

## Joshua Allen's Thoughts on The Power of Now by Eckhard Tolle.

The Power of Now is a powerful and transformative book that has had a major impact on my life and way of thinking and living. It presents extremely profound concepts in very simple terms, making them easy to incorporate into your way of thinking and living.

The most powerful message that resonated with me and which is the core concept is simply the title: "The Power of Now". Whether you interpret it literally or metaphorically, anyone can take this simple concept and use it to introduce peace into their life by recognizing the message it conveys. That message is this: our mind creates an ongoing conversation, bouncing from thought to thought. We can easily get caught up in these thoughts and misperceive them as our own self. Furthermore, these thoughts easily take over our being. They often cause anxiety, stress, and even depression. Even when our thoughts are positive, they can take away our sense of self control.

A stressful event can happen. We often will replay that event over and over in our minds. To what purpose? It continues to make us feel stress. It makes us feel as though we have no control.

We can also get caught contemplating future possible events over and over. Imagine a health symptom appears. Instead of waiting for a diagnosis from a health professional, we play out endless possibilities in our mind of only the worst possible outcomes. This creates undue stress, as often the diagnosis is much more benign than what our fears create.

Our thoughts create an illusion of time. We ruminate on a past experience. We create numerous possible future scenarios and focus on the worst of the outcomes. In truth, these past events no longer exist. These future possibilities do not exist either. Only the present moment exists. Always. Only the present moment ever exists.

Once we recognize the power of this simple concept, we can begin to incorporate it into our lives in order to take back control from our wandering minds. We begin to recognize that these thoughts are not our true selves. The thoughts are conditioning created from our life experiences. They are associations formed in our minds. However, there is another part of us: our true self, or our higher self.

The higher self recognizes the mind for what it is: a series of thoughts that continuously appear and flow through the mind, often on repeat. The mind is not our true self. Our higher self can then begin to take control and be the one in charge. Through meditation we can learn to observe our thoughts. Notice them. Recognize them for what they are. And learn to watch them go back. Release them. Avoid attaching our identity to them.

This is a powerful technique that reduces anxiety, fear, and even depression. Tolle himself was able to overcome his own depression through this realization.

So how do we apply this learning? Tolle shows us how to approach this through meditation by exploring our inner body. There is a subtleness to our inner body that it always present yet goes unnoticed by most. Instead of focusing our awareness on our thoughts, we instead focus our awareness on our inner body. Tolle says, "Direct your attention into the body. Feel it from within. Is it alive? Is there life in your hands, arms, legs, and feet — in your abdomen, your chest? Can you feel the subtle energy field that pervades the entire body and gives vibrant life to every organ and every cell? Can you feel it simultaneously in all parts of the body as a single field of energy? Keep focusing on the feeling of your inner body for a few moments. Do not start to think about it. Feel it. The more attention you give it, the clearer and stronger this feeling will become. It will feel as if every cell is becoming more alive ..."

This is a very powerful technique that anyone can access. It is transformative and can open up a realization that we are not our thoughts. We are an awareness. We are beyond our physical body even. There is a subtle body. We can explore that subtle body and recognize something that has been there all along that most of us have never noticed because we have been caught in the trap of the endless thoughts of our mind.

So, in summary, *The Power of Now* is a transformative book that presents a powerful life lesson in very simple terms. Once you read it, you start to see a bigger truth of reality. By embracing it, you can transform your life and the way you see reality.