

First, a caveat: I am a person inspired by motivational, self-help, and improvement books. Now, a warning: The book that I am reviewing would not be a useful or meaningful read for those who are skeptical about enlightenment, a higher being, meditation, or those not open to finding healing *inside* of themselves. If, on the other hand, you are ready to access the “power of now”—which is simply using your mind as a tool (that the author describes already having at our disposal), then this is the book for you. *The Power of Now: A Guide to Spiritual Enlightenment*, by Eckhart Tolle (1999), attempts to free people from the myth that the past equates to the future, for truly neither exist. This very day—this very moment—will never exist again. With the realization that 'now' is all that ever really exists, the past can no longer, nor can the future conjure up feelings of anxiety and fear.

Tolle (1999) is correct in most of his recommendations, which are, in truth, a rehash of many of the classic teachings on spiritual awareness (Christianity, Buddhism, Islam). While correct in explaining that watching and thus stepping away from your thoughts and moving deeply into the moment are portals into the divine, his 'signposts' towards that are not helpful in a sustainable way. It is clear that he has delved deep into the spiritual realm, and from that place his explanations are the obvious thing to say, but nonetheless the way it is expressed is unlikely to be transformational for some, even the earnest seekers. The book carries a good charge though. An open mind and a desire to grow spiritually are the only requirements for *The Power of Now* to transform your life. I believe in this book—if only one page sets you free of a negative thought pattern, if only one sentence illuminates a truth that brings you real joy or genuine peace then surely it has been worth the time and money spent obtaining this book, an authentic treasure chest of wisdom. At the very least, I would encourage each person to at give at least a few of the concepts a chance.

ASK YOURSELF WHAT

“Problem You Have?”

Right now, not next year, tomorrow, or five minutes from now. What is wrong with this moment? When you listen to a thought, you are aware not only of the thought but also of yourself as the witness to the thought. A new dimension of consciousness has come in.

BREAK THE OLD

PATTERN

Of present-moment denial and present moment resistance. Make it your practice to withdraw attention from past and future whenever they are not needed. Step out of the time dimension as much as possible in everyday life.

EVEN DURING A

CONVERSATION

Become conscious of the gaps between words, the brief silent intervals between sentences. As you do that, the dimension of stillness grows within you.

As a state of mind.

When you catch yourself slipping into waiting, snap out of it. Come into the present moment. **Just Be,** and enjoy being. If you are present, there is never any need for you to wait for anything.

GIVE UP WAITING