



Eckhart Tolle's book

The Power of Now

A short summary of his fantastic discoveries:

How to find your Inner Values of
Peace, Love and Happiness



www.enlight.live

chris.frolich@outlook.com

Introduction to Eckhart Tolle - 'The Power of Now'

The book became no. 1 on New York Times bestseller list and is translated to more than 30 languages.

Countless people have found the book lifechanging, overwhelmingly positive, arising a new consciousness and a more enlightened humanity.

This is just a short summary of the book, which hopefully will wake your interest to buy 'Practicing the Power of Now'. You will get the picture so clear.

This summary is not for sale, but just given free
to family and friends.

Mallorca 2017

Chris Frölich

Contents

- Enjoy your New Life 3
- Free yourself 4
- Enlightenment above thought 5
- Emotion 6
- Accepting the present 7
- Joy of being 8
- Life philosophy 9

Enjoy your New Life



Old: In unconsciousness, you let the brain/mind run wild, giving thousands of impressions every day. In addition you use the senses to fill up from news, music and internet. Your brain processes on average 90 GB a day, mostly unnecessary things! No wonder that you may be unhappy and tired!

New: Your consciousness knows that the only things that really matters are Love and Happiness, Peace and Freedom.

What you are all born with can still be found:

1. Be conscious in silence, pay attention to your breath and all your thoughts will disappear.
2. Start living in the Now. Feel that you are alive, everything is perfect. Never involve the past or the future. Just Be!
3. Your fabulous brain should only be used for special projects.

Recommended books to enjoy life:

Eckhart Tolle in his book 'Practicing the Power of Now' Tells you in detail how to achieve better health in body and soul, be happy with your partner etc.

Neale Donald Walsch in his many books, has guided thousands of people to happiness, by explaining our friendship with God.

Free Yourself



Many people live with a tormentor in their head that continuously attacks and punishes them and drains them of vital energy. It is the cause of untold misery and unhappiness, as well as disease.

The good news is that you *can* free yourself from your mind. This is the only true liberation.

So the single most vital step on your journey toward enlightenment is this: learn to disidentify from your mind. Every time you create a gap in the stream of mind, the light of your consciousness grows stronger.

One day you may catch yourself smiling at the voice in your head, as you would smile at the antics of a child. This means that you no longer take the content of your mind all that seriously, as your sense of self does not depend on it.

Enlightenment: Rising above Thoughts



Your mind is an instrument, a tool. It is there to be used for a specific task, and when the task is completed, you lay it down. As it is, I would say about 80 to 90 percent of most people's thinking is not only repetitive and useless, but because of its dysfunctional and often negative nature, much of it is also harmful. Observe your mind and you will find this to be true. It causes a serious leakage of vital energy.

This kind of compulsive thinking is actually an addiction. What characterizes an addiction? Quite simply this: You no longer feel that you have a choice to stop. It seems stronger than you. It also gives you a false sense of pleasure, pleasure that invariably turns into pain. To the ego, the present moment hardly exists. Only past and future are considered important. It says: 'One day, this, that or the other happens, I am going to be okay happy, at peace'.

Emotion



I have observed that people who carry a lot of anger inside without being aware of it and without expressing it are more likely to be attacked, verbally or even physically, by other angry people, and often for no apparent reason. They have a strong emanation of anger that certain people pick up subliminally and that triggers their own latent anger. If you have difficulty feeling your emotions, start by focusing attention on the inner energy field of your body. Feel the body from within. This will also put you in touch with your emotions.

So observing our emotions is as important as observing our thoughts?

Yes. Make it a habit to ask yourself: What's going on inside me at this moment? That question will point you in the right direction. But do not analyze, just watch. Focus your attention within. Feel the energy of the emotion. If there is no emotion present, take your attention more deeply into the inner energy field of your body. It is the doorway into Being.

Accepting the Present



The present moment is fantastic or sometimes unpleasant or awful.

It is as it is. Observe how the mind labels it and how this labelling process, this continuous sitting in judgement, creates pain and unhappiness. By watching the mechanics of the mind, you step out of its resistance patterns, and you can then *allow the present moment to be*. This will give you a taste of the state of inner freedom from external conditions, the state of true inner peace. To see what happens, and take action if necessary or possible.

Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.

Joy of being



To alert you that you have allowed yourself to be taken over by psychological time, you can use a simple criterion. Ask yourself: Is there joy, ease and lightness in what I'm doing? If there isn't, then time is covering up the present moment and life is perceived as a burden or a struggle. If there is no joy, ease, or lightness in what you are doing, it does not necessarily mean that you need to change *what* you are doing. It may be sufficient to change the *how*. 'How' is always more important than 'what'. See if you can give much more attention to the *doing* than to the result that you want to achieve through it.

