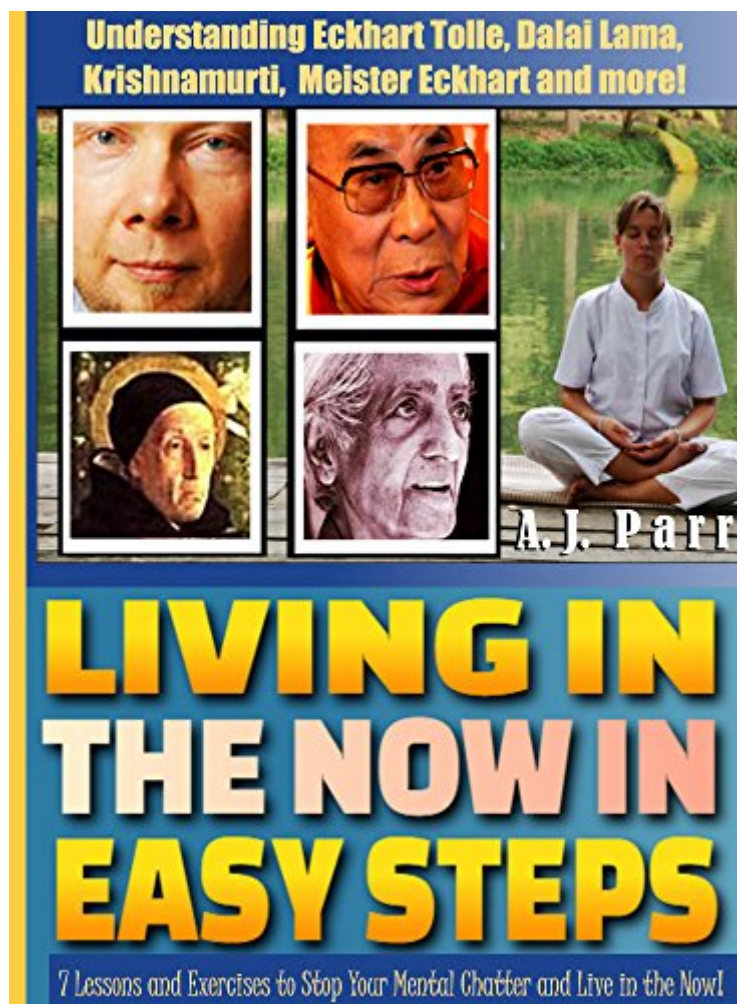


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# Living In "The Now" In Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart And More!): 7 Lessons & Exercises To Stop Your ... Live In The Now (The Secret Of Now Book 1)





## Synopsis

NEW EDITION! 7 LESSONS 7 EXERCISES TO STOP YOUR CHATTERING MIND AND ENJOY LIVING IN THE NOW. THIS WORKBOOK FOR BEGINNERS contains 7 basic lessons and 7 exercises you can apply slow down and stop your "chattering mind" and begin to enjoy life in "The Now", an experience that will grant you inner peace starting TODAY. Its pages present the basic concepts, principles and methods behind the spiritual teachings of Eckhart Tolle, Dalai Lama, Krishnamurti and Meister Eckhart, among other spiritual guides, based on the following premises: "In essence, there is and always has been only one spiritual teaching, although it comes in many forms." "Human suffering and unhappiness are produced by our "chattering mind", which unceasingly produces an inner dialogue or chatter, preventing us from experiencing the Now." "There is a way to slow down and stop our chattering mind. Once you learn how to do this, you too will be able to slow down and stop it when needed (especially when you sincerely need to stop it and end your distress and self-inflicted suffering)." "You cannot stop your thoughts completely, nor is it desirable. Even enlightened beings need to live and interact with society, like all humans." "By actually slowing down your chattering mind, you can make them lose their power. Simply recognize them as "illusions", that is, products of a psychological phenomenon common among humans and allegedly known in India since prehistoric times: the phenomenon of mental illusion caused by what for thousands of years has been known as "the veil of Maya". "Only by breaking yourself free from this mental veil you can gradually awaken and free yourself from the psychological illusion that causes human suffering and unhappiness, opening the doors of your inner peace and discovering the joy of Living in the Now! CLICK ON "LOOK INSIDE" TO READ THE FIRST PAGES! AND CHECK OUT THE REST OF THE SERIES!

## Book Information

File Size: 679 KB

Print Length: 134 pages

Simultaneous Device Usage: Unlimited

Publisher: Grapevine Books / Ediciones De La Parra; 3 edition (March 20, 2014)

Publication Date: March 20, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00J57TQZO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #76,974 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #14 in Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Meditations #31 in Kindle Store > Kindle eBooks > Religion & Spirituality > Religious Studies & Reference > Philosophy

## Customer Reviews

This is a wonderful companion to "The Power of Now" as well as other Tolle books. So much is explained and made crystal clear. I also appreciated the exercises that are included. While they were in Tolle books, it's a real plus to have them all here in one book. You can take them in order and use them on a daily basis. Also, Parr touches on other religions as does Tolle, and brings out some real pearls of wisdom. This is a beautifully written little book and will add a great deal to appreciating Tolle's other books. Besides calling its self a workbook, I really believe it could stand completely alone without having read anything else. Get this book, it will bring you a wonderful sense of well being and enlightenment.

I would say this book is 100% aligned with the works of Eckhart Tolle. It's purpose is to offer insight and practical exercises to help the reader to understand how to interrupt the constant 'chatter' of his/her mind. The goal is help them find a degree of inner peace, and a feeling 'connectedness' with the universe. The book is enjoyable and easy to read, and it helps in consolidating the ideas expressed by Eckhart and others. The difficult bit, of course, is finding the time and the concentration to do the exercises.

Eckhart Tolle has been my spiritual guide ever since I read "The Power of Now" back in 2009. He always says enlightenment is accomplished by degrees. And these different degrees are explained in detail in this revealing workbook, written by his experienced disciple, A.J. Parr. He also explains the historical origins of the voice in our head and Illusion, and presents a selection of exercises based on Tolle's instructions as well as on Hindu and Buddhist practices that serve to recognize the ego and the Self, to slow down the inner chatter, and to free ourselves from Illusion or "Maya", and experience the Now. I truly recommend it.

I loved this eBook! Together with "The Power of Now", "A New Earth", and "Stillness Speaks" (my three favorite books in the whole world), the simple exercises presented in this 200-page workbook include several "ancient techniques" that will certainly help you observe our thoughts, slow down your inner chat and experience the present moment. I give it five stars!

I'm enjoying being in the present. I recommend this. Eckhart is one of those who makes sense, at the same time you are having to come to the present reading it second by second..Overall a Good Read, leaves you positive and catches you negative in any situation you grab your mind to be present..Takes an effort, but explained well. It's a book to keep going over, that is why they made this book to teach you some techniques, Its a book that you will have to decide on your own..

So far so good. In the middle of reading it and I just can't put it down, only started reading it this morning but darn it I had to come to work. Very inspiring!!!

Very good overview and description of Tolle's message. Really enjoyed it and I plan on reading it a second time. The methods work! My only criticism is the author/publisher should carefully proofread. Cheers.

I FOUND THIS VERY USEFUL. THERE ARE SEVERAL STRATEGIES THAT ARE EFFECTIVE IN KEEPING OUT THE INCESSANT MIND CHATTER.

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