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THE POWER OF  
**NOW**

A GUIDE TO SPIRITUAL ENLIGHTENMENT

With a New Preface by the Author

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Eckhart Tolle

~  
"One of the best books to come along in years.  
Every sentence rings with truth and power."

— Deepak Chopra, author of *The Seven Spiritual Laws of Success*

# **The Power of Now**

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## About this Book

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, Eckhart Tolle offers 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*.

## **About the Author**

Eckhart Tolle was born in Germany, where he spent the first thirteen years of his life. After graduating from the University of London, he was a research scholar and supervisor at Cambridge University. When he was twenty-nine, a profound spiritual transformation virtually dissolved his old identity and radically changed the course of his life.

The next few years were devoted to understanding, integrating, and deepening that transformation, which marked the beginning of an intense inward journey.

Eckhart is not aligned with any particular religion or tradition. In his teaching, he conveys a simple yet profound message with the timeless and uncomplicated clarity of the ancient spiritual masters: there is a way out of suffering and into peace.

Eckhart is currently traveling extensively, taking his teachings and his presence throughout the world. He has lived in Vancouver, Canada, since 1996.

**Acclaim for “The Power of Now”**

"If I were allotted only one book, I would choose Eckhart Tolle's *The Power of Now*. Why? Because this book emanates a spirit of love, not only through its words, but in the spaces between the words. No book has touched me, nor embraced me as this one has."

— Patricia Gordon, Calgary, Alberta

"This book offers us a wonderful gift, but we must have the courage to seize it. I encourage you to accept this gift. I believe our very survival on this planet is dependent on the inner journey that Eckhart Tolle is urging us to take."

— Bill Carpenter, Businessman and Fellow Spiritual Seeker

"I found this book to be a wonderful perspective for people like me who wish to integrate the message delivered so eloquently by *A Course in Miracles* and Deepak Chopra's *Seven Spiritual Laws of Success*. Every time I return to a segment of the book, I am surprised to find a new deeper meaning than the previous read."

— Jean-Pierre LeBlanc, CEO, SAJ E (manufacturer and retail chain of natural health products)

"This manuscript is like a collection of 'Daily Bread' in that the gleanings of knowledge that are made available by Eckhart are in a spiritually digestible form of question and answer. These conscious awareness triggers are a must read in this present age of truth seekers."

— David L. Jones, author of *A Warrior in the Land of Disease*

"The book gave me comfort and inspired me no end and gave me insight after insight regarding my own personal journey. It was a revelation and a joy to read."

— Albert Koopman, Business Executive

"I have searched for meaning, well-being, health and life, but unfortunately I was searching outside myself. *The Power of Now* has shown me how to find life's elusive

treasures within."

— John Kuchenthal, Organizational Development Consultant

"I heartily recommend this profoundly inspiring book to all seekers today."

—Lama Surya Das, author of *Awakening the Buddha Within*

" . . . a reminder to be truly present in our own lives and liberated from our past and future. It can transform your thinking. The result? More joy, right now!"

— O: *The OPRAH Magazine*

"Tolle has succeeded on two fronts: synthesizing the teachings of masters such as Jesus and the Buddha into an easily accessible guide to achieving spiritual consciousness and making a strong case that the inability of humans to free themselves from dominance by the mind and live in the present is the root cause for misery in the world . . . . He makes enlightenment seem attainable and necessary for both individual peace and the health of the planet."

— *ForeWord Magazine*

"Fresh, revealing, current, new inspiration. Out of the many spiritual books that cross my desk this one stands out from the flock . . . . If you are considering getting back in touch with your soul, this book is a great companion."

— *Common Ground*, Vancouver, British Columbia

"With intense and compelling clarity, Tolle's guidance holds the promise of leading us to our own best and highest place within, to resonate with and reflect the energy of true transformation."

— *Spirit of Change Magazine*

"This seems to be the 'right book' for many people at this point in time. The writing is clear as a bell; the words ring true. Truly an exceptional book that promises to make a real difference in people's lives."

— Tom Oakley, Banyen Books, Vancouver, British Columbia

## **PUBLISHER'S PREFACE**

BY MARC ALLEN  
Author of *Visionary Business and A Visionary Life*

Perhaps once in a decade, or even once in a generation, a book like *The Power of Now* comes along. It is more than a book; there is a living energy in it, one you can probably feel as you hold it. It has the power to create an experience in readers, and change their lives for the better.

*The Power of Now* was first published in Canada, and the Canadian publisher, Connie Kellough, told me she heard repeated stories of positive changes and even miracles that have happened once people got into the book. "Readers call in," she said. "And so many of them tell me of the wonderful healings, transformations, and increased joy they are experiencing because they have embraced this book."

The book makes me aware that every moment of my life is a miracle. This is absolutely true, whether I realize it or not. And *The Power of Now*, over and over, shows me how to realize it.

From the first page of his writing, it is clear that Eckhart Tolle is a contemporary master. He is not aligned with any particular religion or doctrine or guru; his teaching embraces the heart, the essence, of all other traditions, and contradicts none of them — Christian, Hindu, Buddhist, Muslim, indigenous, or anything else. He is able to do what all the great masters have done: to show us, in simple and clear language, that the way, the truth, and the light is within us.

Eckhart Tolle begins by briefly introducing us to his story — a story of early depression and despair that culminated in a tremendous experience of awakening one night not long after his twenty-ninth birthday. For the past twenty years, he has reflected on that experience, meditated, and deepened his understanding.

In the last decade, he has become a world-class teacher, a great soul with a great message, one that Christ taught, one