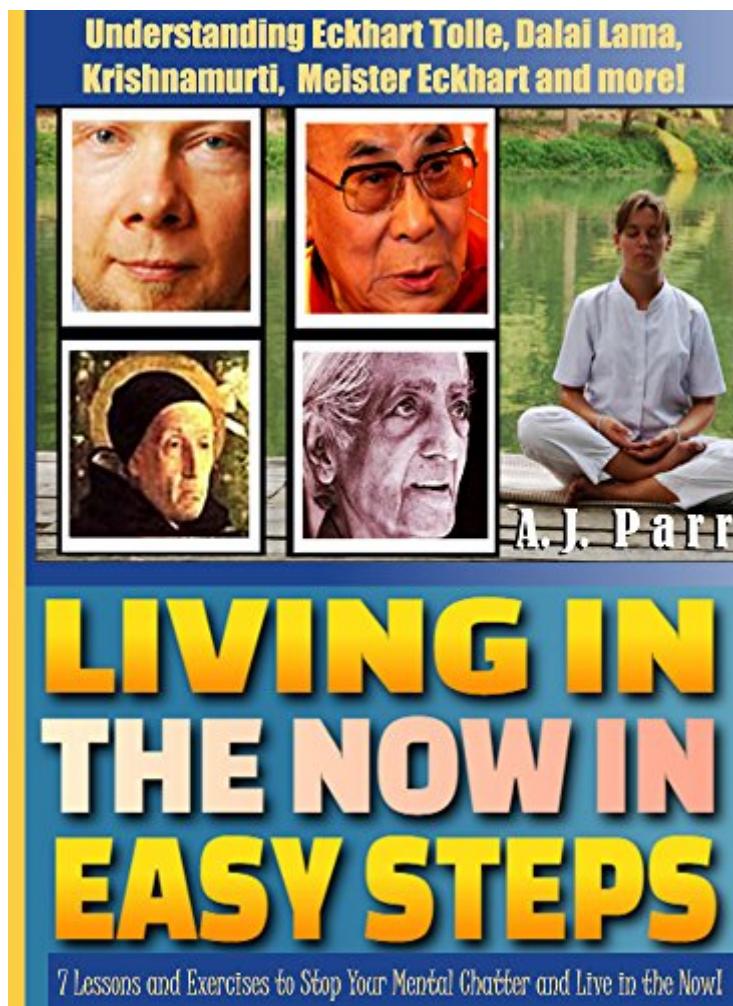


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Living In The Now In Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart And More!): 7 Lessons & Exercises To Stop Your ... Live In The Now (The Secret Of Now Book 1)





Synopsis

7 LESSONS 7 EXERCISES TO STOP YOUR CHATTERING MIND AND START LIVING IN THE NOW (BEGINNER'S WORKBOOK) THIS WORKBOOK FOR BEGINNERS contains 7 basic lessons and 7 exercises you can apply NOW to begin to slow down and stop your "chattering mind" and begin to enjoy living in "The Now", an experience that will grant you inner peace and freedom from illusion starting TODAY. It presents the basic concepts, principles and methods behind the spiritual teachings of Eckhart Tolle, Dalai Lama, Krishnamurti and Meister Eckhart, among others, based on the premise that in essence there is and always has been only one spiritual teaching, although it comes in many forms. This is truly a beginning workbook recommended for searchers of the Truth wanting to escape from illusion and experience the joyful inner peace that only brings Living in "The Now". The seven spiritual lessons and exercises you will find in this workbook are based on the following ancient premises:
*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!
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Customer Reviews

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..

If you bought Eckhart's book and finds that there is no simple way to practice his theories then this book will help you practice it.

I disliked all the repetition. I enjoyed finally hearing possible felt results of continuous practice. I would refer this to any one seriously involved in the endless pursuit of mindful present moment awareness of the eternal NOW.

To write a preview would be a bit premature since i am still working with it, but I like it very much.

Eckart Tolle's workbook is great

ECKHART should be in heaven with the Gods. He is a Genius among us.

I had the privilege of listening to your talk in Auckland. Thus I enjoyed reading the book. Dave Rungan

love this book

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