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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. 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 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 discover that we are already complete and perfect. 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.

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