself with the ego. I can't say that I'm happy after reading this book like some "self-help" books would like you to be. But I can say that I am at peace because I aware of the workings of the ego and not identified with it.

So if you've had enough of the madness of this world I definitely recommend this book. But don't just understand it, apply it.

**howl of minerva**

It would be easy to dismiss this book as a fruit-salad of New Age and pseudo-buddhist clichés, mashed to a fine purée of nonsense and sold as a cure for what ails you in our age of secular alienation. In fact, that is what it is and that is what I'll do.

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After this experience, Ulrich Tolle became a vagrant mystic for a period, rechristened himself Eckhart (presumably after 13th century Christian mystic Meister Eckhart) and eventually became a spiritual teacher, author and talk-show guest with extraordinary success.

The primary thesis of the book is quite sensible, if unshattering. We exist only in the present; our past and the future are mental constructs. It is a shame that our enjoyment of the present is so often ruined by regrets about the past and worries about the future. By being more intensely focused on the present, we can be more content and more fulfilled.

As this doesn't fill 229 pages we are treated to, among other things, lengthy discourses on the "pain-body", an interesting theory of menstrual flow as a means to enlightenment and the surprising finding that as a member of the human race, I carry personal complicity and responsibility for all crimes and genocides of the twentieth century including those carried out before my birth.

The style is generally chatty, though Eckhart occasionally uses a faux-dialectic to bring up obvious objections to his line of thought, to which he responds with withering scorn. One helpful feature is the use of a pause symbol (¶) to indicate points at which "you may want to stop reading for a moment, become still, and feel and experience the truth of what has just been said".

## Anna

First of all, I must say I'm very much into all kinds of self-help books as well as new age stuff. I'm a believer! I read avidly all about OBE, reincarnations, karma, mindfulness, meditation practices and I try to make use of what I read in my everyday life. So, of course, I was looking forward to this book,

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And my oh my, wasn't it total deception. I made it until about half of the book when I realized I really could take no more of this rubbish. Mr Tolle preaches his "wisdom" (which is not actually his at all) with a condescending, "I-know-it-all" attitude. He is the only one enlightened (of course). We are all only to listen to his truths and follow on a "as is" basis. No thinking of your own is allowed. Actually, thinking is bad for you, so should be used sparingly anyway. If you disagree with any of his points, he just haughtily replies that "you don't understand", "this cannot be accessed with your mind" etc etc. He regularly reminds you that you are the one belonging to the horrible human species that kill millions of others. I agree with that - but I wonder why he thinks of himself as someone who is above those ugly humans? What, is he so much of a "Being" now that his ancestor's sins don't concern him? The next step will be to call him God and bring him your money because it's too materialistic for you anyway :) And actually it's not a joke - when you see how many people aggressively defend his "great teachings" and attack anyone who does not agree about the "incredible spiritual value" of this book... well, does that remind you of something?

The basic ideas of this book - being in the now, not dwelling too much on your past and future, not giving too much power to your thoughts - are of course all highly relevant. But there are plenty of other books delivering the same message in much better style. Tolle is repeating the same things over and over again, mixing them up with bits and pieces of various religions and teachings. All that he had to say could be said in a couple of pages. But then again, writing a whole book is much better because you get to sell it to a lot of people. And although time may be an illusion, money for sure isn't ;)

Do yourself a favour and read something else if you want to learn the power of now. A collection of simple meditations made me feel much more present and at peace than this boring mumbo-jumbo.