Give your fullest attention to whatever the moment presents. This implies that you also completely accept what *is*, because you cannot give your full attention to something and at the same time resist it.

As soon as you honor the present moment, all unhappiness and struggle dissolve and life begins to flow with joy and ease. When you act out of present-moment awareness, whatever you do becomes imbued with a sense of quality, care and love - even the most simple action.

Life philosophy



The meaning of life

- To live and die happy, with love and gratitude for the wondrous creation and with belief in eternal life.
- Love yourself and others, and encourage and allow others to live the life they want to live. Think positively, create unity.
- Make others happy and find laughter and beauty. Believe in yourself, practice good habits and show self discipline in everything you do.

Everything is truth (Ramtha)

- Your feelings shape your truth - live and practice it!
- The feelings of others shape their truth, meaning that everything is truth for the individual, sprung from God. Let others row their boats as they wish.
- Our thoughts are enormously powerful. Take responsibility, be your own master and healer.

You are divine

- You are created by God and therefore divine, and you have unfathomable abilities.
- You are your own master and you are free to shape your life as you wish. Thank God in the early morning.
- You have been blessed with intuition to be able to choose the best and most positive option. Say what you wish for out loud and believe and trust that it will happen.

AS DISPLAYED ON INSTAGRAM AND FACEBOOK

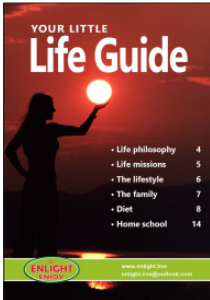
DISCOVER YOUR POWER

TO
HEALTH AND HAPPINESS

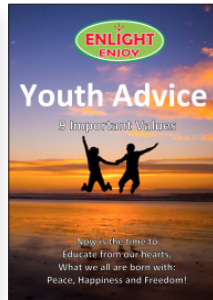


CHRIS FRÖLICH

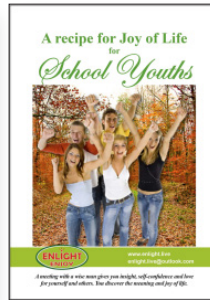
Specialized Booklets in summary



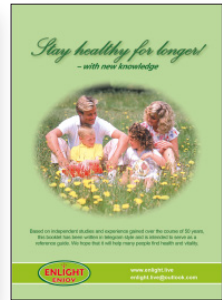
1. Your little life guide



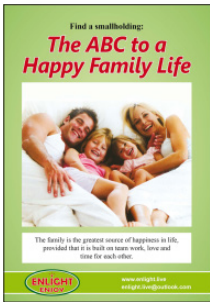
2. Youth Advice



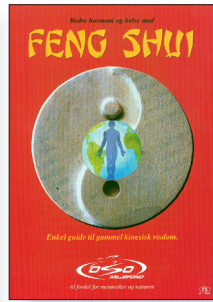
3. Joy of life for School Youths



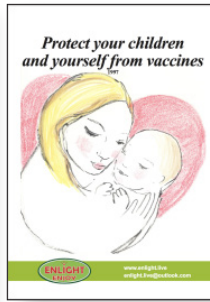
4. Live healthy longer -with new insights



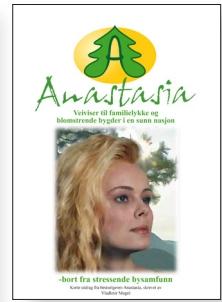
5. The ABC to a Happy Family Life



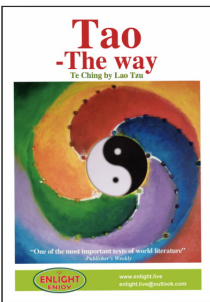
6. Feng Shui -Chinese wisdom



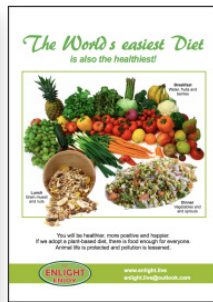
7. Protect your children from vaccines



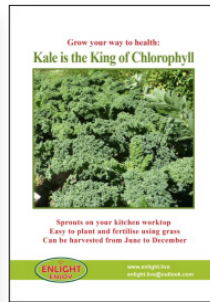
8. Anastasia - the guide to family happiness



9. Tao - The Way



10. The World's easiest diet



11. Kale is the King of Chlorophyll



12. Children would never kill an animal



14. Meat kills 3x



15. Peace is possible Prem Rawat



16. Living Health DVD



www.enlight.live



The Power of Now

This short summary from Eckhart Tolle's chart-topping book is put together to enlighten you, the Reader, about this book which is a must-read.

If you let it, the book will help you find your inner values of Peace, Love and Happiness.

I hope you will enjoy the summary and go on to read the whole book - for your own good!



www.enlight.live
chris.frolich@outlook.com