

THE POWER OF PRESENCE

BONUS WORKBOOK

Eckhart Tolle





THE POWER OF NOW

In this bonus webinar you will learn:

- The relationship between your presence and the now.
- The past and future are paradoxes created by language.
- Your sense of self is tied to your awareness rather than your thoughts.
- How we experience brief moments of thoughtlessness.
- Answers to important questions from viewers.

In this webinar, we will learn about the relationship between your presence and the now and how you can know if you're experiencing presence. Eckhart shows us how language creates a duality because presence is the birth of consciousness, so it cannot perceive itself as an object. All our senses, emotions, feelings, and thoughts are always in the now. The past and future are paradoxes created by language. The now is a screen that keeps you aware of your environment using memory and sense perceptions.

Asides from the external world that we perceive through our senses, there is also an unseen world, made up of thoughts and feelings. This means that in the now we are aware of our sense perceptions as well as whatever arises internally. However, when we become deeply aware of the now, we also become conscious. This is the sense of presence; it has no form but is the cumulation of your experiences. Since your sense of self is tied to your awareness rather than your thoughts, you are no longer imprisoned by those thoughts. By exerting will power we can suppress or let go of thought to bring about various outcomes.

Eckhart also explains how we experience brief moments of thoughtlessness when we perceive something. In that first moment when we become aware of an object, or a sound there is no thought. He gives us an example of wine tasters who experience the first stage of thoughtlessness after tasting the wine before forming thoughts and then words to describe it. The webinar moves on to answering the questions, "How to stay present when dealing with a challenging person that you find difficult to be around?" and "Is there a meaning to life, and if so, what is it?"



EXERCISE: Perceiving the Now

Many experts, shamans and practitioners of Zen, for example, have attempted to exert willpower over their thoughts. Although this takes time, practice, and determination to pull off successfully, it is possible to experience thoughtlessness and the space between perception and thought.

In this exercise, we will try to experience this gap between perception and thought to perceive things and lifeforms more deeply. Catching these moments between thoughts may be difficult as it requires being in the now to understand what you're experiencing. Share your thoughts as you go along this journey below:

